THURSDAY, APRIL 4, 2013

9:00 am - 4:00 pm

In the Rollins Center – Dover Downs Hotel & Casino®

Come Join Us and **Enjoy the Ride…55+ & Ready To Roll!**

EVENT SCHEDULE

9:00am – 1:30pm
Enjoy entertainment provided by **Sky Brady, "The Disc Jockey with Personality"**!

9:00am - ??
Visit the **Master Gardeners** at **Booth #60 in the Rollins Center** and receive your free tomato plant! (While supplies last.)

10:00am – 3:00pm
George Burns will be wandering around the Rollins Center sharing stories about Gracie and keeping everyone entertained.

11:00am – 11:30am
YMCA Delaware will conduct their "Zumbalite" exercise class – *on the stage in the Rollins Center.*

11:30am – 1:00pm
1410 WDOV & 1450 WILM's Bruce Elliott from Elliott in the Morning will be reporting live from the Expo *in the lobby of Dover Downs Hotel.*

12:30pm – 1:30pm
A Cooking Show presented by Dover Downs – Chef Ron Roll & Chef Ludovic Bezy will prepare two scrumptious specialty items *near the stage in the Rollins Center.*

2:00pm – 2:15pm
Men of Noble's Pond will perform a fun dance routine to "YMCA" *on the stage in the Rollins Center.*

2:15pm – 2:45pm
Steppin' Seniors of the Modern Maturity Center will perform several dance routines *on the stage in the Rollins Center*.

2:45pm – 3:00pm
Ladies of Noble's Pond will perform an entertaining dance routine to "It's Raining Men" *on the stage in the Rollins Center.*

3:00pm – 4:00pm
Our Lady Queen of Peace Dancers will perform *on the stage in the Rollins Center*

WELLNESS CENTER & INFORMATION SESSIONS

9:00am – 4:00pm

The **Wellness Center**, sponsored by **Bayhealth Medical Center**, is directly off the corridor leading to the Rollins Center *in the Chesapeake Room*. – FREE SCREENINGS & HEALTH INFORMATION! **Information** and **health assessments** on topics including **stroke/cardiovascular** and **sleep disorders** as well as a **CPR demonstration** and **STEPS to Healthy Aging display** will be offered. A pharmacist will be present should you need advice on prescriptions and over-the-counter medications. Free health screenings will include **blood pressure checks**, **diabetes and stroke risk assessments**, **facial** (to detect sun damage), **lead foot**, and **osteoporosis**.

10:00am – 12:00pm

Visit the **Volunteer Fair** outside the *Rollins Center* to stay active and involved with your community.

Participating Exhibitors include:

American Red Cross Delmarva Region
Bayhealth Medical Center
Boy Scouts of America – Delmarva Council
Central Delaware Habitat for Humanity
Delaware Hospice, Inc.
Delaware Medical Reserve Corp
Division for the Visually Impaired
Dover Interfaith Mission for Housing
First State Heritage Park
Kent County Rotarians
Reading ASSIST Institute
USO Delaware

11:00am – 12:00pm

Bayhealth Medical Center presents "Cardiovascular Risk Factors – How to prevent heart attack and stroke". A health seminar discussing the signs & symptoms of a stroke, health conditions that can lead to a stroke & treatment options with Kimberly Holmes, Clinical Nurse Specialist Bayhealth Stroke Center in the *Silver Lake Room.*

1:00pm – 3:00pm

Visit the **Job Fair** in the *hallway outside the Rollins Center* to stay active and continue to work in your community.

Participating exhibitors include:

Boy Scouts of America – Delmarva Council
Delaware Department of Labor
Dover Downs Hotel & Casino
Dover Interfaith Mission for Housing
Goodwill of Delaware and Delaware County, Inc.
Home Instead Senior Care
Kent-Sussex Industries, Inc.
Merry Maids
People's Place
Senior Community Service Employment Program

Thank you to our Sponsors!