

# ACTIVE AGING EXPO 2010

Monday, May 3 • 9 a.m. – 2 p.m.  
Activity Center at Bohrer Park  
506 S. Frederick Ave., Gaithersburg  
Gym 1 and 2

## “Aging with Attitude”

### VISIT THE BOOTHS

- AAA Warman Homecare
- Advanced Home Support
- Adventist HealthCare
- Adventist Rehabilitation Hospital
- Alzheimer’s Association
  - Asbury Methodist Village
  - Asian American Health Initiative
  - Black Rock Center for the Arts
  - Commission on Aging
- Dave Reynolds and Assoc., LLC
  - Personal Fitness Specialist
- Dental Health
- Gaithersburg Arts Barn
- Handyman Matters
- Heartwell at Suburban Hospital
  - Holy Cross Hospital Senior Source
  - Holy Cross Home Care and Hospice
  - Interages
  - Jewish Council on Aging:
    - Senior Technology Computer Training*
    - Senior Service America*
    - Connect A Ride*
    - Information Services/Senior Helpline*
- JSSA (Jewish Social Service Agency)
- Department of Health & Human Services:
  - Aging & Disability Services*
  - Senior Nutrition Program*
- Master Gardener Program
- MSPCA
- Montgomery College Lifelong Learning Institute
- Montgomery County RSVP Volunteers
- Montgomery Village Foundation
- Parkinson Foundation of the National Capital Area
- Pillar to Post
  - Positive Aging Project
  - Premier Homecare
  - Prevention of Blindness Society
  - Response LINK
    - The Senior Connection
    - Social Security, Public Affairs Specialist
    - Suburban Hospital Community Health and Wellness Programs
    - Swallowing and Speech Training



....and more!

301-258-6380



# Active Aging Expo 2010

## Schedule of Events

### PAMPERING AND ACTIVITIES IN THE GYMS

Facials

Massages

Reflexology

Demonstrations:

- 9:45 a.m. Exercise with Cathy Moxley and James Warner of Asbury
- 10:30 a.m. Exercise with David Reynolds of "It's Your Move"
- 11:30 a.m. Ballroom Dance with Christina Vidovich of Two Left Feet
- 12:45 p.m. Chinese Dances by Chinese American Senior Services Association (CASSA)

Wii Balance training by Adventist Rehab Hospital

Brake-reaction machine by Adventist Rehab Hospital

### SCHEDULE OF ACTIVITY ROOM EVENTS

#### ROOM A

- 10:15 a.m. **Safety Improvements for your Home**  
Rocky P. Banks, Home Inspector
- 11:00 a.m. **Finding Your Way in Architectural Spaces**  
John Eberhard, Architect and Neuroscientist
- 12:15 p.m. **Talk with Matthew Kelleher, Fire Inspector**
- 1:15 p.m. **Now Entering the Future! (Be Prepared for Change)**  
*An Instant Pre-Play of the Decade Ahead*  
David Pearce Snyder, Consulting Futurist

#### ROOM B

- 9:00 a.m. **Health Screenings**  
(Glaucoma, Blood Pressure, Body Composition, Derascan)
- 12:15 p.m. **Meditation**, Jeri Schulzinger
- 1:00 p.m. **Stress Reduction**, Jeri Schulzinger

#### ROOM C

- 10:00 a.m. **Brain Boosters**, Revathi Vikram, M.D.
- 10:45 a.m. **Power of Laughter**, Louise Stewart
- 12:15 p.m. **Zumba Gold**, Gail Biedscheid
- 1:15 p.m. **Yoga Chair**, Gail Biedscheid

