

Senior Community Day

senior marketing group

THE LAKESHORE AREA

16th Annual

**FRIDAY
MAY 31ST**
8:30A - 2:00P

- ★ FREE Seminars
- ★ FREE Lunch
- ★ FREE Screenings

Central Wesleyan Church | 446 W 40th Street, Holland

This FREE EVENT will focus on products, services and education designed especially for Seniors, Caregivers and their Families.

SCHEDULE OF EVENTS

8:30A - 9:00A	Registration
8:30A - 1:30P	Visit Resource Booths
9:00A - 1:30P	Screenings & Services
9:45A - 10:30A	Session 1
11:00A - 11:45A	Session 2
11:00A - 1:00P	LUNCH Available
12:15P - 1:00P	Session 3
1:30P - 2:00P	Door Prizes (must be present to win)

FREE SCREENINGS & SERVICES | 9a to 1:30p

[Dress to Move! | Different Exercise All Day]

- Manipulator of Hair
- Hearing Screening
- Posture Screening
- Innovative Brain Wall
- Chair Massage
- Photo Booth
- Max Bus
- Your Library
- Manicures
- CPR/AED Training
- Fall Prevention Screening
- Blood Pressure Screening
- Home Safety Assessment
- Healthy Snacks
- Silver Sneakers

Thank you to our Platinum and Gold Sponsors:



The Insurance Group
Stacy Segrist Kamphuis | Doug Kamphuis

- American House
- Appledorn
- RestHaven
- Evergreen Commons
- Evolve Organizing Solutions
- Royal Park Place/Royal Atrium Inn

www.smglakeshore.com

REGISTRATION FORM

no fee to attend

ONE FORM PER PERSON.

Reserve **ONE FREE LUNCH** for me.

Name _____

Phone _____

Email _____

Address _____

City _____

ZIP _____

Select **ONE** seminar for **EACH** session.

Session 1 | 9:45am - 10:30am

- Grocery Store & More**
Scott Rumpsa, CEO, Community Action House
- Making Memories Last** Tim Vreeman, Funeral Arranger & Pastor,
Langeland Sterenberg Yntema Funeral Homes
- Craft Cocktails**
Kate Bolt, Owner, Living Lark
- GF & Low Sugar Baking Demo**
Krista Koets, Owner & Baker, Bliss Gluten-Free Bakery & Café

Session 2 | 11:00am - 11:45am

- Housing Options, Why, When, Where?**
Jeff Zylstra, Exec Dir, Royal Park Place / Royal Atrium Inn
- Disrupting the Way We Age**
Rev. Dr. Jill Ver Steeg, President/ CEO, Evergreen Commons
- Dental \$\$\$ Assistance**
Sam McNulty, Dental Program Coordinator, Holland Free Health Clinic
- What?? Hearing Loss Options**
Lindsay Roberts, AuD, Audiologist, Holland Hospital

Session 3 | 12:15pm - 1:00pm

- Riding the Medicare Roller Coaster** Stacy Kamphuis, President,
The Insurance Group ~ Stacy Segrist Kamphuis | Doug Kamphuis
- Emotional Wellness**
Alexa Sorensen, LMSW BCN, Therapist, Reflective Psych, LLC
- Outsmart the Scammers**
Hope & Andy Lesperance, Mother / Son Financial Advisors, Edward Jones
- Pickle Ball Safety**
Alex Soukup, Director, MVP Athletic Club

Submit Completed Form by May 24, 2024

MAIL TO: Senior Marketing Group - The Lakeshore Area
PO Box 1344, Holland, MI 49422-1344

DROP OFF: Evergreen Commons (Downtown)
480 State St, Holland 49423

The Insurance Group (South Side)
593 Heritage Ct, Holland 49423

Nephew Physical Therapy (North Side)
12723 N Bellwood Dr Ste 10, Holland 49424

Royal Park Place (Zeeland)
500 Parkside Drive, Zeeland 49464

ONLINE: www.smglakeshore.com

WAIVE AND RELEASE: Filling in this form indicates I WAIVE AND RELEASE any and ALL RIGHTS AND CLAIMS FOR DAMAGES I may have against any of the sponsors or organizers of Senior Community Day for any and all claims of damages, demands, actions whatsoever which may arise as a result of my participation in the event. I grant full permission to use my likeness for marketing.