

May 10—21, 2021

Senior Palooza Going the 2021 DISTANCE



We are pleased to invite you to the annual SeniorPalooza festival for the 50+ crowd. This year is different from previous years: it is held over two weeks, with a variety of online events, videos, challenges, activities, and trivia for you to do in your home, out in the community, and even a couple "in-person" events with your Council team.

The purpose of the Senior Palooza is to celebrate being a Greene County adult. Our theme is **Going The Distance**. For the last year, we have been very aware of distance: "social distancing" entered our vocabulary. The distance to our loved ones felt very far. Being unable to hug our friends and family has been almost unbearable. *Going the Distance* means literal distances: how far, how high, how long. It can also mean going the distance to help another.

We hope you go the distance with us over these two weeks, and maybe see us in-person. Join us to celebrate all of you!



Remember always ... Life is a marathon. Not a sprint. Run it like you own it! - El Zorro Piata



Itinerary

- Here is your Itinerary for SeniorPalooza. We have trivia, challenges, even a scavenger hunt. Join us on our website, Facebook page, & YouTube channel , as well as in-person.

Program of Events & Activities

Videos will be posted on Facebook, the Council's website & You Tube Channel

◇ Monday, May 10

- 9am—**Brick'n'Baum Training** video (Part 1)
- 10am— Lynn Hardman **Stretching for Distance** video
- 1pm until 3pm — **Go the distance** to the Xenia Community Center (1265 W. Second St) to pick up your SeniorPalooza **Training Bag** (includes this Itinerary, a Water Bottle, Stretching Bands, a tape measure, a **Construction Challenge** kit, **Long Roll Challenge** kit, and more.

◇ Tuesday, May 11 at 10am — **Flying Torpedoes** video

◇ Wednesday, May 12 at 10am & 2pm — GC Parks & Trails **Selfie Scavenger Hunt** with Mel & Co video.

◇ Thursday, May 13 at 10am — **Best Ball** video

◇ Friday, May 14 at 10am— **Measured Roll Challenge** video

◇ Monday, May 17

- 10am—Lynn Hardman **Stretching for More Distance** video
- 2:00pm — **Domino Run Challenge** video

◇ Tuesday, May 18 at 10am — **Toss & Catch** video

◇ Wednesday, May 19 at 10am — **Brick & Baum In Training** video (Part 2)

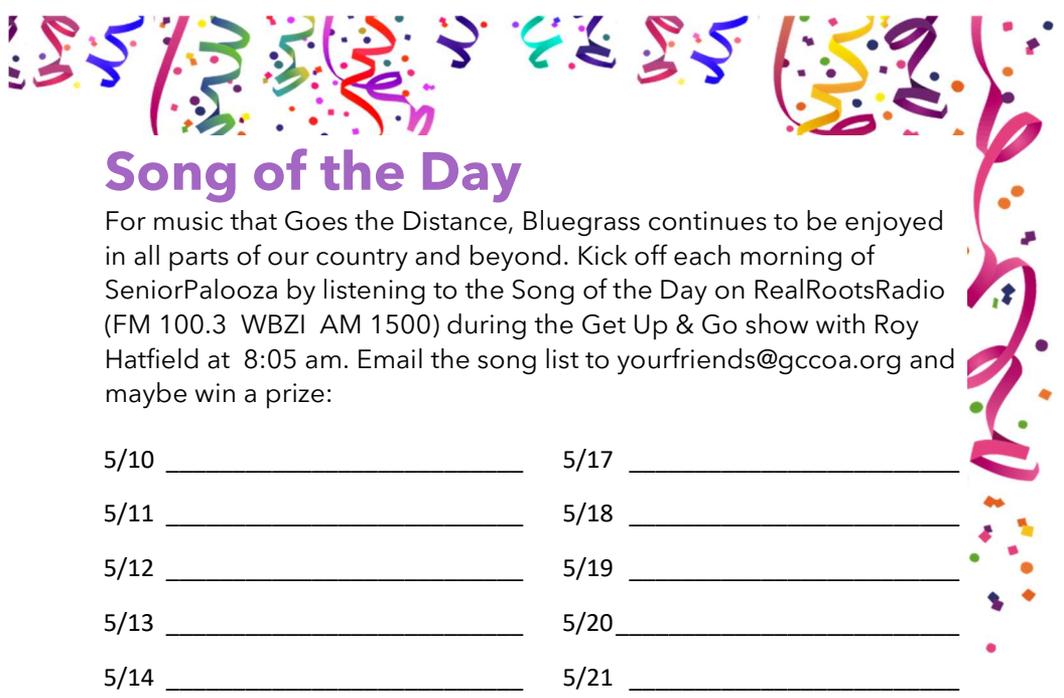
◇ Thursday, May 20 from 1 pm until 3:30 pm — **Senior Field Day*** to be held in the field behind the Community Center (rain date: May 21)

◇ Friday, May 21 — Closing Ceremony, to include highlights, thank you's, prizes

* You must register before the Senior Field Day—*no* registration on-site.

See registration slip in your Training Bag, on our website, or call us.





Song of the Day

For music that Goes the Distance, Bluegrass continues to be enjoyed in all parts of our country and beyond. Kick off each morning of SeniorPalooza by listening to the Song of the Day on RealRootsRadio (FM 100.3 WBZI AM 1500) during the Get Up & Go show with Roy Hatfield at 8:05 am. Email the song list to yourfriends@gccoa.org and maybe win a prize:

5/10 _____	5/17 _____
5/11 _____	5/18 _____
5/12 _____	5/19 _____
5/13 _____	5/20 _____
5/14 _____	5/21 _____

Videos For SeniorPalooza



Each day during SeniorPalooza we will post videos on our Facebook page www.facebook.com/GCCOAcares website gccoa.org or YouTube tinyurl.com/GCCOA-YouTube

Videos: Celebrating YOU during Older Americans Month

We will start off Older American's month with celebration and encouragement posts and videos from local VIPs, such as: the Mayors of Beavercreek, Fairborn, Xenia & Yellow Springs; the Greene County Commissioners; Joe Mullins; and the Council Board.

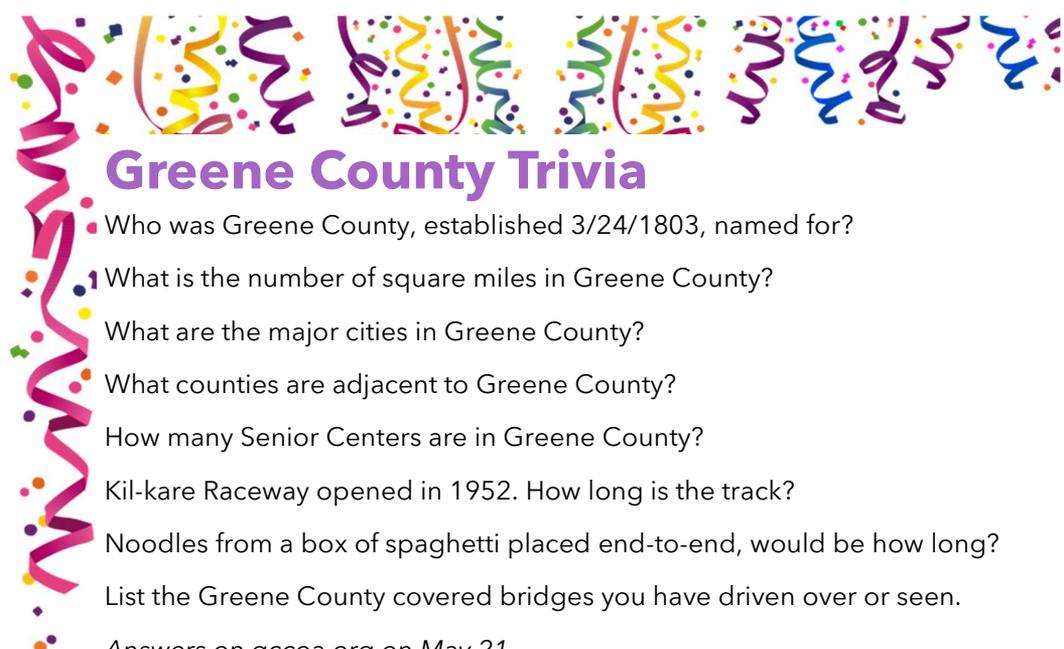
Video: Brick & Baum Start Their Training

Monday May 10 at 9am – Brick & Baum begin training for the Senior Field Day events and we will have the videos to prove it!

Videos: Stretching for Distance

Fitness Instructor Lynn Hardman has put together two 15-minute videos to help us maintain and improve flexibility in our bodies and minds. Part 1 on Monday May 10th at 10am, and Part 2 on Monday May 17th at 10am.

More videos 



Greene County Trivia

- Who was Greene County, established 3/24/1803, named for?
- What is the number of square miles in Greene County?
- What are the major cities in Greene County?
- What counties are adjacent to Greene County?
- How many Senior Centers are in Greene County?
- Kil-kare Raceway opened in 1952. How long is the track?
- Noodles from a box of spaghetti placed end-to-end, would be how long?
- List the Greene County covered bridges you have driven over or seen.

Answers on gcoa.org on May 21

Travel Scavenger Hunt

Grab a friend or spouse and drive/walk/bike to see what you can find on our scavenger hunt. Share photos on our Facebook page (and maybe win a prize) or just let us know that you gave it a whirl & had a great time! Here is what to look for:

Railroad tracks	Bumper stickers	Pink flowers
Squirrels	Geese	Porch swing
Tennis courts	Yellow house	Trampoline
Cemeteries	Historical marker	Pond
Neon signs	Ladder	Out-of-state license plates
Red trucks	Walker wearing a hat	Ohio flag
Silo	Blue post box	For Rent sign
Chain-link fence	Amazon van	Fire hydrant
3 or more cows	Covered bridge	

Video: Flying Torpedoes Challenge

Tuesday May 11 at 10 am – Watch the Council team members battle it out for high-flying target practice.



Video: Selfie Scavenger Hunt

Wednesday May 12 at 10am and 2pm – Watch Greene County Parks & Trails ranger Mel & Company as they traverse the park system's notable locations & landmarks.

[More videos](#) 

How High, How Fast?

Kings Island opened a new roller coaster, Orion: one of only seven giga coasters in the world, featuring an exhilarating 300-foot first drop, sending riders on a high-speed journey over seven more hills and 5,321 feet of track at speeds up to 91 mph on Kings Island's tallest, fastest and longest steel roller coaster. Several years ago the Dayton Daily News featured a photo of a woman who rode the Diamondback coaster for her 89th birthday.

Do you like roller coasters? When did you last ride one?

Long-Distance Migrations

Some of the most astonishing feats of endurance are performed by long-distance migrants, such as the nine-day non-stop flight of the bar-tailed godwit bird (pictured) across the Pacific Ocean. Perhaps the best-known insect migrant is the monarch butterfly. At the end of every summer, more than 100 million individuals fly south up to 2952 miles (4,750 km) to spend the winter in California and Mexico.



Quiz: Distance from the Sun

Below is the average distance in millions of miles from the sun to each planet. Can you match the planet to the distance?

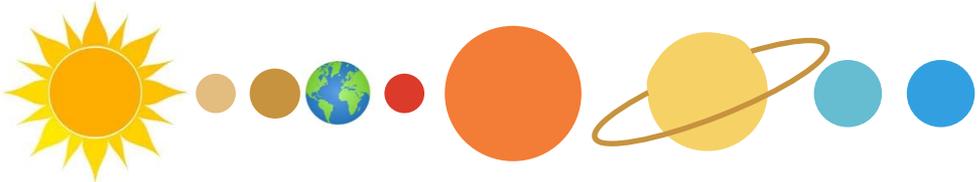
Answers on gcco.org on May 21

36 _____ 483.8 _____

67.2 _____ 886.7 _____

93 _____ 1,784 _____

141.6 _____ 2,794.4 _____



Going the Distance Q & A Game

How many feet in a yard?

- A) 3 ft. B) 4 ft. C) 5 ft. D) 6 ft.

How many feet in a mile?

- A) 5000 ft. B) 5280 ft. C) 5440 ft. D) 5500 ft.

How many furlongs in a mile?

- A) 6 B) 7 C) 8 D) 9

In measuring horses, what is the measurement of a hand?

- A) 2 inches B) 4 inches C) 6 inches D) 8 inches

What is the greatest distance the human eye can see?

- A) 1 mile B) 2 miles C) 3 miles D) 4 miles

What is the average distance traveled when taking one step?

- A) 1 ft. B) 1 ½ ft. C) 2 ft. D) 2 ½ ft.

How many miles does light travel per second?

- A) 175,000 mi. B) 186,000 mi. C) 194,000 mi. D) 200,000 mi.

What is the minimum distance in feet to stop behind a school bus when it is letting children off the bus?

- A) 5 ft. B) 10 ft. C) 15 ft. D) 20 ft.

Answers on gcco.org on May 21

Video: Best Ball

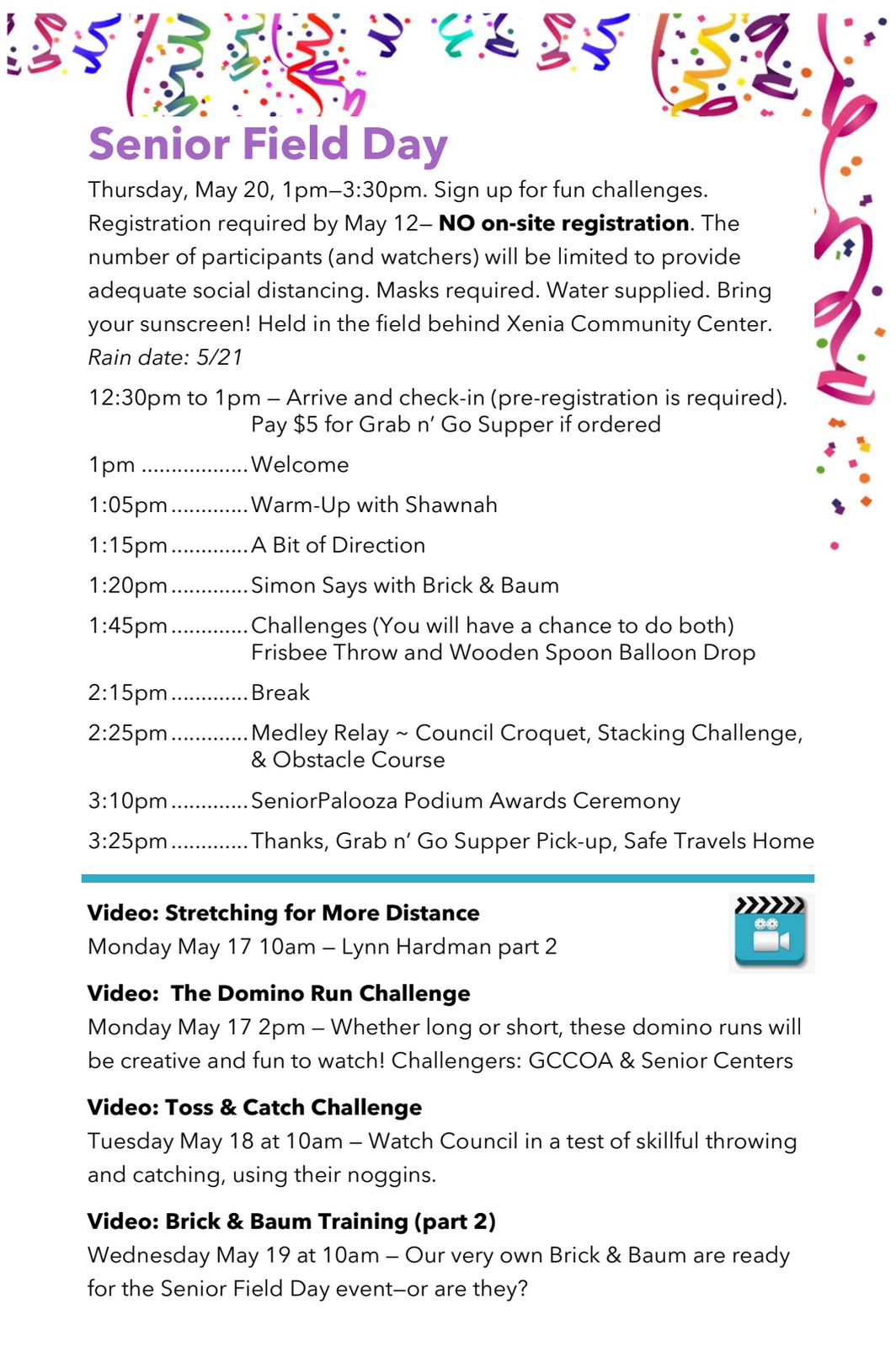
Thursday May 13 at 10am – Watch the Council team members duel for best team with a “golf” ball.



Video: The Measured Roll Challenge

Friday, May 14 10am – How far can you roll a ball down a tape measure? Challengers: GC Parks & Trails, WBZI, Xenia Gazette, and Council team.

[More videos](#) 



Senior Field Day

Thursday, May 20, 1pm–3:30pm. Sign up for fun challenges. Registration required by May 12– **NO on-site registration**. The number of participants (and watchers) will be limited to provide adequate social distancing. Masks required. Water supplied. Bring your sunscreen! Held in the field behind Xenia Community Center.
Rain date: 5/21

12:30pm to 1pm – Arrive and check-in (pre-registration is required).
Pay \$5 for Grab n’ Go Supper if ordered

1pmWelcome

1:05pmWarm-Up with Shawnah

1:15pmA Bit of Direction

1:20pmSimon Says with Brick & Baum

1:45pmChallenges (You will have a chance to do both)
Frisbee Throw and Wooden Spoon Balloon Drop

2:15pmBreak

2:25pmMedley Relay ~ Council Croquet, Stacking Challenge,
& Obstacle Course

3:10pmSeniorPalooza Podium Awards Ceremony

3:25pmThanks, Grab n’ Go Supper Pick-up, Safe Travels Home

Video: Stretching for More Distance

Monday May 17 10am – Lynn Hardman part 2



Video: The Domino Run Challenge

Monday May 17 2pm – Whether long or short, these domino runs will be creative and fun to watch! Challengers: GCCOA & Senior Centers

Video: Toss & Catch Challenge

Tuesday May 18 at 10am – Watch Council in a test of skillful throwing and catching, using their noggins.

Video: Brick & Baum Training (part 2)

Wednesday May 19 at 10am – Our very own Brick & Baum are ready for the Senior Field Day event—or are they?



Relationships

You have gone the distance if you've been in a relationship for a long time. We wonder who's been together the longest. How long have you been with your spouse/partner?

Harold and Virginia Stancliff of Cedarville

have been married for 61 years. Through all their loving years, they both mention how God has blessed them in so many ways which includes two daughters and two grandchildren. When asked about the success of their 61 years together they quickly agree that communication is the key. Always listening to each other and being able to discuss anything that comes along the way. Harold and Virginia say their daughters have told them they remember their parents constantly laughing together, enjoying life with each other.



Marathon

Our area hosts the nationally-renowned Air Force Marathon each year. A marathon is 26.2 miles, half-marathon is 13.1 miles. Have you ever run a marathon?

Veterans

Many veterans are in our area, whether born here or settled here. Who is our oldest vet? If you're a vet, what year were you born?

Many thanks to the senior centers and to our community partners!



1195 W. Second St., Xenia OH 45385

YourFriends@gcco.org www.gcco.org



Miles of Trails

Beavercreek Wetlands Reserve: 1.36 mi
Creeside Reserve: 2.77 mi
Glenn Thompson Reserve: 0.81 mi
Koogler Wetland Prairie Reserve: 1.16 mi
Narrows Reserve: 4.37 mi

Russ Nature Reserve: 3.26 mi
Sara Lee Arnovitz Reserve: 0.86 mi
James Ranch Park: 0.33 mi
Kinsey Road Mound: 0.26 mi
Phillips Park: 0.3 mi

Miles of Waterways

The Little Miami River flows for a total of 111 miles. The following GC Parks have canoe launches: Jacoby Road Canoe Launch, Glenn Thompson Reserve, Narrows Reserve, Mill Bridge Launch, and Constitution Park.

Distances between Parks

The two GC Parks that are farthest apart: Hebble Creek & Constitution Park are 20.8 miles apart. The two that are closest together are Beavercreek Wetlands Reserve and Phillips Park; they are connected.

27 parks and miles of trails! For more information, go to gcparkstrails.com



The Highest spot in a Greene County Park

It is an area along the Xenia/Jamestown section of the bike path at Garringer Road. It is at 1,109 feet. The mound at Indian Mound Reserve and Cedar Cliff Falls (in the same park) are both 30 feet tall.



Which parks allow fishing?

The following parks allow fishing and are good places to go: Clifton Reserve & Lodge, Constitution Park, Glenn Thompson Reserve, Jacoby Road Canoe Launch, Mill Bridge Launch, Phillips Park, and Spring Lakes Park.

Is there a limit to how many fish can be caught and taken home?

Yes. State limits apply to all areas except Spring Lakes. It has its own limits. The limits for both vary by species.

Birds & other species that migrate to and from GC Parks & Trails

Bobolink: Flies one way from Central Argentina to our area at approximately 1,200 miles.

Monarch Butterfly: Park Rangers once tagged a monarch in Fairborn that was later found in Michoacan, Mexico ~ 2,116 miles away.

Broadwing Hawks: Flies one way Northern South America to Greene County, at approximately 3,000 miles

The Greene County Park with the longest boardwalk:

Pearl's Fen at 790 feet.

Miles of paved bike paths in Greene County: 62





The greatest distance a tornado has traveled on the ground is 219 miles. On March 18, 1925, it went through Missouri, Illinois and Indiana for 3 ½ hours.

The greatest depth of the ocean lies in the Mariana Trench in the Pacific Ocean at 35,814 ft. below sea level. It is the deepest point known on earth.

The highest point on earth is Mt. Everest. Located in Nepal and Tibet, it reaches 29,029 ft. at its summit.

The largest margin of victory in Triple Crown history is held by Secretariat in the 1973 Belmont Stakes. He won by 31 lengths — 279 ft. — which is almost the distance of a football field.

The longest walking distance on earth is 14,334 miles, from L'Agulhas South Africa to Magadan North Russia.

Greatest distance walked in a 24-hour period is 142 miles 440 yards by Jesse Castenda on September 18-19, 1976.

Furthest distance from earth traveled by humans was the crew of Apollo 13 on April 15, 1970, a distance of 248,655 miles. The Apollo crew was 158 miles above the lunar surface on the far side of the moon.

The greatest distance a golf ball has been driven in competitive competition was 515 yards by Mike Austin during the 1974 U.S. Senior National Open.

Major League Baseball verifiable **longest home run** traveled a distance of 575 ft. hit by Babe Ruth in 1921 at Tiger Stadium (then Navin Field) in Detroit.

The **longest distance recorded for a bird migration** is 7,500 miles in 2019 by a male bar-tailed godwit (Shorebird). The bird traveled non-stop from Alaska, across the Pacific Ocean to New Zealand. Researchers tracked the bird with a recording device attached to its leg. Data revealed the bird reached a speed of 55 miles per-hour and flew non-stop for 11 days.



Godwit (Shorebird)



Dahlia Coloring Page

Dahlias bloom from midsummer through autumn. Plant tubers in late spring. Dig up and store tubers in the fall to treat dahlias as annuals. Dahlias are related to sunflowers, daisies and zinnias. They range in size from 2-inch lollipop style pompoms to giant 15-inch dinner plate blooms, grow up 4 to 5 feet tall, and come in a rainbow of colors.

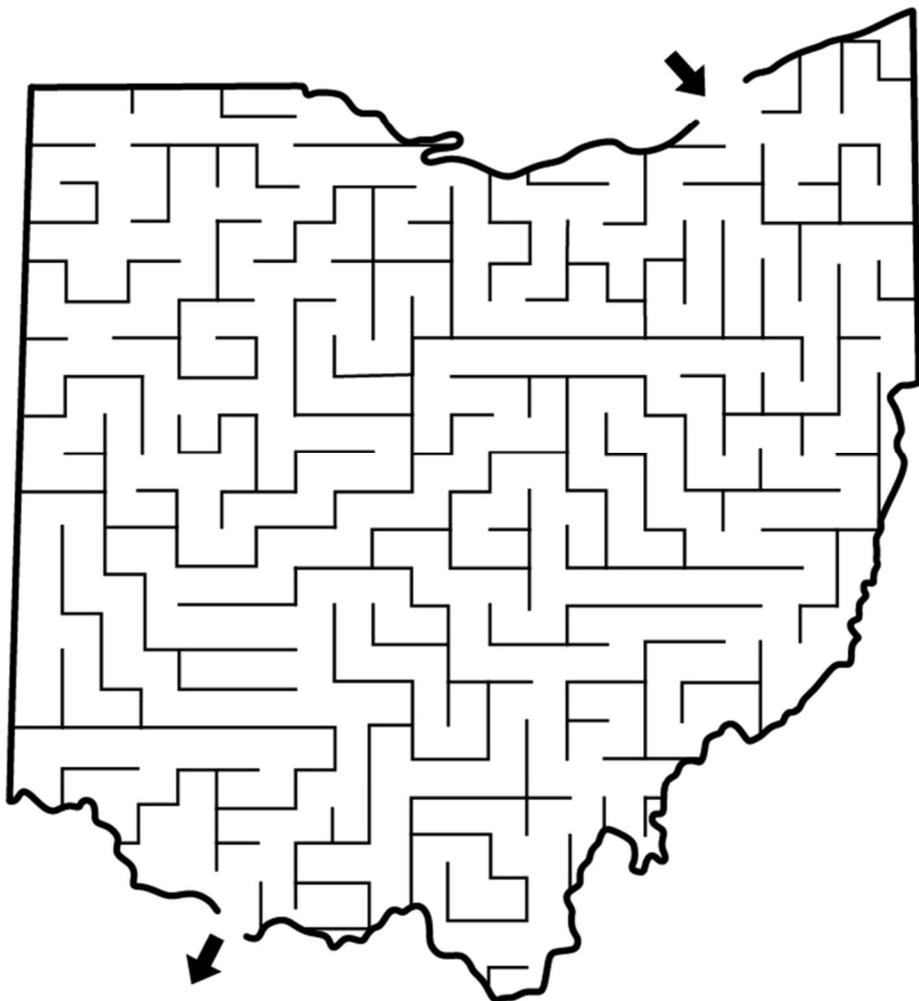


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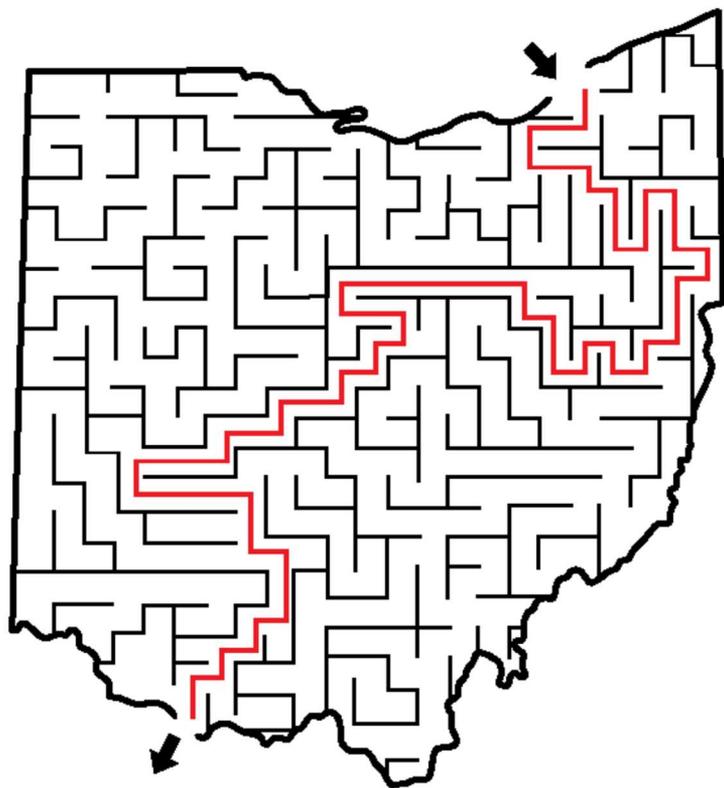
Going the Distance



Ohio Maze



Ohio Maze





Walking Challenge

This year, SeniorPalooza does not include the usual 5K Walk/Run/Roll due to social distancing rules. However, we still want to encourage you to *Go the Distance* with a Walking Challenge on your own.

Did you know brisk walking is good for your brain? Brain health, memory, and thinking can slow down as we get older. There is some evidence that mild cognitive impairment can be caused by changes in blood flow to the brain. Blood carries oxygen and nutrients to brain cells and if that stream sputters, so can the vitality of neurons.

We hear often that exercise is good for our health, and now we know it is good for our brains too. Aerobic exercise increases blood flow to the brain, and the greater blood flow is associated with better scores on tests of memory and thinking than among sedentary people.

Go the Distance Walking Challenge

Track your walks for a while. How far did you walk? How long did it take? Brisk walking gets the blood flowing more than a stroll does.

On the reverse is a Walking Log, so you can track your walking. Challenge yourself to go farther and faster this month!



