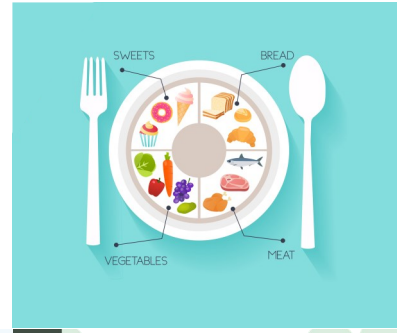


Join us as we seek balance in our lives at the **2024 SeniorPalooza** from May 1st through 17th



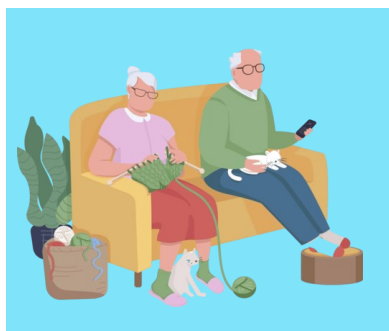
On **Wednesday May 1**, from **1:30 to 3:00pm**, drive by the Xenia Community Center to pick up a **Well Balanced Takeaway Bag** with the **Itinerary** of events, videos & challenges for the next 2 weeks, and Registration Form for **Senior Field Day on May 16**.



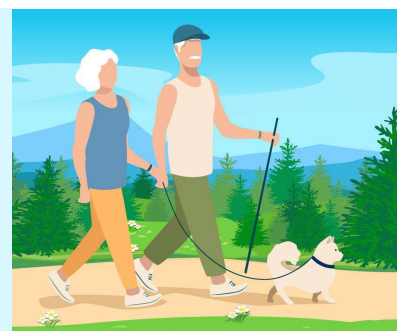
Listen to Real Roots Radio FM 100.3/AM 1500 for the **Song of the Day** from May 6 through 16.

Friday, May 3rd
Join us to **Walk as One at 1** at the Russ Nature Reserve

Join the indoor & outdoor challenges & activities on the **Senior Field Day** on May 16 from 11:30am to 2:30 pm. A Grab'n'Go supper is available (\$5). Advance registration required. Contact us for registration form and more information.



Check our Facebook page for videos, such as Brick & Baum striving for balance, the senior centers answering the balance challenge, and more. For more information or to request your Itinerary, contact the Council at 937-376-5486.



1195 W. Second Street, Xenia OH 45385
937-376-5486 YourFriends@gcco.org

May is Older Americans Month

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