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**Senior Athletes Go For the Gold!**

*Delaware County Senior Games Celebrates 20<sup>th</sup> Anniversary*

Delaware County senior athletes know one secret to aging gracefully -- staying physically active by participating in the Delaware County Senior Games.

June 2010 marks the 20<sup>th</sup> anniversary of the Delaware County Senior Games and, starting on June 8, more than 500 athletes will compete for medals in a wide variety of Olympic-style sports from golf to swimming.

Delaware County Council sponsors the Senior Games to encourage residents 50 years and older to stay fit and have fun while competing in sporting events such as golf, bowling, tennis, basketball, swimming and track & field. The Games are set for June 8-18 and will be held at various venues throughout the county.

In addition, the Games will celebrate their 20th anniversary with the addition of three new events: billiards, horseshoes and a Wii tournament.

Council's partners in the Senior Games are the Delaware County Department of Parks and Recreation and the County Office of Services for the Aging (COSA.)

Registration for the games is \$10 and is open to all Delaware County residents 50 and older.

"The great thing about the Delaware County Senior Games is that it encourages residents to stay socially and physically active throughout the year," said Council Chairman Jack Whelan. "Residents who

participate in the games build solid friendships. Those friendships and activities help our seniors maintain a healthy level of physical fitness.”

The Delaware County Senior Games counts 33 active residents who have participated in the Senior Games for at least 14 of the 20 years.

Paul Ruda, a Lansdowne resident and 19-year Games veteran, is proud to be part of that group.

“Medals aside, the real value of the games is the fact that it encourages you to practice throughout the year and improve your sport. As a result, my friends and I play table tennis twice a week.”

So where did Paul meet those friends? At the Delaware County Senior Games, of course!

“The friends I’ve made are the best I have,” said Ruda.

Dr. William Hushion, a Wallingford resident, has participated in the Senior Games for 15 years and racks up medals in basketball, mini golf and track & field.

“The games are a great opportunity to spend time with people your own age and compete,” said Dr. Hushion. “When you compete, you want to beat your friends! Plus, the medals make you feel good. My grandchildren love them!”

Long-standing competitor and former Broomall resident Betty McCausland credits the Senior Games with “helping to keep the aches and pains away!” McCausland, an avid swimmer and bowler, believes the games aid seniors in overcoming “burnout” and keeps them active throughout the year. McCausland marks each score on the back of her medals to monitor her progress.

So if the physical fitness benefits don’t motivate you to sign up, the companionship promised by participation in the Senior Games should inspire your attention.

Co-chairs for the 2010 Senior Games are Marc Manfre, Director of Parks and Recreation, and Stephen Gamble, Deputy Director for COSA.

Gold, silver and bronze medals are awarded in every age category and all participating seniors and volunteers receive a free Senior Games T-Shirt. In addition, all medalists and volunteers will receive an invitation to the Winner’s Circle Reception. This special recognition event will be held on Thursday, July 1 at the Drexelbrook Corporate Event Center located in Drexel Hill.

People interested in volunteering should contact the Senior Games volunteer coordinator, Theresa Butts, at (610) 872-1215 or send an email to [buttst@co.delaware.pa.us](mailto:buttst@co.delaware.pa.us). Volunteers can serve as timekeepers, registrars, starters, judges, award presenters and organizers.

Registration forms are available at the County Parks Department in Rose Tree Park, at local libraries and senior centers, through the County Web site at [www.co.delaware.pa.us](http://www.co.delaware.pa.us) or at the Senior Games Web site at [www.delcoseniorgames.org](http://www.delcoseniorgames.org). People can also call the Senior Games hotline at (610) 891-4663.

## 2010 Delaware County Senior Games

**For information:** The 2010 Delaware County Senior Games will be held June 8-18 at various venues throughout the County. Volunteers can sign up by contacting coordinator Theresa Butts at (610) 872-1215 or via e-mail to [buttst@co.delaware.pa.us](mailto:buttst@co.delaware.pa.us) Brochures, with schedule and registration information for athletes, are available at the County Department of Parks and Recreation, (610) 891-4663 or through the Delco Senior Games Web site at [www.delcoseniorgames.org](http://www.delcoseniorgames.org)

A tentative schedule for the 2010 Senior Games is as follows:

- **Tuesday, June 8:** 10 a.m., Horseshoes, Veteran's Park, Broomall.
- **Wednesday, June 9:** 1 p.m., Wii Bowling, Redwood Community Playhouse, Upland.
- **Thursday, June 10:** 9 a.m., Billiards, Drexeline Billiard Club, Drexel Hill.
- **Monday, June 14:** 9 a.m., Singles Bowling, Sproul Lanes, Springfield; 10 a.m. Nine Hole Golf, Clayton Park Golf Course (\$5 for greens fees,) Concord; 1 p.m. Table Tennis, Upper Darby Senior Center, Upper Darby.
- **Tuesday, June 15:** 9:30 a.m., Basketball, Rocky Run YMCA, Lima; 2 p.m., Swimming, Upper Darby High School, Upper Darby.
- **Wednesday, June 16:** 7:45 a.m., 18 Hole Golf, Paxon Hollow Golf Club (\$25 for greens fees,) Marple; 9 a.m., Shuffleboard, Whitehorse Village, Edgmont; 1:30 p.m., Doubles Bowling, Sproul Lanes, Springfield.
- **Thursday, June 17:** 8:30 a.m., Singles Tennis; 10:30 a.m. Doubles Tennis; 1 p.m. Mixed Doubles Tennis, Springton Tennis Club, Newtown Square; 10 a.m., Miniature Golf, Putt-Putt Golf Course, Clifton Heights (\$3 for greens fees); 1:30 p.m., Team Bowling, Sproul Lanes, Springfield.
- **Friday, June 18:** 8 a.m., Track & Field, Upper Darby High School, Upper Darby.