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**NORTH SUBURBAN
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FOR IMMEDIATE RELEASE

NSYMCA to host a new event SeniorPLAYooza on May 12th

Partnering with the Alzheimer's Association to support brain health and active aging.

Northbrook, IL – May 2026 – The North Suburban YMCA will host a new event next week, its inaugural SeniorPLAYooza, on **Tuesday, May 12 from 12:00–3:00 PM.**

This free community event kicks off with a YMCA Education Series (Y.E.S.) lunch-and-learn presented by the Alzheimer's Association from 12:00–1:00 PM. Following the presentation, guests are invited to a two-hour interactive fair featuring brain games, activities, raffles, and more—all designed to challenge the mind and celebrate active aging.

The keynote presentation, *“Supporting Brain Health in Our Community,”* is an in-person lunch-and-learn that will open SeniorPLAYooza. Featured speakers include a representative from the **Alzheimer's Association (NAME)**, Karen Brownlee, Personal Trainer at the North Suburban YMCA, and Laura Morris, contributing author of *The Official MIND Diet*. This presentation is part of the Y.E.S. (YMCA Education Series) and will provide practical, science-backed strategies to support lifelong brain health. The program will highlight findings from the U.S. POINTER study, including how cognitive engagement, physical activity, and healthy eating positively impact brain health.

Attendance for the presentation and lunch is limited to 80 pre-registered guests. Lunch will be provided only for registered attendees. Once lunch registrations are full, walk-ins will still be accepted on the day of the event, if space allows.

To Register: [SeniorPLAYooza Lunch & Learn](#)

Immediately following the presentation, SeniorPLAYooza will open from 1:00–3:00 PM in the NSYMCA gym. Registration is not required for this portion of the event. With more than thirty vendors participating, the fair will offer interactive booths featuring brain and light activity games designed to support movement, cognitive health, and social engagement. Each vendor will host an activity table where guests can participate, learn about services, and enter to win raffle prizes.

In addition, a quiet room will be available offering light snacks, chair yoga, puzzles, light stretching, and more.

“Our new SeniorPLAYooza is the latest addition to our lineup of popular Y ‘Palooza’ events,” said **Karen Brownlee, Adult Programming Coordinator and Personal Trainer at the NSYMCA.** “We have had tremendous success with programs like SeniorPalooza, which is now in its 10th year and held each September, so we wanted to build on that momentum with something even more active and engaging. I encourage people of all ages to join us—brain health and movement are essential to living a healthy, active lifestyle, which is what we strive to support at the YMCA.”

Premier event sponsors include [Illinois Bone & Joint Institute](#), [Allstate](#), and [Wintrust Community Banks](#). Participating sponsors include [Addolorata Villa](#), [Avantara Libertyville](#), [Avantara Long Grove](#), [Bella Terra Wheeling](#), [Cancer Wellness Center](#), [CaptionCall](#), [CJE SeniorLife](#), [ClearCaptions](#), [Comfort Keepers](#), [Devoted Health](#), [Elite Cruises and Vacations](#), [Help at Home](#), [Homewatch CareGivers](#), [Inspiration of Northbrook](#), [Marg Drug Medical Support](#), [Matlin Law Group](#), [My Benefits Hero](#), [Northbrook Library](#), [North Shore Place](#), Oak Street Health, [Residential Hospice](#), [Right at Home](#), [Senior Helpers](#), [State Senator Laura Fine](#), [The Home Improvement Network](#), [The Landing on Dundee](#), [The Manual Touch PT](#), [UnitedHealthcare](#), [Warren Barr Buffalo Grove](#), and [Whitehall of Deerfield](#).

The North Suburban YMCA in partnership with the Alzheimer’s Association will have a follow-up presentation on zoom **September 9th, “The Empowered Caregiver: Supporting Independence”** to conclude their three-part series, educating the community on Alzheimer’s.

This powerful session focuses on supporting individuals living with dementia while promoting independence for as long as possible. Caregivers will learn how Alzheimer’s impacts safety, how to provide the appropriate level of support, and practical tips to make daily activities meaningful for their loved ones. **To Register: [Y.E.S. EMPOWERED CAREGIVER: SUPPORTING INDEPENDENCE](#)**

The YMCA Education Series (Y.E.S.) is a series of free live presentations by local professionals covering topics related to physical, mental, and social health and well-being. Presentations are also recorded and made available on the NSYMCA YouTube channel. To become a Y.E.S. speaker or learn more about the series, contact Kim Nyren at knyren@nsymca.org or visit www.nsymca.org.

About the North Suburban YMCA: The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org



NSYMCA to host their inaugural event, SnioerPLAYooza on Tuesday, May 12th from 12-1pm at the NSYMCA located at 2705 Techny Road, Northbrook, IL.