

Rhythms & Resources

A Wellness Event for Older Adults

TUESDAY, SEPTEMBER 22, 2026

9AM-12PM

- Live Music Performances
- Vendors and Senior Resources



Guest Speaker
Amel Whitaker

"Is it Aging or
Alzheimer's"

RAFFLE
PRIZES!

Music by:
Erica Traulsen



**Timber Creek
Ballroom**
Sun City Roseville
7050 Del Webb Blvd
Roseville, CA 95747

Music by:
Lisa Marie Ellis



Brought to you by

 **Seniors Resource Group**



Featured Vendors:

Amel Whitaker, LMFT
Senior Mental Wellness



Senior Care Clinic



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Advanced Wellness
GCM



Nick Sadek | **Sotheby's**
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