

CELEBRATING 34 YEARS!

**NEW
Register
Online
and Save \$2**



Lancaster Senior Games

Exercising Body, Mind & Spirit

May 6-10, 2024

Spooky Nook Sports

75 Champ Blvd.,
Manheim, PA 17545

Coordinated by the Lancaster County Office of Aging
(717) 299-7979

**Register Online at
www.LancSeniorGames.org**

Thank you to our sponsors!

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Willow Valley Communities

Gold~

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Wellcare

In-Kind~

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Orthopedic Associates of Lancaster

WELCOME TO THE 34TH ANNUAL LANCASTER SENIOR GAMES!

Since starting in 1989, thousands of athletes have participated in the Games with an average of 850 people each year. We are glad that you have joined us! The committee hopes you enjoy the sports, competition, and socialization of the Lancaster Senior Games **May 6-10, 2024**.

REGISTRATION

If you are a Lancaster County resident, age 55 or older, you are invited to participate in the Games. Your registration fee of \$15, **due by Friday, April 19**, enables you to compete in an unlimited number of events. A registration form can be found on **page 17**.

3 WAYS TO REGISTER

- Discounted registration fee of \$13 for registering online/pay online with credit card or e-check
- Mail the registration form from this brochure with a check for \$15 to **Lancaster County Office of Aging, 150 North Queen Street, Suite 415, Lancaster, PA 17603**
- Drop off the registration form and **exact cash or check** at **The Groff's Family Funeral and Cremation Services Inc., 528 West Orange Street, Lancaster, Monday–Friday, 9 a.m.–4:30 p.m.**

Couples may send one check (**payable to Lancaster County Office of Aging**).

Registrations must be received at Groff's, online or at the Office of Aging by 4:30 p.m. April 19 or will be rejected and returned to sender.

T-SHIRTS

Want your t-shirt before the Games? Drop off your completed registration form or proof of online registration and pick up your t-shirt at **The Groff's Family Funeral and Cremation Services Inc., Monday–Friday, 9 a.m.–4:30 p.m.**

No t-shirt exchanges.

RELEASE & WAIVER

You must sign the release and waiver of liability located on the back of your registration form in order to participate. Failure to sign the form will result in the registration being returned.

Registrations are due
by 4:30 p.m.

April 19th

AGE DIVISIONS

Age divisions are 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95 and over. **The age division of partners is based on age of younger participant. Players may only play in one age category.**

1st, 2nd & 3rd place ribbons are awarded in each age group.

PARTICIPATION & CANCELLATION

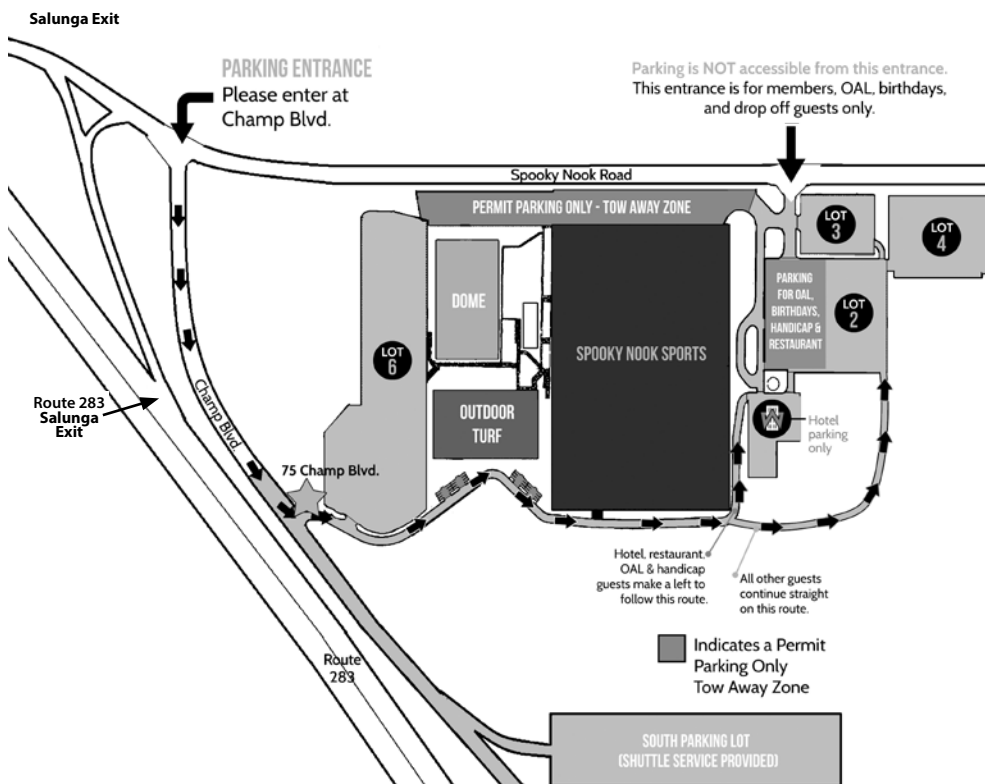
The event coordinators reserve the right to cancel events due to inclement weather or to consolidate age divisions for competition based on insufficient entries. In event of inclement weather check Lancaster Senior Games Facebook page for cancellation notice of outdoor events. **Participants must check in at events at least 15 minutes prior to start time with the exception of Drop-In events.**

EVENT RULES

Must Use Equipment Provided. Visit www.LancSeniorGames.org

SENIOR GAMES FREQUENTLY ASKED QUESTIONS

- 1. FOR PARTNER EVENTS: Where on the registration form do I list my partner's name?** You don't need to list the partner's name unless it's for 18-hole golf or Pitch and Putt. **What if I don't have a partner?** We will pair anyone without a partner. **My partner is younger or older than I am. In which age group do we register?** For partnered events, you sign up for the younger partner's age group.
- 2. FOR BRACKET EVENTS:** Registration closes at the time the event is listed in the brochure. You should be at the event 15 minutes prior, so you don't miss registration. Once registration is closed, volunteers are NOT able to add you to the brackets.
- 3. I need to register later than April 19th. Will you accept my registration?** NO. We have a lot of computer work to get ready for the games, so we need a strict cut off date/time. Registrations must be at the Office of Aging, The Groff's Family Funeral and Cremation Services Inc., or submitted online by 4:30pm on April 19th. Anything received after that time will be rejected and returned to the sender.
- 4. I registered for the games but now I can't attend. Can I get my money back?** Unfortunately, we are not set up to give refunds. The only time credit is given is for Golf events that are cancelled because of rain. Vouchers are given to participants who paid the fees. Vouchers can be collected at the Golf course within 1 week after the event date.
- 5. Where can I pick up my T-shirt?** Shirts are available 9am- 4:30pm at The Groff's Family Funeral and Cremation Services Inc. until April 19th. Participants must provide proof of registration online, or by submitting their registration and payment at Groff's front desk. After that time, shirts can be picked up at Spooky Nook Sports May 6, 7 or 8th.
- 6. Where can I pick up my medal?** Medals are available at the end of the day for the events. Medals will be located at the information desk at Spooky Nook on May 7th and 8th. On May 9th the medals are available at Leisure Lanes, and on May 10th at the Celebration Event at Longs Park. The Groff's Family Funeral and Cremation Services Inc. will have the medals Monday, May 13 – Friday, May 17th from 9am-4:30pm. After that time, participants should call Office of Aging to arrange pick up of their medals at the office. After May 31st, the medals are no longer available.
- 7. Where can I find event results?** We keep names/times of the medal winners. We don't keep the score sheets for every participant. The result sheets are available where the medals are located. They will also be posted on **www.LancSeniorGames.org** the week after the Senior Games.
- 8. How much is lunch?** The cost of lunch is subsidized by The Office of Aging. Participants who want lunch will pay \$5 toward the cost each day. Lunches must be ordered and prepaid with registration.
- 9. Its raining, how do I know that events are cancelled?** We don't have immediate access to our website so we can only post the cancellation on our Facebook page. The running event will be cancelled if it is raining. We need to be considerate of our volunteers as well as participants when weather is bad. Pickleball rain date is Friday, May 10th.
- 10. Why isn't my event offered anymore?** The Senior Games committee looks at attendance and makes decisions based on the number of people participating in events and the costs associated with the event.



GPS DIRECTIONS

Please use the following address to locate The Nook on your GPS:

**75 Champ Blvd.
Manheim, PA 17545**

SPONSOR AREA OPEN

~ MONDAY, MAY 6 ~

7:30 a.m.- 8:15 a.m. • 9:15 a.m.- 11:30 a.m.

(Closed for Opening Ceremonies)

Visit our sponsors at Spooky Nook Court 13 to receive information about their companies and to thank them for their support of Lancaster Senior Games.



Providence Place
SENIOR LIVING

Redefining Home...

- ✿ Independent Living, Assisted Living & two levels of Memory Care available in a scenic setting.
- ✿ Expanded Memory Care now open!
- ✿ Affordable rates, safe environment, and close to friends & family from a local, family-owned senior living company.



Cheering on Senior Games 2023!



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www.Providence-Place.com

~ Monday, May 6 ~

All events are held at Spooky Nook Sports (Unless noted otherwise)
**Please follow the map on page 4 for GPS, ENTRANCE, and
 FREE PARKING directions to Spooky Nook facility.**

7:30 a.m.	INFORMATION Senior Games information table will be in the front lobby of Spooky Nook Sports. T-shirts will be available for pick up if not previously received.
8:45–9:15 a.m.	OPENING CEREMONIES Location: Spooky Nook Court 11 National Anthem: Peggy Keller Band: Moyer's One Man Band - Lee Moyer

LUNCH

Upper Level

*Dine as your
schedule permits*

11:30 a.m. – 1:30 p.m.
Monday, Tuesday, Wednesday

Lunch must be preordered/prepaid with registration (\$5 each day).
Extra lunches will not be available.

Prepaid lunch tickets can be picked up in the lobby each day.

9:30 a.m. – 1:30 p.m. DROP-IN EVENTS

Everyone participating must have completed a registration form.
 Drop in anytime during these hours.

3-POINT SHOOTING	Shoot 3 shots from 3 different spots Location: Wood Courts 7 & 9
DARTS	Throw 3 darts in 6 innings. Location: Team Room 2 Sponsored by 50plus LIFE/On-Line Publishers

~ Monday, May 6 ~ *continued*

9:30 a.m.–1:30 p.m. DROP-IN EVENTS

Everyone participating must have completed a registration form.
Drop in anytime during these hours.

FOUL SHOOTING	Shoot 10 shots from the foul line. Location: Spooky Nook Courts 7 & 9 Sponsored by CHARLES F. SNYDER FUNERAL HOMES
BENCH PRESS	Participants must weigh in. Best lift of 3, weight decided by participant. Location: Spooky Nook Court 12
BICEP CURL	Participants must weigh in. Best lift of 3, using E-Z bar. Weight decided by participant. Location: Spooky Nook Courts 12 Sponsored by PENNSYLVANIA LOTTERY
DEAD LIFT	Participants must weigh in. Best lift of 3, using Olympic bar. Weight decided by participant. Location: Spooky Nook Court 12
Wii	Come and play Wii games. No medals awarded. Location: Spooky Nook Court 11 Sponsored by WILLOW VALLEY COMMUNITIES



WILLOW VALLEY
COMMUNITIES

Mosaic



**Willow Valley Communities is honored to sponsor
the 2024 Lancaster County Senior Games.**

Willow Valley Communities features innovative fitness amenities and a seemingly endless variety of fitness groups and classes to help enhance your mind, body, and spirit and support a Life Lived Forward.

As Lancaster County's only
exclusively Type A Lifecare

community, residents of Willow Valley Communities enjoy the peace of mind of knowing their monthly service fee will not increase because of the need for short- or long-term care in the future

800.770.5445 | Lancaster, PA
WillowValleyCommunities.org

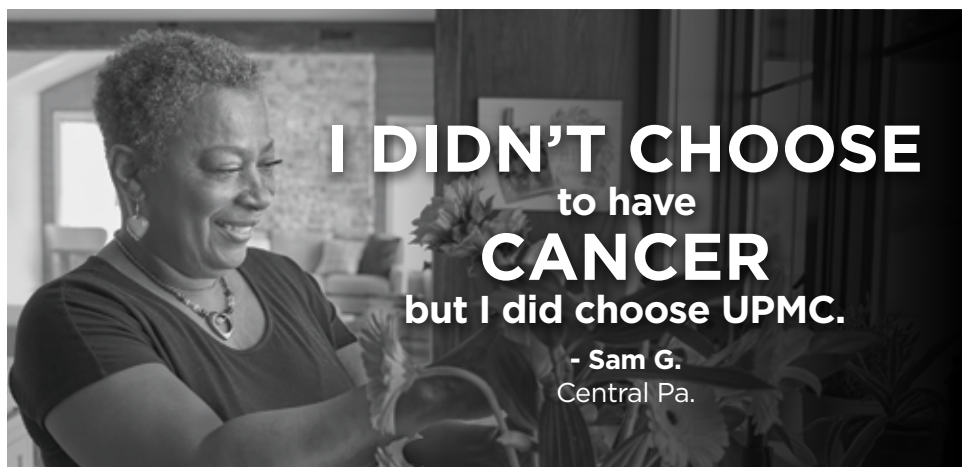


~ Monday Events ~ *continued*

9:30 a.m. Age 55–69 10:45 a.m. Age 75+ 1:30 p.m. Age 70-74	BADMINTON Singles only. Single elimination. USA Badminton rules apply. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Court 5. Sponsored by ELITE COACH
9:30 a.m. Age 75-79 10:00 a.m. Age 70-74 10:45 a.m. Age 80-84 12 p.m. Age 85+ 12:30 p.m. Age 55–69	BOCCE Teams may be two men, two women, or mixed. If you don't have a partner, one will be assigned to you at the event. If you do have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Turf 2 & 3 Sponsored by BRETHREN VILLAGE
9:30 a.m. Age 80+ 10:15 a.m. Age 55-69 11:00 a.m. Age 70-74 12:30 p.m. Age 75-79	LADDER GOLF Teams may be two men, two women, or mixed. If you don't have a partner, one will be assigned to you at the event. If you do have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Turf 1 Sponsored by PROVIDENCE PLACE SENIOR LIVING
9:30 a.m. to 10:15 a.m.	MOVE YOUR BODY Class is fun for all fitness levels and will incorporate stretching, balance and movement. Location: Spooky Nook Court 11
10:15 a.m. to 11:00 a.m. <div style="background-color: #e0f0ff; padding: 5px; text-align: center; margin-top: 10px;">NEW</div>	FOLK DANCING DEMO Learn more about International Folk Dance which uses traditional ethnic dances from many cultures. Location: Spooky Nook Court 11

~ Monday Events ~ *continued*

<p>11:00 a.m. to 11:45 a.m.</p> <p>NEW</p>	<p>POUND EXERCISE CLASS Senior Pound combines cardio, conditioning and strength training in a low-to-medium intensity class. Participants will utilize Ripstix, lightly weighted drumsticks engineered for exercise. Location: Spooky Nook Court 11</p>
<p>12:00 p.m.</p>	<p>PINOCHLE TOURNAMENT Singles. Age groups are not divided. Medals awarded for 1st, 2nd and 3rd place based on high score. <i>Must arrive 15 minutes prior to start time. No late arrivals</i> Location: Integrity Room (Upper Level)</p>
<p>1:00 p.m. to 1:45 p.m.</p>	<p>BINGOCIZE Play Bingo while learning simple exercises and fitness tips. Location: Spooky Nook Court 11</p>



I DIDN'T CHOOSE
to have
CANCER
but I did choose UPMC.

- Sam G.
Central Pa.

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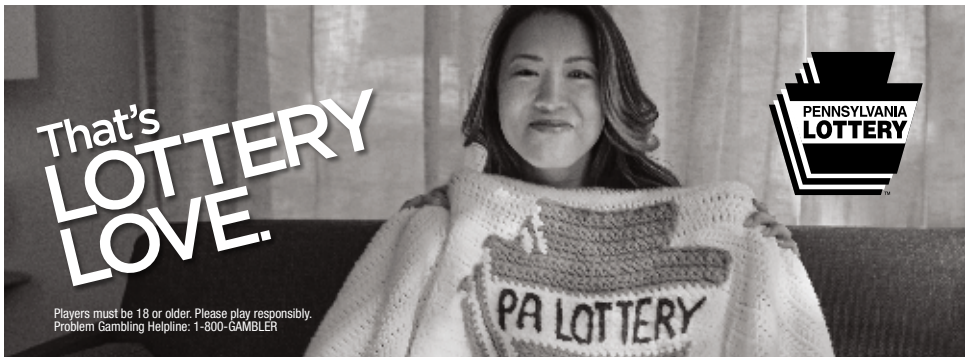
~ Tuesday, May 7 ~

All events are held at Spooky Nook Sports (Unless noted otherwise)

9 a.m.–1:30 p.m. DROP-IN EVENTS

Everyone participating must have completed a registration form.
Drop in anytime during these hours.

FOOTBALL THROW	Two attempts for distance. Location: Spooky Nook Turf 4 Sponsored by THE LONG COMMUNITY
FRISBEE THROW	Two attempts for distance. Location: Spooky Nook Turf 4 Sponsored by OAK STREET HEALTH
HOTSHOT BASKETBALL	Shoot the ball five times from each of 3 hot spots on the court. Location: Spooky Nook Courts 7 & 9
SOFTBALL THROW	Two attempts for distance. Location: Spooky Nook Turf 4 Sponsored by M&T BANK



~ Tuesday Events ~ *continued*

7:30 a.m. Women 55-74 8:00 a.m. Men all ages 8:30 a.m. Women 75+ <div>NEW TIMES</div>	WALKING Walk one mile. One foot must be in contact with the surface at all times. Location: Spooky Nook Track Sponsored by LANCASTER REHABILITATION HOSPITAL
8:15 a.m. 9:00 a.m.	SILVER SNEAKERS Have fun and move to the music through a variety of exercises designed to increase strength and range of motion. Location: Spooky Nook Court 11
9 a.m. Age 70-74 10:15 a.m. Age 75-79 11:00 a.m. Age 80+ 12:30 p.m. Age 55-69 <div>NEW INDOOR LOCATION</div>	HORSESHOES – INDOOR Singles only. Single elimination. Use provided Cadet medal shoes 1.5 lbs <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Indoor Turf 3 Sponsored by WOODCREST VILLA
9 a.m. Age 55–69 10:15 Age 70-74 1p.m. Age 75+	TABLE TENNIS Singles only. Best of three games. Single elimination. Game is 21 points. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Court 13
10:15 a.m. to 11:00 a.m. <div>NEW</div>	LINE DANCING Have fun while learning a new choreographed dance. Location: Spooky Nook Court 11

~ Tuesday Events ~ *continued*

<p>12:30 p.m. to 1:15 p.m.</p>	<p>ZUMBA GOLD Dance fitness that is a scorching fusion of spicy dance rhythms with easy-to-follow moves. Location: Spooky Nook Court 11</p>
<p>2 p.m. Age 70-74</p>	<p>CORNHOLE Teams may be two men, two women, or mixed. If you don't have a partner, one will be assigned to you at the event. If you do have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Turf 1 Sponsored by SPOOKY NOOK SPORTS</p>
<p>2 p.m. Age 55-69</p>	<p>SHUFFLEBOARD Teams may be two men, two women, or mixed. If you don't have a partner, one will be assigned to you at the event. If you do have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Victory Hall Sponsored by LUTHERCARE</p>

**Moravian
Center**



ADULT DAY

(717) 490-6225



**Caring Daily
for
Loved Ones**

- Social & Recreational Activities
- Medication Management
- Therapeutic Programming
- Personal Care
- Dementia Care
- Spiritual Care

OPEN DAILY:
Monday – Friday
7:30 am – 4:30 pm

MoravianCenterAdultDay.org

227 North Queen Street, 2nd Floor, Lancaster, PA 17603



AmeriHealth Caritas Pennsylvania Community HealthChoices

proudly supports the

34th Annual Lancaster Senior Games

We applaud the Lancaster County Office of Aging for hosting this wonderful event for the community and for your dedication to helping older adults maintain their independence and quality of life.

amerihealthcaritaschc.com



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For more than 25 years, central PA's award-winning monthly newsprint magazine has uplifted the mind, body, and spirit of our 50-plus community!



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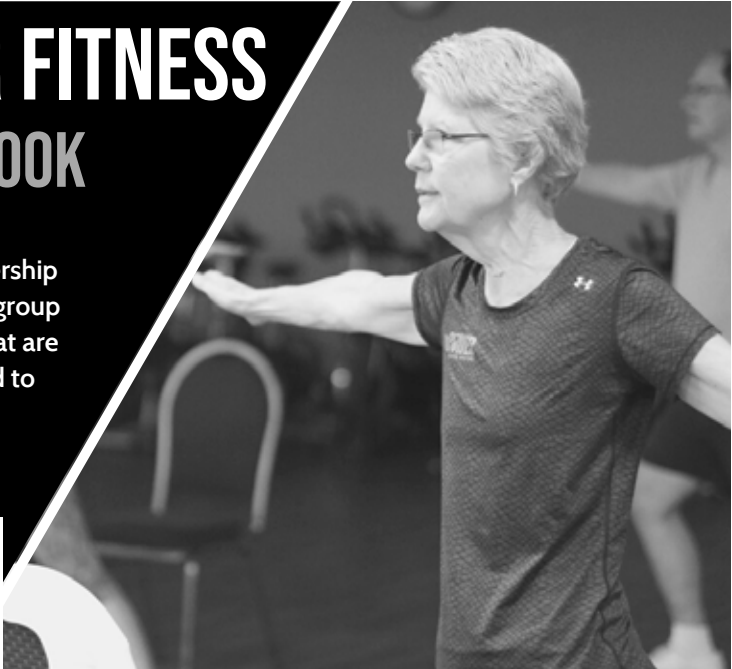


P.O. Box 8049, Lancaster, PA 17604 • (717) 285-1350 • www.onlinepub.com



SENIOR FITNESS AT THE NOOK

Our senior membership offers a variety of group exercise classes that are specifically catered to you.



nooksports.com | 75 Champ Boulevard, Manheim, PA 17545



OFFICIAL REGISTRATION FORM

Registration Deadline: Friday, April 19, 2024

INSTRUCTIONS: Please check each event in which you wish to compete.

Use only one form per person. A \$15 registration fee must accompany each registration.

Make checks payable to **Lancaster County Office of Aging**

Return this **entire form** with the appropriate fee to:

Lancaster County Office of Aging, 150 North Queen Street, Suite 415, Lancaster, PA 17603

The Groff's Family Funeral and Cremation Services Inc., 528 West Orange Street,
Lancaster, PA 17603. Monday–Friday, 9 a.m.–4:30 p.m.

(T-Shirts are only available at Groff's)

No credit cards will be accepted at either location and exact cash or check is required.

Couples may send one check payable to Lancaster County Office of Aging.

PLEASE PRINT CLEARLY

Name _____

Address _____

Street # or Apt. #

City

Zip

If you live in a **Retirement Community**, which one: _____

Phone (____) _____ Age on May 6, 2024 _____ Gender: M ___ F ___

E-mail Address _____ Spectator Only? ☐ Yes

First time participant ☐ Yes T-Shirt size (circle one): S M L XL XXL

Lunch (circle days): Monday Tuesday Wednesday

Lunch cost is \$5 per day. Must pay with registration.

ONLINE REGISTRATION www.LancSeniorGames.org

Any Questions, Call (717) 299-7979

2024 SENIOR GAMES REGISTRATION FORM

Payment required with entire registration form, with your signature on back • Please print clearly

MONDAY, May 6, 2024

DROP-IN EVENTS: 9:30 a.m.-1:30 p.m. ☐ Bench Press ☐ Bicep Curl ☐ Dead Lift ☐ 3-Point Shooting ☐ Darts ☐ Foul Shooting ☐ Wii

9:30 a.m.	<input type="checkbox"/> Badminton <i>Age 55-69</i>	<input type="checkbox"/> Bocce <i>Age 75-79</i>	<input type="checkbox"/> Move Your Body	<input type="checkbox"/> Ladder Golf <i>Age 80+</i>
10:00 a.m.		<input type="checkbox"/> Bocce <i>Age 70-74</i>		
10:15 a.m.			<input type="checkbox"/> Folk Dancing Demo	<input type="checkbox"/> Ladder Golf <i>Age 55-69</i>
10:45 a.m.	<input type="checkbox"/> Badminton <i>Age 75+</i>	<input type="checkbox"/> Bocce <i>Age 80-84</i>		
11:00 a.m.			<input type="checkbox"/> Pound Exercise Class	<input type="checkbox"/> Ladder Golf <i>Age 70-74</i>
Noon	<input type="checkbox"/> Pinochle Tournament	<input type="checkbox"/> Bocce <i>Age 85+</i>		
12:30 p.m.		<input type="checkbox"/> Bocce <i>Age 55-69</i>		<input type="checkbox"/> Ladder Golf <i>Age 75-79</i>
1:00 p.m.			<input type="checkbox"/> Bingocize	
1:30 p.m.	<input type="checkbox"/> Badminton <i>Age 70-74</i>			

TUESDAY, May 7, 2024

DROP-IN EVENTS: 9:00 a.m.-1:30 p.m. ☐ Frisbee Throw ☐ Football Throw ☐ Hotshot Basketball ☐ Softball Throw

7:30 a.m.	<input type="checkbox"/> Walking <i>Women Ages 55-74</i>			
8:00 a.m.	<input type="checkbox"/> Walking <i>Men All Ages</i>			
8:15 a.m.			<input type="checkbox"/> Silver Sneakers	
8:30 a.m.	<input type="checkbox"/> Walking <i>Women Age 75+</i>			
9:00 a.m.	<input type="checkbox"/> Table Tennis <i>Age 55-69</i>	<input type="checkbox"/> Horseshoes <i>Age 70-74</i>		
10:15 a.m.	<input type="checkbox"/> Table Tennis <i>Age 70-74</i>	<input type="checkbox"/> Horseshoes <i>Age 75-79</i>	<input type="checkbox"/> Line Dancing	
11:00 a.m.		<input type="checkbox"/> Horseshoes <i>Age 80+</i>		
12:30 p.m.		<input type="checkbox"/> Horseshoes <i>Age 55-69</i>	<input type="checkbox"/> Zumba Gold	

1p.m.	<input type="checkbox"/> Table Tennis <i>Age 75+</i>		
2 p.m.	<input type="checkbox"/> Cornhole <i>Age 70-74</i>	<input type="checkbox"/> Shuffleboard <i>Age 55-69</i>	

WEDNESDAY, May 8, 2024

DROP-IN EVENTS: 9:00 a.m.-1:30 p.m. ☐ Javelin Throw ☐ Shotput ☐ Frisbee Golf ☐ Home Run Derby ☐ Soccer Penalty Kick

8 a.m.	Running <input type="checkbox"/> 100m <input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 1600m <input type="checkbox"/> 3200m			
9 a.m.	<input type="checkbox"/> Cornhole <i>Age 55-64</i>	<input type="checkbox"/> Shuffleboard <i>Age 80-84</i>	<input type="checkbox"/> Aerobics	
10 a.m.	<input type="checkbox"/> Cornhole <i>Age 75-79</i>	<input type="checkbox"/> Shuffleboard <i>Age 85+</i>		
10:30 a.m.			<input type="checkbox"/> Tai Chi	
11:30 a.m.	<input type="checkbox"/> Cornhole <i>Age 65-69</i>	<input type="checkbox"/> Shuffleboard <i>Age 70-74</i>		
12:30 p.m.	<input type="checkbox"/> Cornhole <i>Age 80+</i>	<input type="checkbox"/> Shuffleboard <i>Age 75-79</i>	<input type="checkbox"/> Hip Hop Dance	

THURSDAY, May 9, 2024

Pay at Leisure Lanes

7-9:30 a.m.	<input type="checkbox"/> Golf Longest Drive	
8:30 a.m.	<input type="checkbox"/> Putting Contest	
9 a.m.	<input type="checkbox"/> Billiards <i>Age 70+</i>	
10:45 a.m.	<input type="checkbox"/> Putting Contest	
11 a.m.	<input type="checkbox"/> Billiards <i>Age 55-69</i>	
1 p.m.	<input type="checkbox"/> Singles Bowling	<input type="checkbox"/> Modified Bowling

Play Pickleball at Buchmiller Park (below)

8 a.m.	<input type="checkbox"/> Pickleball <i>75+</i>
9:30 a.m.	<input type="checkbox"/> Pickleball <i>Age 70-74</i>
12 p.m.	<input type="checkbox"/> Pickleball <i>Age 55-69</i>

FRIDAY, May 10, 2024

7:30 a.m.	<input type="checkbox"/> \$33.00 18-Hole Golf* SHOTGUN START at Overlook Golf Course <input type="checkbox"/> \$7.75 Pitch N Putt* SHOTGUN START at Evergreen Golf Course GOLF FEES MUST BE PAID WITH REGISTRATION <i>*Attach names if wishing to golf with others.</i>
9 a.m.	<input type="checkbox"/> \$7.00 9 Pin No Tap Bowling Pay at Leisure Lanes
1-3:30 p.m. Drop in	<input type="checkbox"/> Celebration Gathering at Longs Park Rt 30/Harrisburg Ave, Lancaster 17601

**Waiver Form must be signed or
registration will be returned.**

RELEASE AND WAIVER OF LIABILITY

Please Read & Sign

I, the undersigned, have voluntarily agreed to participate in Lancaster County Office of Aging's Senior Games, which are further described in the Senior Games Booklet.

To the best of my knowledge, information, and belief, I have no physical restrictions which would prohibit my participation in the events that I have selected to participate in the Senior Games.

I hereby acknowledge and agree that I am participating in these events voluntarily and at my own risk and assume the risk of injury or harm in connection with participation in the Senior Games. This risk may include exposure to and/or contracting of COVID or other illnesses.

In signing this Release and Waiver of Liability form, I assume the risk of participating in the Senior Games, and further agree to hold harmless the County of Lancaster, the Lancaster County Office of Aging, and any other co-sponsoring organizations or other representatives, including any staff members and volunteers for any of the named governmental entities or organizations, for any and all injuries, claims, suits, losses, and related causes of actions, related to my participation in the Senior Games.

I execute this release in consideration for the sponsoring of these Senior Games by the County of Lancaster, the Lancaster County Office of Aging and any other co-sponsoring organizations.

If a lawsuit is initiated on my behalf against the County of Lancaster, the Lancaster County Office of Aging or any other co-sponsoring organization, and said lawsuit results in a monetary award of damages to me or any other person or legal entity, I agree to reimburse the County of Lancaster, the Lancaster County Office of Aging or any other co-sponsoring organizations for any moneys required to be paid by them.

I understand that Emergency Medical Staff may not be on site at events. I give permission to event volunteers, sponsoring organizations or Lancaster County Office of Aging staff to call 911 if deemed necessary. I further understand that any resulting costs will be my sole responsibility. I acknowledge that I was, prior to the date of the release, advised that the Lancaster County Office of Aging strongly recommends that each participant consult his/her doctor in regard to practice, preparation and competition in the Senior Games.

I, the undersigned participant, hereby waive the right to any interest in pictures taken of me during the Senior Games to be held May 6-10, 2024, at the locations mentioned in the Senior Games Booklet, which I acknowledge I have received.

Registration Fee: \$15/participant

Lunch Fee: \$5 per day

TOTAL FEES ENCLOSED:

\$ _____

Couples can send one check.

Signature

Date

Please return this signed waiver with your registration form.

Must sign waiver or registration will be returned.



Lancaster's PrePlanning Specialists

Proud to sponsor Senior Games for 30 Years

Groff[™]

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2024 Day Trips

Philadelphia Flower Show - March 5, 2024

DC Cherry Blossoms - March 28, 2024

Mystery Trip - May 2, 2024

Annapolis Blue Angels - May 21, 2024

St. Michael's - June 5, 2024

2024 Overnight Trips

VA Intl Tattoo

(Military Band Performance) - April 17-19, 2024

Beaufort, Charleston & Savannah - April 28 - May 4, 2024

Alexandria Bay & 1000 Islands - May 13-16, 2024

Cape Cod and The Islands - June 3-7, 2024

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NEW 2023 Subaru Crosstrek Hybrid

~ Wednesday, May 8 ~

All events are held at Spooky Nook Sports (Unless noted otherwise)

9 a.m.-1:30 p.m. DROP-IN EVENTS

Everyone participating must have completed a registration form.
Drop in anytime during these hours.

Please: As per request from Hempfield High School we must ask all who are participating in an event at Hempfield to report to Spooky Nook and board the shuttle to go to the track. This is requested in order to prevent traffic congestion and parking problems at the school. Thank you. The shuttle will be available from 7 a.m. – Noon, running continuously between Spooky Nook and the track.

9 a.m.–
1:30 p.m.

NEW INDOOR
LOCATION

JAVELIN THROW

Two throws for distance.

Location: Spooky Nook Field House Court 20

**Sponsored by NEFFSVILLE NURSING
AND REHABILITATION**

9 a.m.–
1:30 p.m.

SHOTPUT

Two attempts for distance.

Location: Spooky Nook Field House Turf 5

**Sponsored by PA LINK AGING & DISABILITY
RESOURCE CENTER - BERKS, LANCASTER
& LEBANON**

9 a.m.–
1:30 p.m.

SOCCER PENALTY KICK

Given 6 attempts (3 with each foot).

Location: Spooky Nook Turf 2

Sponsored by PA HEALTH & WELLNESS

9 a.m.–
1:30 p.m.

FRISBEE GOLF

Obstacles are part of the game. Course will include 3 holes.

Location: Spooky Nook Court 11

**Sponsored by MORAVIAN CENTER ADULT
DAY SERVICES**

9 a.m.–
1:30 p.m.

HOME RUN DERBY

Five competitive swings for distance.

Points awarded in zone where ball first hits.

Location: Spooky Nook Turf 4

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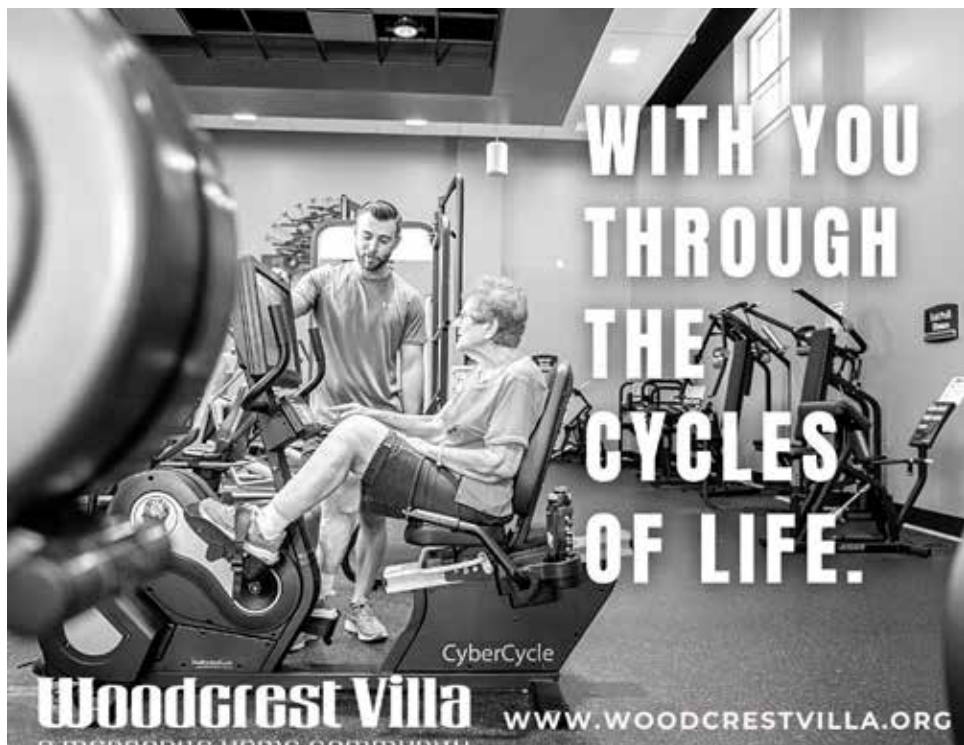
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~ Wednesday Events ~ *continued*

<p>8 a.m.</p> <p>MUST USE SHUTTLE</p>	<p>RUNNING Six-lane, all-weather track. Events: 100, 200, 400, 1600 & 3200 meter events. Location: Hempfield High School Track <i>No rain date or location. Cancellation will be posted on Senior Games Facebook page.</i></p>
<p>9 a.m. Age 80-84</p> <p>10:00 a.m. Age 85+</p> <p>11:30 a.m. Age 70-74</p> <p>12:30 p.m. Age 75-79</p>	<p>SHUFFLEBOARD Teams may be two men, two women, or mixed. If you don't have a partner, one will be assigned to you at the event. If you do have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Sport Victory Hall Sponsored by LUTHERCARE</p>
<p>9 a.m. Age 55-64</p> <p>10:00 a.m. Age 75-79</p> <p>11:30 a.m. Age 65-69</p> <p>12:30 p.m. Age 80+</p>	<p>CORNHOLE Teams may be two men, two women, or mixed. If you don't have a partner, one will be assigned to you at the event. If you do have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Turf 1 Sponsored by SPOOKY NOOK SPORTS</p>
<p>9:00 a.m. to 9:45 a.m.</p>	<p>AEROBICS Dance to music for a cardiovascular workout. Location: Spooky Nook Court 13</p>
<p>10:30 am. to 11:15 a.m.</p>	<p>TAI CHI Gentle exercise that has a positive effect on muscle strength, flexibility, and balance. Location: Spooky Nook Court 13</p>
<p>12:30 p.m. to 1:15 p.m.</p>	<p>HIP HOP Have fun learning new steps as you move to Hip Hop music. Location: Spooky Nook Court 13</p>

~ Thursday, May 9 ~

All events are held at Leisure Lanes, 3440 Columbia Ave., Lancaster
(unless noted otherwise)

7-9:30 a.m.	<p>LONGEST DRIVE Three attempts with no practice shots. Measurement is taken from tee to ball (in-bounds). Location: Leisure Lanes Driving Range, 3440 Columbia Ave., Lancaster Cost: \$3, paid at Leisure Lanes on the day of the contest.</p>
8:30 a.m. OR 10:45 a.m. Shotgun start	<p>PUTTING CONTEST 18-hole real grass putting course. Location: Leisure Lanes Putting Green, 3440 Columbia Ave., Lancaster Cost: \$5, paid at Leisure Lanes on the day of the contest. Sponsored by LANDIS COMMUNITIES</p>
9 a.m. Age 70+ 11 a.m. Age 55-69	<p>BILLIARDS Eight ball played in a single elimination tournament. <i>Must arrive 15 minutes prior to start time.</i> Location: Leisure Lanes Billiards Room, 3440 Columbia Ave., Lancaster Cost: \$3, paid at Leisure Lanes on the day of the contest.</p>
<p>8 a.m. Age 75+ 9:30 a.m. Age 70-74 12 p.m. Age 55-69</p> <div style="background-color: #e0f0ff; padding: 5px; text-align: center; margin-top: 10px;"> NEW TIMES </div>	<p>PICKLEBALL Beginner & Intermediate Players Doubles play: Men vs. Men, Women vs Women. Modified rules. Play to 11 points or 15 minute time limit. Best of three games, single elimination. If you don't have a partner, one will be assigned to you at the event. If you do have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. <i>Must arrive 15 minutes prior to start time.</i> Location: Buchmiller Park, 1488 Willow Street Pk, Lancaster RAIN DATE: Friday, May 10, Same location and time Sponsored by UMPC IN CENTRAL PA</p>



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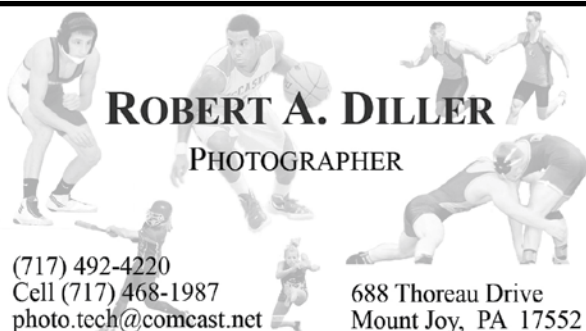
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A collage of black and white photographs showing various athletes in action: a basketball player, a soccer player, a tennis player, and others.

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Michele Sipel
Landis at Home
Josie Feeman
Elite Coach
Heather Dighe
Lancaster Rec

~ Thursday, May 9 ~ *continued*

All events are held at Leisure Lanes,
3440 Columbia Ave., Lancaster (*unless noted otherwise*)

1 p.m.	MODIFIED BOWLING For a bowler with an average of 130 or below . Ramps available. Must use bumpers. <i>Must arrive 15 minutes prior to start time.</i> Location: Leisure Lanes Bowling Alley, 3440 Columbia Avenue, Lancaster Cost: \$3, paid at Leisure Lanes on the day of the contest, includes two games and shoe rental. Sponsored by COMFORT KEEPERS
1 p.m.	BOWLING TOURNAMENT Singles. Highest cumulative score determines the winners. <i>Must arrive 15 minutes prior to start time.</i> Location: Leisure Lanes Bowling Alley, 3440 Columbia Avenue, Lancaster Cost: \$5, paid at Leisure Lanes on the day of the contest, includes three games and shoe rental. Sponsored by MASONIC VILLAGE ELIZABETHTOWN

~ Friday, May 10 ~

Golf events - in case of rain, vouchers will be provided

<p>7:30 a.m. Shotgun start</p>	<p>PITCH 'N PUTT 18-hole course. Local rules apply. If golfing with others, please attach name(s) to registration form. Location: Evergreen Golf Course, 1503 Lititz Rd. & Rte. 72, Manheim Cost: \$7.75 per person is non-refundable and to be paid with the registration form. Optional \$2.50 pull-cart or \$5.50/person cart rental to be paid at course. Reserve in advance at golf course.</p>
<p>7:30 a.m. Shotgun start</p>	<p>GOLF 18-HOLE TOURNAMENT No metal, penetrating golf spikes allowed. If golfing with others, please attach name(s) to registration form. Medals are awarded in each age group based on gross scores. Location: Overlook Golf Course, 2040 Lititz Pike, Lancaster Cost: \$33 greens fee and cart rental is non-refundable and must be paid with registration form. (Must use cart) Sponsored by AMERIHEALTH CARITAS PA CHC</p>
<p>9 a.m.</p>	<p>9 PIN NO TAP BOWLING USBC rules apply. Location: Leisure Lanes Bowling Alley, 3440 Columbia Avenue, Lancaster Cost: \$7, paid at Leisure Lanes on day of contest, includes 3 games and shoe rental.</p>
<p>Drop in between 1-3:30 p.m.</p>	<p>SENIOR GAMES CELEBRATION GATHERING Come celebrate the success of our 34th Annual Senior Games at our dessert social. Medals will be available for pick up at this event. Location: Longs Park, Rt 30/Harrisburg Ave, Lancaster</p>

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Move Your Body
Pinochle Tournament
Pound Exercise
3 Point Shooting
Wii

Tuesday

Cornhole
Football Throw
Frisbee Throw
Horseshoes
Hotshot Basketball
Line Dancing
Shuffleboard
Silver Sneakers
Softball Throw
Table Tennis
Walking
Zumba

Wednesday

Aerobics
Cornhole
Frisbee Golf
Hip Hop Dance
Home Run Derby
Javelin Throw
Running
Shotput
Shuffleboard
Soccer Penalty Kick
Tai Chi

Thursday

Billiards
Bowling Tournament
Longest Drive
Modified Bowling
Pickleball
Putting Contest

Friday

Celebration Gathering
18-Hole Golf
Tournament
9 Pin No Tap Bowling
Pitch-n-Putt

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