

Savvy Senior Expo

Thursday, October 22 2026 10:30am to 3:30pm

Xenia Community Center 1265 W. Second Street

Welcome to our fourth **Savvy Senior Expo**! Join us as we explore options for our best aging experience. Learn something new, spend time with friends ~ known and new, and have some fun, all at the same time.

There will be interactive sessions and presentations covering topics such as Medicare Fraud, Managing Responses to Stress, Insulin & Glucose Spikes, Financial Wellness, The Utility Roller Coaster, Lifelong Learning, and Being Cyber Savvy. You can also enjoy a demo of Robot Dogs on the gym stage as well as learn first hand some basic household repairs/checks at the "Do It Yourself" corner. On-site Medicare Reviews will be available
(by appointment), a few brain and physical fitness demos will be set-up, and those willing to take a seat for a few minutes can give the Diamond Dots craze a try. The Legal Chat will again close out the Expo, with attorney Dave Cusack discussing the Anatomy of a Will.

There will be a number of information tables to check out, a preview display of the Council's Holiday Gift Soiree, and we have partnered with the Coffee Hub to offer our Beverage & Snack Bistro to temp you with familiar and new items to try.

Admission: An item for the pantry. Enter the drawing for a terrific Door Prize. More information: gccoa.org/events

Schedule ~ Breakout Sessions

Time	Session Name
9:30 - 10:30	Zumba
10:45 - 11:15	Medicare Fraud and EOBs
10:45 - 11:15	Benefits of Lifelong Learning
11:15 - 11:35	Robot Dogs Rover & Rudy
11:30 - 12:15	Managing Our Responses to Stress
11:30 - 12:30	Insulin & Glucose Spikes
12:15 - 12:35	Robot Dogs Rover & Rudy
12:30 - 1:00	Medicare Basics & Open Enrollment
12:45 - 1:15	Financial Wellness
1:15 - 1:45	The Utility Roller Coaster
1:30 - 2:15	Being Cyber Savvy
2:30 - 3:30	Legal Chat: The Anatomy of a Will