

LIFE'S A BEACH

Boomer Bash 2019

**FREE
EVENT!**

THURSDAY, JUNE 6, 2019

8:00 A.M. - 1:30 P.M.

FIRST BAPTIST CHURCH

1290 32ND ST (M-40 S) | ALLEGAN, MI



Join Us for a Fun, Free Senior Event!

You won't want to miss Boomer Bash 2019!

By attending Boomer Bash, guests will gain exclusive access to the area's top aging network professionals, collect giveaways, and have an opportunity to participate in fun, informative workshops for free!

Workshops & Registration
ON REVERSE SIDE

2019 BOOMER BASH SCHEDULE OF EVENTS

- DOORS OPEN PROMPTLY AT 8:00 A.M. -

8:00 - 8:30 A.M.

Check-in & Continental Breakfast Sponsored by Meals on Wheels Western Michigan

8:30 - 8:45 A.M.

Welcome, Jay Follis, Emcee

8:45 - 11:30 A.M.

Health Screenings and Exhibits

9:30 - 10:30 A.M.

Workshops (Session #1)

11:00 A.M. - 12:00 P.M.

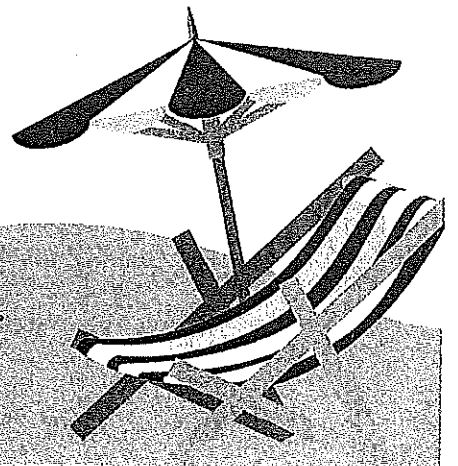
Workshops (Session #2)

12:00 - 12:30 P.M.

Lunch Sponsored by Allegan General Hospital

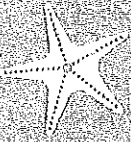
12:15 - 1:15 P.M.

Live Entertainment by Don Savole

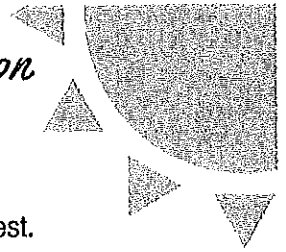


FREE
Transportation
for Allegan County
Residents!
Call ACT to reserve
your spot by
May 25, 2019
(269) 673-4229 or
(877) 788-2287
8:00 A.M. - 5:00 P.M.

OVER



BOOMER BASH 2019 *Workshops & Event Registration*



**Register TODAY at www.allegancounty.org/s/bb
Online registration allows immediate registration for workshops!**

For access to a computer, visit your local library. Assistance may be available upon request.
You will receive a confirmation email with your workshop choices.

You may also mail the top portion of this completed registration form to: **Alliance Home Health Care
ATTN: Boomer Bash
633 114th Avenue, #1 - Allegan, MI 49010**

NAME: _____ ADDRESS: _____

CITY/STATE/ZIP: _____ DATE OF BIRTH: ___/___/___

PHONE: _____ EMAIL: _____

Please place your workshop selections here in order of preference, 1-7, with 1 being your top choice.

WORKSHOP SESSION #1 PREFERENCES:

WORKSHOP SESSION #2 PREFERENCES:



Fun, Informative Workshops - For Free!

WORKSHOPS SESSION #1 9:30 A.M. - 10:30 A.M.

WORKSHOP SESSION #2 11:00 A.M. - 12:00 P.M.

Build a Planter

Take home a new addition for your deck/patio!
Home Depot

1

Build a Bird Feeder

Take home a feeder for your feathered friends!
Home Depot

1

Balance: Body, Mind Exercise Class

Combine Yoga, Tai Chi, and Core Strengthening to
improve your balance
Lisa Waanders, Allegan County Medical Care

2

Balance: Body, Mind Exercise Class

Combine Yoga, Tai Chi, and Core Strengthening to
improve your balance
Lisa Waanders, Allegan County Medical Care

2

Gourmet Cooking: Four Roses Cafe

Chef Greg is back by popular demand to
prepare a few new recipes!

3

Advanced Directives: Plan Your Future

Provide peace of mind for you and your loved ones
Samantha Sprague - David Carrier Law Group

3

Home Improvements/Repairs 101

Learn how to choose the right contractor and
vendors to avoid scams and schemes
Attorney General's Office

4

Choose the Right In-Home Care/Senior Residence

Learn what to look for and what questions to ask to
help choose the right option
Attorney General's Office

4

Plants that Bring Birds to Your Yard

Use plants to create an oasis for feathered friends!

5

Plants to Lure Butterflies to Your Garden

Plan your spring gardening to enjoy more butterflies!

5

Paint the Sun, Sand & Surf

Paint a beach masterpiece to take home with
Michelle Harrison

6

Paint the Sun, Sand & Surf

Paint a beach masterpiece to take home with
Michelle Harrison

6

Managing Your Arthritis

Learn how to live your best life by managing this
disease through proven methods
*Katie Homkes, PTA & Marisa Duiven, COTA
Allegan General Hospital*

7

Coping with Joint Pain

Learn new treatments/techniques to keep your
knees and hips healthy
*Dr. Christopher Koziara & Daniel Teske, PA-C
Allegan General Hospital*

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