



NIAGARA COUNTY
PUBLIC INFORMATION OFFICE
MEDIA RELEASE

FOR IMMEDIATE RELEASE

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**COUNTY FAIR HOLDS SURPRISES FOR SENIORS:
SENIOR LUNCH, BINGO, PRIZES AMONG OFFERINGS**

LOCKPORT—The 2010 Niagara County Fair kicks off next Wednesday and promises to have something for everyone—and that includes county seniors.

Friday, Aug. 6, has been designated Senior Day at the Fair, and the Niagara County Office for the Aging will offer seniors a variety of activities. This includes the OFA's "Eat Well...Stay Well Dining" lunch and a health fair with free services and informational handouts.

"We really strive to include our seniors in the Fair," Niagara County Legislator Pete Smolinski, R-North Tonawanda, who chairs the Legislature's Community Services Committee, said. "The Office for the Aging is committed to helping seniors control their own lives and make healthy choices, and their Senior Day at the Fair activities reflect that commitment."

The Eat Well...Stay Well lunch will be served in the big Food Tent at noon. The menu includes breaded chicken drumsticks, ranch mashed potatoes, carrot coins, whole wheat rolls, fresh melon, a peanut butter cookie, and milk.

Lunch will be preceded by an interactive Tai Chi demonstration starting at 10 a.m. and followed by a presentation by the NY Connects program. NY Connects, which provides long-term care information and solutions for seniors and their caregivers, will also offer up "Long-Term Care Bingo" for prizes.

For more information and to sign up, contact Glenda Reardon, nutrition coordinator for the OFA, at 438-4030. Reservations must be made by Aug. 3. Space is limited.

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