



Local

# Senior Day Out slated for Thursday

 By Renee Beasley Jones Messenger-Inquirer

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The 19th annual Senior Day Out is set for Thursday at Towne Square Mall.

From 500 to 700 seniors attend annually, depending on weather, said Lisa Flahardy, Green River Area Development District's aging contract specialist. The event is free to regional residents 60 and older.

Senior Day Out kicks off with a free breakfast -- sausage and biscuits, coffee and water -- at 8:30 a.m. Until noon, those who attend can fill their morning with live entertainment, guest speakers, at least 65 vendor booths, games and a fashion show.

"The focus is still the same. It is an event to educate seniors, to reduce criminal victimization and to help them live better lives," Flahardy said.

The annual event teaches seniors how to recognize fraud and how to avoid falling prey to scams.

The Green River Regional TRIAD, a group made up of seniors, law enforcement and senior service agencies, hosts the annual event. The local group serves people 60 and older in Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster counties.

During Senior Day Out, guest speakers will share their expertise in these topics: self-defense, dealing with opioids and medications that can increase falls.

At vendors' booths, guests can learn valuable information about programs and services. "There are things out there they may qualify for that they don't know about," Flahardy said.

Live entertainers will be Grayson Bryant, who impersonates Buddy Holly; Ohio County's McKenzie Bell; and bluegrass band Shrimp 'n' Grits.

Seniors can test their scam-prevention knowledge by playing Plinko. "Last year was the first time we offered Plinko," Flahardy said, "and they loved it."

Area seniors will model fashions from Christopher & Banks, JC Penney and Macy's.

This year's event is sponsored by Atmos Energy, Aramark, Glenn Funeral Home, Help at Home, Humana, Miracle Ear and Wellington Parc.

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