



Mountain House Community Services District

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Recreation Services

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CELEBRATE OLDER AMERICANS MONTH SENIOR HEALTH & WELLNESS EXPO

May 1, 2024, Unity Center

Mountain House, CA May 1, 2024 - The Mountain House Prime Time Seniors Present “Health & Wellness Expo,” Wednesday, May 1, 2024, at the Unity Center, 10:00 a.m. to 1:00 p.m. The Mountain House Community Services District celebrates Older Americans Month (OAM) this May with this FREE kickoff event, open to all Mountain House seniors 55 and up. The resource fair includes health screenings, social welfare information, transportation services, and information about recreation programs.

Established in 1963, OAM is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year’s theme, *Powered by Connection*, recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Here are some ways we can participate:

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.

- Inspire older adults to share what connection means to them on social media using the hashtag #PoweredByConnection.

The Mountain House CSD is currently accepting applications for vendors to showcase their offerings for seniors and to connect with local seniors and their caregivers. To apply, go to https://bit.ly/MH_Senior_Expo.

The Mountain House CSD is proud to have partnered with the Mountain House Flag Football Vintage Seniors group and the Unity Center to kick off the month at the Mountain House Senior Health & Wellness Expo. For more information about this and all future events and programs for seniors, please visit our website <https://www.mountainhousecsd.org/home>, through and social media, <https://www.facebook.com/mhcsdrecreationsservices>, or contact Olivia Alvarez, Recreation Coordinator, at olvarez@sjgov.org.

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