THE BEST OF THE BEST
NORTH, SOUTH, EAST, WEST

AGE POSITIVE CONFERENCE 2017
MICHELLE ALEXANDER – 50 PLUS PROGRAM MANAGER
JOHNSON COUNTY PARK & RECREATION DISTRICT
Three Different Perspectives

Lynda Cochran, PhD, CPRP
The College at Brockport – Collegiate Level

Teresa Grodsky
Addison Park District – Small Senior Center

Rhonda Pollard
Johnson County Park & Recreation District
Those we serve..
LIFE-LONG LEARNING

- Read & Go
- Who’s Really Knocking?
- Brain Games
- Get Up & Go with the Director
- Educational Series
- Ukulele Playing – Beginner to Ensemble
SHAKE UP YOUR WELLNESS!

- Pickleball Programs
- Drums Alive
- The Game of Life
- Indoor Walking
- Laughter Yoga
- Wellness on Wheels
- Tour de Frances Fitness
- Walk a Hound, Lose a Pound!
IT’S MORE FUN WHEN GENERATIONS COME TOGETHER!

- New Horizons Band
- Teens Interviewing Veterans
- Senior Breakfast Club
- Intergenerational Art
- Living Legacies
- Geocaching/Orienteering
- Veteran’s History Project
TRAVEL

- Boats, Goats and Floats
- Mystery Tours
- Discover Illinois
- Around the World!
DON’T BOX ME IN!

- Trunk Sale
- Bring & Brag/Show & Tell
- Beating the Cabin Fever Blues

- Clutter Club
- Seniors Helping Seniors
JUST PLAIN FUN!

- Murder Mystery
- Cruise Nite Ice Cream Social
- Thong & Wet T-Shirt Contest
- Nifty 90’s Club
- A Taste of …
NOW IT’S YOUR TURN!