



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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**FOR IMMEDIATE RELEASE**

**NSYMCA hosted its Inaugural SeniorPLAYooza on May 13<sup>th</sup>,  
welcoming over 200 guests, volunteers & vendors.**

*This free community event was the first of its kind offering interactive games, brain health and a presentation featuring Alzheimer's Association.*

Northbrook, IL – May 2026 – The North Suburban YMCA successfully hosted its inaugural SeniorPLAYooza on Tuesday, May 13 at the NSYMCA, welcoming more than 200 guests, volunteers, and community members for an afternoon focused on brain health, active aging, and social connection.

The free community event began with a YMCA Education Series (Y.E.S.) lunch-and-learn presented in partnership with the [Alzheimer's Association](#). Following the presentation, guests participated in a two-hour interactive fair featuring brain games, activities, raffles, and educational experiences designed to challenge the mind and celebrate healthy aging.

The keynote presenter, MaryGrace Sharp, Program Manager from the Alzheimer's Association, opened the event with "Supporting Brain Health in Our Community," practical, science-backed strategies to support lifelong brain health. Other featured speakers included a representative Karen Brownlee, Personal Trainer at the North Suburban YMCA, and Laura Morris, contributing author of *The Official MIND Diet*. The presentation highlighted findings from the U.S. POINTER study, including how cognitive engagement, physical activity, and healthy eating positively impact brain health.

More than 60 attendees participated in the lunch-and-learn portion of the program before SeniorPLAYooza officially opened in the NSYMCA gymnasium. With more than 30 participating vendors, the fair featured interactive booths offering brain and light activity games designed to support movement, cognitive health, and social engagement. Vendors hosted activity tables like 'Brain Hopscotch', 'Line Dancing', 'Foot Ring Toss' and more, where guests participated in hands-on experiences, learned about community services, and entered raffle drawings throughout the afternoon.

“SeniorPLAYooza was created to bring people together in a fun, engaging way while also highlighting the importance of brain health and active aging,” said **Karen Brownlee, Adult Programming Coordinator and Personal Trainer at the North Suburban YMCA**. “Seeing more than 200 guests, volunteers, and community partners come together for this inaugural event was incredibly rewarding. We are grateful to everyone who participated and helped make the day such a success.”

The event also benefited from the support of more than 20 volunteers who helped welcome guests, coordinate activities, and create an engaging and inclusive atmosphere for all attendees. SeniorPLAYooza reflected the NSYMCA’s ongoing commitment to healthy living, community connection, and lifelong wellness for older adults.

Premier event sponsors include [Illinois Bone & Joint Institute](#), [Allstate](#), and [Wintrust Community Banks](#). Partner Hosts include Alzheimer’s Association and The Mind Diet. Participating sponsors include [Addolorata Villa](#), [Avantara Libertyville](#), [Avantara Long Grove](#), [Bella Terra Wheeling](#), [Cancer Wellness Center](#), [CaptionCall](#), [CJE SeniorLife](#), [Comfort Keepers](#), [Devoted Health](#), [Elite Cruises and Vacations](#), [Help at Home](#), [Homewatch CareGivers](#), [Inspiration of Northbrook](#), [Mark Drug Medical Supply](#), [Matlin Law Group](#), [My Benefits Hero](#), [Northbrook Library](#), [North Shore Place](#), [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](mailto:knyren@nsymca.org) or visit [www.nsymca.org](http://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](http://NSYMCA.org)



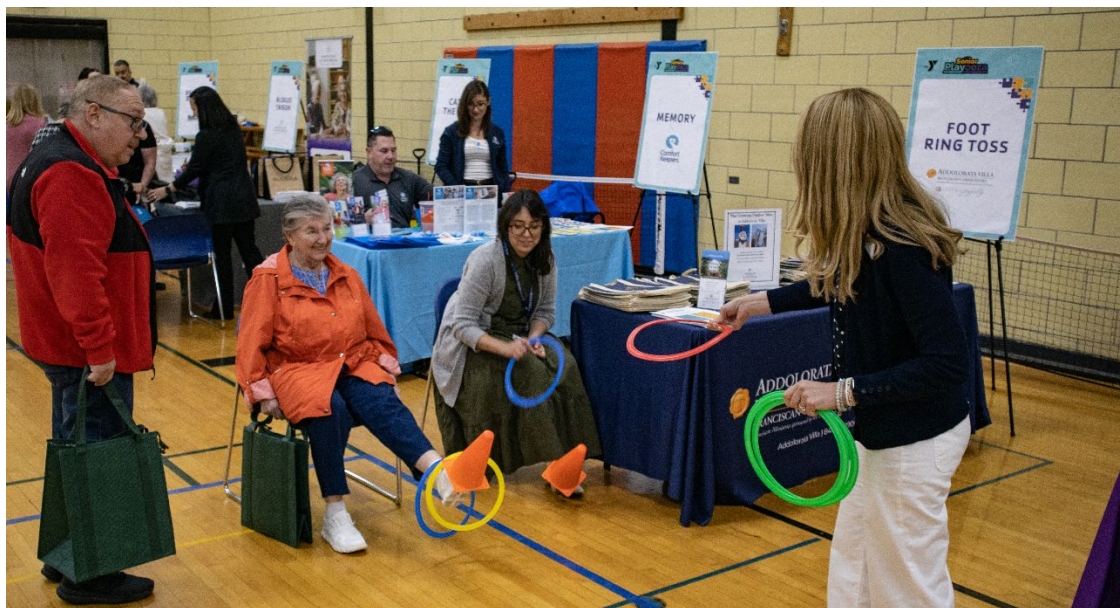
The North Suburban YMCA in Northbrook hosted their inaugural event, SeniorPLAYooza on Tuesday, May 12<sup>th</sup> from 12-1pm. Avantara and Warren Barr hosted the 'Brain Hop Scotch' activity at the event.



Karen Brownlee, NSYMCA Adult Programming Coordinator, was a guest speaker along with the MaryGrace Sharp from Alzheimer's Association and Laura Morris from The Mind Diet.



Residential Hospice in Northbrook hosted one of the SeniorPLAYooza activity tables called 'Hand Mechanics' at the North Suburban YMCA in Northbrook.



Liz Starman from Addolorata Villa in Wheeling, hosted the 'Foot Ring Toss' activity at the NSYMCA SeniorPLAYooza community event on May 13 at the YMCA in Northbrook.



(Left to right) Sandy Frum, Karen Glazer, Hailey Uttenreuther, Becky Lee, Beth Bassler, JoAnn Gordon and Sarah Gordon came out and volunteered at the NSYMCA's inaugural SeniorPLAYooza event on May 13<sup>th</sup>.



Devoted Health was one of the 30+ vendors who participated in the inaugural NSYMCA SeniorPLAYooza community event on May 13<sup>th</sup> in Northbrook.



Jasmine Lee, NSYMCA's coordinator for their Y.E.S (YMCA Education Series), plays the game 'Set' with a YMCA member at the NSYMCA's SeniorPLAYooza event on May 13<sup>th</sup>.



Debbie Belkin, Instructor at the NSYMCA and Becky Lee, a NSYMCA member and Volunteer, enjoy the quiet room while doing a puzzle together at the NSYMCA's SeniorPLAYooza on May 13<sup>th</sup>.