

Active Living Expo Frequently Asked Questions

What is the Active Living Expo and when/where will it be held?

This two-day exhibition at the Senior Center features 80+ agencies, businesses, and other local resources. The expo aims to help seniors stay well, independent, and active with displays and information on recreation, home improvement, technology, fitness, and health. Family caregivers also have the opportunity to gather information from the variety of community service organizations gathered in one location.

Date & Time:

January 24th, 2019 from 5 to 8 p.m.

January 25th, 2019 from 9:30 a.m. to 12:30 p.m.

Location:

Tallahassee Senior Center, 1400 N. Monroe St, Tallahassee, FL 32303

Attendees will enjoy *exhibits, experiences, and educational presentations* highlighting age-friendly practices and principles that optimize community assets and enhance quality of life for all ages. There will be more than 80 exhibitors participating in the expo!

Exhibits and presentations will be held throughout the Tallahassee Senior Center.

Does it cost anything to attend the Active Living Expo?

Admission is \$3 for both days which includes light refreshments Thursday and continental breakfast Friday.

With **Complimentary Valet Parking** & Free on-site Parking

What can I expect to see at the Active Living Expo?

The Active Living Expo will feature:

- Over 80 + exhibitors
- Health Screening, Demonstrations & more
- By visiting 50 booths participants will be eligible for \$200 Value GRAND PRIZE
- Housing, Transportation & Health Exhibits

Housing Zone – Activity Room

City of Tallahassee – Community Housing & Human Services

City of Tallahassee – REACH Program

Leon County Property Appraiser Office

Maren Cox, Broker Associate; CRS; GRI; CIPS. SRES, Moving Tally Seniors, LLC

E. Ann Cleare, Relator, SRES CHMS SCF GREEN, Premier Fine Homes, Capital Property Consultants LLC

Thursday, 5-8 pm

Workshop #1 6:00 – 6:30 “Experience Matters. Apply an Aging Lens to see More Clearly”

Workshop #2 6:45 – 7:15 “Making Your Dreams Fit Into Your Next Life Chapter Book!”

Friday, 9:30 – 12:30 pm – repeat of same workshops as Thursday evening.

Workshop #1 10:00 – 10:30 “Making Your Dreams Fit Into Your Next Life Chapter Book!”

Workshop #2 10:45 – 11:15 “Experience Matters. Apply an Aging Lens to see More Clearly”

Transportation Zone – Dining Room

- Navigation of round about
- Alert Today Alive Tomorrow
- Impaired Walking Experience
- Star Metro
- Bike Helmet Fitting
- DHSMV / FL Licensing Information

Health Zone – Art Studio

Brain Health – Kathy Gilbert

Rock Steady Boxing – Sweat Therapy Fitness; Kim Bibeau

Geocaching – Sandy Brooks

Brain games – Consuelo Rushing

Thursday, January 24th; 5pm – 8pm

Demo #1	5:30 – 5:50 pm	Kim, Rock Steady Boxing
Demo #2	6:00 – 6:20 pm	Kathy, Brain, Body, Balance
Demo #3	6:30 – 6:50 pm	Consuelo, Brain Games
Demo #4	7:00 – 7:20 pm	Sandy, Geocaching

Friday, January 25th; 9:30 am – 12:30 pm

Demo #1	9:30 – 9:50 am	Kathy, Brain Body, Balance
Demo #2	10:00-10:20	Consuelo, Brain Games
Demo #3	10:30 – 10:50	Kim, Rock Steady Boxing
Demo #4	11:00 – 11:20	Sandy, Geocaching

Will food and drinks be provided at the Expo?

Yes! On January 24th from 5-8 p.m. light refreshments will be provided and on January 25th from 9:30 a.m. – 12:30 p.m. a continental breakfast will be served while supplies last.

How can I help spread the word about the Active Living Expo?

Tell your friends, neighbors & family about this upcoming community resource.

What is The Tallahassee Senior Center Foundation's involvement in the Active Living Expo?

The Tallahassee Senior Citizens Foundation, established in 1980, is an independent, private nonprofit that exists to support the programs, services and participants of Tallahassee Senior Services, a division of the City of Tallahassee Department of Parks, Recreation and Neighborhood Affairs.

Senior Services is staffed and maintained by support from the city general revenue fund. In addition, a 15-member Advisory Council, appointed by the Mayor, represents seniors' interests and needs in Tallahassee.

Is there a fee for participating organizations to be a part of the Expo?

Yes! Exhibitors will be required to pay a fee based on whether they are a Non-profit organization, For-profit organizations or a sponsor and if they need electricity for their booth. Prices Vary.

Spaces with electricity are limited. You will need to provide your own extension cord if you are requesting electricity. You will be notified at a later time if we are able to accommodate your request. Attention sponsors: A complimentary booth is a benefit of Diamond Level sponsorship. Contact Lori Swanson at lori.swanson@talgov.com or 850-891-4048.

To register click here: - CLOSED AT THIS TIME

<https://www.tallahasseeseniorfoundation.org/active-living-expo-exhibitor-registration/>

Who can I contact about the Active Living Expo?

Send general Active Living Expo inquiries to Kristy Carter at Kristy.Carter@talgov.com or call (850) 891-4008.