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11 Days of Fun and Fitness for Seniors

Delaware County Council Sponsors 2011 Senior Games

Don't be fooled by the grey hair. Delaware County senior athletes know one secret to aging gracefully -- staying physically active by participating in the Delaware County Senior Games, set for June 14-24 at venues throughout the County.

At the event, 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 promote healthy, active lifestyles for adults over the age of 50.

The Senior Games encourage residents to stay fit and have fun while competing in sporting events such as golf, bowling, tennis, basketball, swimming and track & field.

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."

Co-chairs for the 2011 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 receive an invitation to the Winner's Circle Reception set for Thursday, July 7 at the Drexelbrook Corporate Event Center in Drexel Hill.

(more)

(2011 Senior Games continued)

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. 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 or at the Senior Games Web site at www.delcoseniorgames.org. People can also call the Senior Games hotline at (610) 891-4663.

2011 Delaware County Senior Games

For information: The 2011 Delaware County Senior Games will be held June 14-24 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. 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

A tentative schedule for the 2011 Senior Games is as follows:

Tuesday, June 14

- 9:30 a.m. Basketball - "21", Hot Shot, & 3 on 3 Basketball Upper Chichester Recreation Center

Wednesday, June 15

- 10 a.m. Nintendo Wii Bowling Tournament - Redwood Community Center, Upland Park

Thursday, June 16

- 9 a.m. Billiards- Drexeline Billiard Club, Drexel Hill
- 2 p.m. Swimming - Upper Darby High School, Upper Darby

Friday, June 17

- 9 a.m. Shuffleboard - Singles and Doubles, White Horse Village

Monday, June 20

- 9 a.m. Singles Bowling- Men's and Woman's (9 am till Noon) Sproul Lanes, Springfield
(3 games: \$2 per game; free shoes)
- 10 a.m. 9-Hole Golf Clayton Park Golf Course, Concordville
(\$5 greens fee, players provide clubs)
- 12:30 p.m. Table Tennis - Singles and Doubles Upper Darby Senior Center, Upper Darby

Tuesday, June 21

- 10 a.m. Horseshoes - Veterans Park, Marple Township

Wednesday, June 22

- 7:45 a.m. 18-Hole Golf - Paxon Hollow Golf Club
- 1:30 p.m. Doubles Bowling – Men's and Woman's Mixed, Sproul Lanes, Springfield

Thursday, June 23

- 8:30 a.m. (Singles) Tennis- Springton Tennis Club
- 10:30 a.m. (Doubles) Tennis- Springton Tennis Club
- 1 p.m. (Mixed doubles) Tennis- Springton Tennis Club
- 10 a.m. Miniature Golf - Putt-Putt Golf Course, Clifton Heights
- 1:30 p.m. Team Bowling 4 Men and 4 Woman, Sproul Lanes, Springfield

Friday, June 24

- 8 a.m. Track and Field - Sun Valley High School, Aston
- 8:15 a.m. Track events (runs and walks)
- 10 a.m. Field events (Softball and football throws and Long jump)