

# news release

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FOR IMMEDIATE RELEASE

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## **2011 SENIOR GAMES SET FOR JUNE 13<sup>th</sup>-16<sup>th</sup>**

June 13-16, 2011 will be an exciting week of athletic and recreational activities designed to promote a healthy lifestyle at any age!

Hundreds of people age 55 and over will be participating in a wide variety of activities that can help them reach...even exceed...their fitness goals. Whether it's a casual walk, a spirited game of pool or a battle for victory on the basketball court, seniors from around the area will come to show the world that it's never too late to start living healthy.

Sponsored by Area 9 In-Home and Community Services Agency, a service of Indiana University East, the 2011 Senior Games will be very similar to previous years and will include such events as golf, bowling, pickleball, pool, shuffleboard, croquet, ping pong, and many more! The Opening Ceremony on Monday will be held at and hosted by the Lamplight Inn at the Leland in Richmond. We will close the week with a Victory Celebration Dinner/Dance on Thursday evening at the Lamplight Inn at the Leland featuring music by "The Impossibles" and ballroom dancing demonstrations by Rex Godfrey and Barbara Mays.

Registration forms are available at your local senior center, meal sites, and the Richmond and Connersville offices of the Area 9 In-Home & Community Services Agency.

For more information about the 2011 Senior Games, contact Judy Ford, Beth Evans, or Kathy Bridgford at 765-966-1795 or 1-800-458-9345.

Live healthy...play healthy...participate in the Area 9 Senior Games!