FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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FOR IMMEDIATE RELEASE

NSYMCA Celebrates Successful 10th Annual SeniorPalooza Health & Fun Fair

More than 250 older adults attended the free community event featuring 60+ vendors, health resources, screenings, giveaways, and educational programming

Northbrook, IL – September 2026 – The North Suburban YMCA welcomed more than 250 guests and community members to its **10th Annual SeniorPalooza Health & Fun Fair** on September 16, celebrating a decade of connecting older adults with valuable health, wellness, and community resources.

The free event featured more than 60+ vendors, sponsors, healthcare providers, and senior-focused organizations offering information, interactive health screenings, giveaways, raffle prizes, and resources designed to help older adults remain active, healthy, and engaged.

The day began with a YMCA Education Series (Y.E.S.) Lunch & Learn presentation sponsored by Illinois Bone & Joint Institute (IBJI). Orthopedic surgeon John D.D. Higgins, MD, shared practical strategies for maintaining mobility, balance, strength, and bone health, while discussing ways older adults can reduce pain and maintain independence through healthy habits and modern treatment options.

Following the presentation, attendees visited dozens and dozens of vendor booths throughout the YMCA gym and hallways, participated in health and wellness screenings, connected with local service providers, and learned about programs and resources available at the NSYMCA and throughout the community. Also featured was a Flu Clinic hosted by Walmart Pharmacy where more than 50 people received vaccinations.

“SeniorPalooza has grown tremendously over the past ten years and continues to demonstrate the importance of bringing older adults together with organizations that can help them live healthier, more connected lives,” said **Kathy Fielding, CEO of the North Suburban YMCA**. “We are grateful to our sponsors, vendors, volunteers, and staff who helped make this milestone event such a success. The energy, engagement, and sense of community throughout the day were truly inspiring.”

Now in its 10th year, SeniorPalooza has become one of the North Suburban YMCA's most anticipated annual community events, providing older adults and their families with direct access to trusted resources while promoting healthy aging, lifelong learning, and social connection.

Special thanks to the event's premier sponsors including Allstate, Illinois Bone & Joint Institute, Wintrust Community Banks and Homewatch CareGivers North Shore.

Additional support was provided by more than 60 participating businesses, healthcare providers, and community organizations dedicated to serving older adults throughout the North Shore and surrounding communities. Participating sponsors include Avantara Libertyville, Avantara Long Grove, Bella Terra Wheeling, Glenview Terrace, Warren Barr North Shore, Warren Barr Buffalo Grove, Addolorata Village, aetna, Brightstar Care, CaptionCall, Comfort Keepers, Covenant Living Of Northbrook, Devoted Health, Encompass Health, Elevate Care, Get Covered Illinois, Help at Home, Margolis Weldon, LLC,, Mark Drug Medical Supplies, Matilin Law Group, My Benefits Hero, Oak St. Health – Skokie, Right at Home, Ruby's Therapeutic Massage, The Home Improvement Network, The Manual Touch PT, The Trux Team, True Family Home Care, Inc., UnitedHealthcare, Whitehall of Deerfield, and another 30+ vendors.

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 www.nsymca.org.



The NSYMCA's 10th Annual SeniorPalooza Health and Fun Fair featured over 60 vendors including Ryan Caturan from Illinois Bone and Joint Institute, who talks with a guest about the importance of balance and pain free movement.



On September 16, the North Suburban YMCA Hosted its 10th Annual SeniorPalooza, a free health and fun fair welcoming over 250 guests and over 60 vendor tables.



Warren Barr North Shore distributes valuable information and offers branded gifts to guests at the NSYMCA 10th Annual SeniorPalooza Health Fair.



Encompass Health located in Libertyville was featured as a sponsor at the NSYMCA 10th Annual SeniorPalooza Health and Fun Fair and was one of the 60 vendors who hosted a table on September 16th in Northbrook.



Orthopedic Surgeon from Illinois Bone & Joint Institute (IBJI), Dr. John D.D. Higgins, MD shared practical strategies for maintaining mobility, balance, and bone health at the YMCA Education Series Lunch & Learn presentation during the 10th SeniorPalooza Health & Fun Fair.



Marina Frugoli from Homewatch CareGivers North Shore and Premier Sponsor of the NSYMCA 10th SeniorPalooza, shared some brain games to help guests with memory and balance.