

CELEBRATING 36 YEARS!

Register
Online
and Save \$2



Lancaster Senior Games

Exercising Body, Mind & Spirit

May 4-8, 2026

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!

Platinum~

AmeriHealth Caritas PA CHC

Lancaster Rehabilitation Hospital

Willow Valley Communities

Penn Medicine

Gold~

Brethren Village

Comfort Keepers

Charles F. Snyder Funeral Homes
and Crematory

Groff Funeral and
Cremation Services

LutherCare

Masonic Village Elizabethtown

Pa Health & Wellness

Providence Place Senior Living

Spooky Nook Sports

Woodcrest Villa

UPMC

Silver~

Bob Neff Tours

Elite Coach, Inc.

Landis Communities

M&T Bank

Oak Leaf Manor

The Pennsylvania Lottery

The Long Community

Visiting Angels

WellSpan Health

Bronze~

Beyond the Fork in the Road

ClearCaptions

Eleanor Home Health Agency

Easton Coach Company

emPower Training Systems

The Groves Assisted Living

Masonic Village Home and
Community Based Services

Next Steps Insurance

Oak Street Health

PA Link Aging and Disability
Resource Center

Pleasant View Communities

ProCare @ Home

Quarryville Presbyterian
Retirement Community

Stretch Zone (Lancaster)

United Zion Retirement Community

Wheatland Federal Credit Union

In-Kind~

Hempfield recCenter

Lancaster County Motors

Lancaster Recreation Commission

Oak Tree Advertising

WELCOME TO THE 36TH 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 4-8, 2026**.

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 Thursday, April 16**, 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 **Groff Funeral and Cremation Services, 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 16 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 **Groff Funeral and Cremation Services**, Monday–Friday, 9 a.m.–4:30 p.m. until Thursday, April 16. 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 16th

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

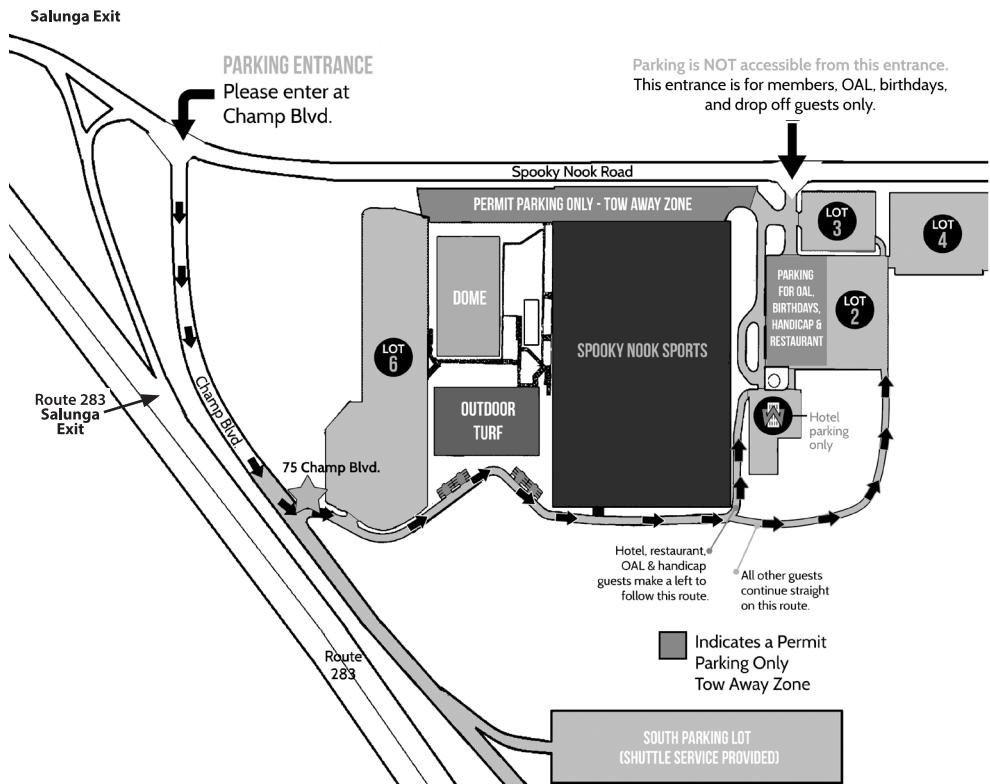
The event coordinators reserve the right to cancel events due to inclement weather or to consolidate age divisions for competition based on insufficient entries. In event of inclement weather check Lancaster Senior Games Facebook page for cancellation notice of outdoor events. **Participants must check 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

LANCASTER SENIOR GAMES FREQUENTLY ASKED QUESTIONS 2026

- 1. Do I pay for lunch?** The cost of lunch is subsidized by Lancaster County Office of Aging. Participants who want lunch will pay \$5 towards the cost each day. Lunches must be ordered and paid with registration.
- 2. I need to register later than the deadline. Will you accept my registration?** No. There's work that is done after registration closes but before the games start. Registrations must be received at Lancaster County Office of Aging, Groff Funeral and Cremation Services, or online by the end of day April 16th, 2026.
- 3. I registered for the games but now I can't attend. Can I get a refund?** Unfortunately, we are not set up to give refunds.
- 4. Where on the registration form do I list my partner's name?** You don't need to list your partner's name unless it's for Pickleball. For other partner events, you give your partner's name when you check in at the event.
- 5. What if I don't have a partner?** You must list a partner for Pickleball in order to register. For all other events, we will do our best to pair anyone without a partner but can't guarantee a match.
- 6. My Pickleball partner registered but now can't attend Senior Games, now what?** You can bring a replacement partner to the event, but they will have to fill out the registration form and waiver and pay the \$15 registration fee at the event. They need to be in the same age group as your former partner. The brackets are completed prior to the day of the event so the new partner must be able to play in the age group you originally registered for. We cannot move you to another age bracket. If you can't find a replacement partner in the same bracket you registered for, you will forfeit.
- 7. My partner is in a different age group. In which age group do we register?** For partnered events, you sign up for the younger partner's age group.
- 8. If I arrive late for a bracket event, can I still play?** No. You must be at the event 15 minutes prior to the start time. Registration closes at the time listed in the brochure. Once registration is closed, volunteers create brackets and are not allowed to add anyone.
- 9. Can I come and just watch events?** Yes, anyone can come to the events and watch them for free. BUT, if you want a t-shirt and the ability to get a discounted lunch, you must register for Senior Games.
- 10. How do I get my T-shirt?** Shirts are available 9am-4:30pm at Groff Funeral and Cremation Services at 528 W. Orange St. Lancaster beginning February 23, 2026, the date registration opens until the deadline for registration- April 16th, 2026. To get the shirt, participants must either submit their registration and payment at Groff's front desk or provide proof of online registration. After the deadline, shirts can be picked up at Spooky Nook Sports during the Senior Games week- Monday, Tuesday, and Wednesday. We will have a limited supply of shirts at Leisure Lanes and at the Pickleball event.
- 11. How do I know if I won a medal and where do I pick it up?** Medals are available during the week of Senior Games at Spooky Nook on Monday, Tuesday, and Wednesday. On Thursday, the medals are available at Leisure Lanes (during Senior Games event hours) and on Friday they will be at Leisure Lanes (during Senior Games event hours) and then they go to the Celebration Event at Longs Park. The week after Senior Games (Monday- Friday) medals can be picked up from Groff Funeral and Cremation Services from Monday - Friday from 9am-4:30pm. After that week, participants should call Lancaster County Office of Aging to arrange pick up of their medals at the office. 717-299-7979. After May 31st, the medals are no longer available.
- 12. Can I participate if I live in another county?** No, Lancaster Senior Games is for Lancaster County Residents only.



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 4 ~

7:30 a.m.- 8:15 a.m. • 9:15 a.m.- 11 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.
- ❖ Signature Connections (Memory Care) program
- ❖ Affordable rates, safe environment, and close to friends & family from a local, family-owned senior living company.

Cheering on Senior Games 2026!



1380 Elm Avenue, Lancaster PA • 717-392-4100

www.Providence-Place.com

~ Monday, May 4 ~

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

**Please follow the map on page 5 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*

11:00 a.m. – 1:00 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.

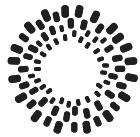
3-POINT SHOOTING	Shoot 3 shots from 3 different spots Location: Wood Courts 7 & 9
DARTS	Throw 3 darts in 6 innings. Location: Team Room 2 Sponsored by Spooky Nook Sports

~ Monday, May 4 ~ *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 AND CREMATORI
BENCH PRESS	Participants must weigh in. Best lift of 3, weight decided by participant. Location: Spooky Nook Court 12 Sponsored by VISITING ANGELS
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

Willow Valley Communities is honored to have earned the **#2 nationwide ranking** in Newsweek's 2026 edition of America's Best Continuing Care Retirement Communities.

This marks the second consecutive year we've earned this recognition. Thank you to our Residents and Team Members for making our community a truly special place to live and work.



**We invite you to learn more
about our newest offering, Mosaic!**

mosaiclancaster.com | 888.893.1423
info@mosaiclancaster.com



~ Monday Events ~ *continued*

9:30 a.m. Age 55-69 10:30 a.m. Age 75-79 11:30 a.m. Age 70-74 12:00 p.m. Age 80+	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 85+ 10:30 a.m. Age 55-69 11:00 a.m. Age 80-84 11:45 a.m. Age 75-79 12:30 p.m. Age 70-74	BOCCE Teams may be two men, two women, or mixed. If you have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. If you don't have a partner we will try to pair you with someone at the event. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Fieldhouse Turf 4 Sponsored by BRETHREN VILLAGE
NEW LOCATION	
9:30 a.m. Age 75-79 10:30 a.m. Age 70-74 11:00 a.m. Age 85+ 11:45 a.m. Age 55-69 12:30 p.m. Age 80-84	LADDER GOLF Teams may be two men, two women, or mixed. If you have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. If you don't have a partner we will try to pair you with someone at the event. <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.	POUND EXERCISE CLASS Senior Pound combines cardio, conditioning and strength training in a low to medium intensity class Location: Spooky Nook Court 11

~ Monday Events ~ *continued*

10:30 a.m.	GROUP SOUND MEDITATION Sound immersion (sound bath) guides the brain into a slower meditative state which supports relaxation and overall well-being. This class will be limited to the first 20 participants who arrive at the class. May bring a yoga mat or towel. Chairs will also be available. Location: Integrity Room (Upper Level)
12:00 p.m.	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.</i> <i>No late arrivals</i> Location: Integrity Room (Upper Level)



WellSpan is pleased to support the *Lancaster Senior Games*.

WellSpan.org



OAK LEAF MANOR

*Premier Senior Living
in Lancaster County*

OLM North - Landisville
2901 Harrisburg Pike
717.898.4663
oakleafmanornorth.com

OLM South - Millersville
2101 Wabank Rd
717.872.9100
oakleafmanorsouth.com

~ Tuesday, May 5 ~

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.

AXE THROWING	Try our family friendly axe throwing game. Throw 4 axes in 5 rounds. Location: Spooky Nook Team Room 2 Sponsored by WOODCREST VILLA
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 WELLSPAN 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



THE PA LOTTERY HAS BENEFITED OLDER PENNSYLVANIANS FOR OVER 50 YEARS.

- OVER 24,000 FREE MEALS EVERY DAY
- Over 10,000 free prescription refills every day
- Over 72,000 free transit rides every day

Because when you play, everyone wins.

To learn more, visit
palottery.com/benefits.

Players must be 18 or older. Please play responsibly.
Problem Gambling Helpline: 1-800-GAMBLER

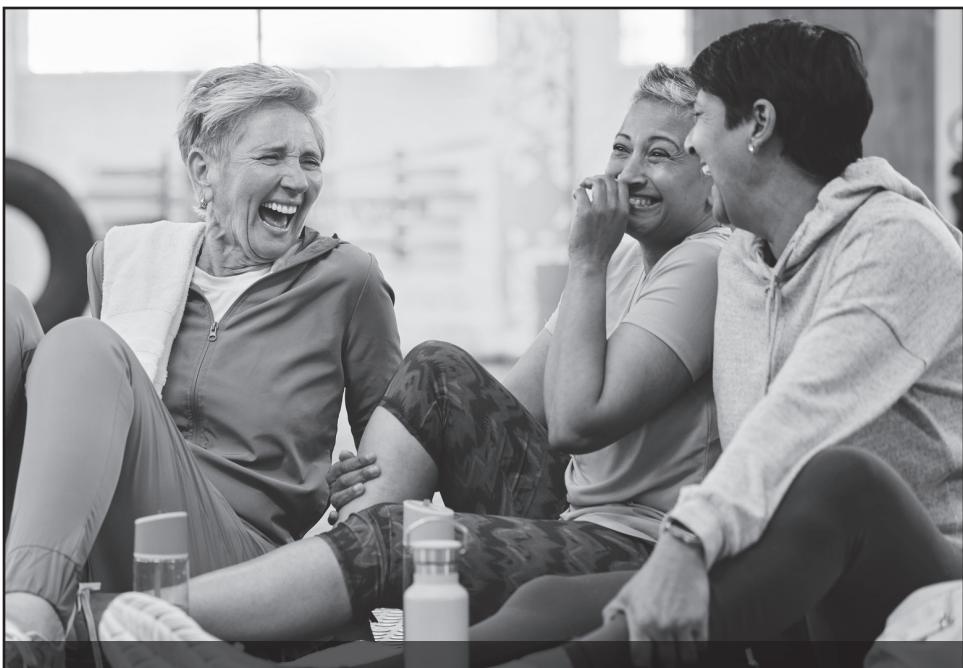


~ Tuesday Events ~ *continued*

7:30 a.m. Men Age 55-74 8:00 a.m. Women Age 55-74 8:30 a.m. Men Age 75+ 9:00 a.m. Women Age 75+	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
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 NEW LOCATION	HORSESHOES – INDOOR Singles only. Single elimination. Use provided Cadet metal shoes 1.5 lbs <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Indoor Turf 2 Sponsored by AMERIHEALTH CARITAS PA CHC
9 a.m. Age 55–69 10:15 a.m. Age 70-74 1p.m. Age 75+ NEW DAY NEW TIME	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 Sponsored by PENN MEDICINE
9:30 a.m. NEW DAY NEW TIME	RUNNING INDOOR TRACK Events: 200M, 400M 1600M, 3200M Location: Spooky Nook Track Sponsored by PA HEALTH & WELLNESS
9:30 a.m. to 10:15 a.m.	BARRE BALLET With the use of a chair, learn beginner ballet moves which promote long lean muscles. Location: Spooky Nook Court 11
10:30 a.m. to 11:15 a.m. NEW	STRETCH & RESTORE CLASS This class focuses on improving flexibility, mobility & overall well being. Location: Spooky Nook Court 11

~ Tuesday Events ~ *continued*

12:30 p.m. to 1:15 p.m.	ZUMBA GOLD Dance fitness that is a scorching fusion of spicy dance rhythms with easy-to-follow moves. Location: Spooky Nook Court 11
2 p.m. Age 55-69	CORNHOLE Teams may be two men, two women, or mixed. If you have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. If you don't have a partner we will try to pair you with someone at the event. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Turf 1 Sponsored by BOB NEFF TOURS
1 p.m. Age 70-74 2 p.m. Age 75-79 NEW TIME	SHUFFLEBOARD Teams may be two men, two women, or mixed. If you have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. If you don't have a partner we will try to pair you with someone at the event. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Victory Hall Sponsored by LUTHERCARE



AmeriHealth Caritas Pennsylvania Community HealthChoices

proudly supports the

36th 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



Community
HealthChoices

 **AmeriHealth Caritas**
Pennsylvania

Coverage by AmeriHealth First.

All images are used under license for illustrative purposes only. Any individual depicted is a model.



The road to recovery **starts here.**

At Lancaster Rehabilitation Hospital we strive to maximize the health, function and quality of life of those we serve. Together with the patient and/or caregivers, we establish an individualized plan of care to promote recovery and discharge to a safe environment at the highest level of independence.

- State-of-the-art 59-bed hospital is dedicated to the treatment and recovery of individuals who have experienced the debilitating effects of a severe injury or illness
- Superior rehabilitation programs provide ongoing care and specialized treatment to patients throughout their recovery journey
- Treatment programs for patients recovering from stroke, neurological conditions, trauma, spinal cord injury, amputation and orthopedic injury
- CARF-accredited and certified by The Joint Commission

Lancaster Rehabilitation Hospital



Penn Medicine
Lancaster General Health



Contact us for more information.
675 Good Drive · Lancaster, Pennsylvania 17601
717.406.3034 tel · 717.406.3076 fax
PA TDD/TTY# 800.654.5988 · www.lancasterrehabhospital.com



Lancaster Senior Games

Exercising Body, Mind & Spirit

OFFICIAL REGISTRATION FORM

Registration Deadline: Thursday, April 16, 2026

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

Groff Funeral and Cremation Services, 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 4, 2026** _____ **Gender:** M ___ F ___

E-mail Address _____

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

2026 SENIOR GAMES REGISTRATION FORM

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

MONDAY, May 4, 2026

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

9:30 a.m.	<input type="checkbox"/> Badminton <i>Age 55-69</i>	<input type="checkbox"/> Bocce <i>Age 85+</i>	<input type="checkbox"/> Pound	<input type="checkbox"/> Ladder Golf <i>Age 75-79</i>
10:00 a.m.				
10:30 a.m.	<input type="checkbox"/> Badminton <i>Age 75-79</i>	<input type="checkbox"/> Bocce <i>Age 55-69</i>	<input type="checkbox"/> Group Sound Meditation	<input type="checkbox"/> Ladder Golf <i>Age 70-74</i>
11:00 a.m.		<input type="checkbox"/> Bocce <i>Age 80-84</i>		<input type="checkbox"/> Ladder Golf <i>Age 85+</i>
11:30 a.m.	<input type="checkbox"/> Badminton <i>Age 70-74</i>			
11:45 a.m.		<input type="checkbox"/> Bocce <i>Age 75-79</i>		<input type="checkbox"/> Ladder Golf <i>Age 55-69</i>
Noon	<input type="checkbox"/> Badminton <i>Age 80+</i>		<input type="checkbox"/> Pinochle Tournament	
12:30 p.m.		<input type="checkbox"/> Bocce <i>Age 70-74</i>		<input type="checkbox"/> Ladder Golf <i>Age 80-84</i>

TUESDAY, May 5, 2026

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

7:30 a.m.	<input type="checkbox"/> Walking <i>Men Age 55-74</i>			
8:00 a.m.	<input type="checkbox"/> Walking <i>Women Age 55-74</i>			
8:30 a.m.	<input type="checkbox"/> Walking <i>Men Age 75⁺</i>			
9:00 a.m.	<input type="checkbox"/> Walking <i>Women Age 75⁺</i>	<input type="checkbox"/> Horseshoes <i>Age 70-74</i>	<input type="checkbox"/> Barre/Ballet	<input type="checkbox"/> Table Tennis <i>Age 55-69</i>
9:30 a.m.	<input type="checkbox"/> Running <input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 1600m <input type="checkbox"/> 3200m			<input type="checkbox"/> Table Tennis <i>Age 70-74</i>
10:15 a.m.		<input type="checkbox"/> Horseshoes <i>Age 75-79</i>		
10:30 a.m.			<input type="checkbox"/> Stretch & Restore	
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	
1 p.m.		<input type="checkbox"/> Shuffleboard <i>Age 70-74</i>		<input type="checkbox"/> Table Tennis <i>Age 75+</i>

2 p.m.	<input type="checkbox"/> Cornhole <i>Age 55-69</i>	<input type="checkbox"/> Javelin Throw	<input type="checkbox"/> Shotput	<input type="checkbox"/> Frisbee Golf	<input type="checkbox"/> Home Run Derby	<input type="checkbox"/> Soccer Penalty Kick
WEDNESDAY, May 6, 2026						
8:30 a.m.	<input type="checkbox"/> Cornhole <i>Age 70-74</i>	<input type="checkbox"/> Shuffleboard <i>Age 50-84</i>				
9:30 a.m.	<input type="checkbox"/> Cornhole <i>Age 75-79</i>					
10:00 a.m.			<input type="checkbox"/> Jazz Dance			
10:15 a.m.		<input type="checkbox"/> Shuffleboard <i>Age 85+</i>				
10:30 a.m.	<input type="checkbox"/> Cornhole <i>Age 80-84</i>					
11:00 a.m.			<input type="checkbox"/> Chair Yoga			
12:00 p.m.	<input type="checkbox"/> Cornhole <i>Age 85+</i>	<input type="checkbox"/> Shuffleboard <i>Age 55-69</i>				
THURSDAY, May 7, 2026						
Pay at Leisure Lanes						
7:90 a.m.	<input type="checkbox"/> Golf Longest Drive	<input type="checkbox"/> \$8.00 9 Pin No Tap Bowling				
8:30 a.m.	<input type="checkbox"/> Putting Contest	<input type="checkbox"/> Pay at Leisure Lanes				
9 a.m.	<input type="checkbox"/> Billiards <i>Age 70+</i>	<input type="checkbox"/> Celebration Gathering at Longs Park Rt 30/Harrisburg Ave, Lancaster 17601				
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 Hempfield Rec (below)						
8 a.m.	<input type="checkbox"/> Women <i>Age 70+</i>	Must Name Pickleball Partner ▶				
9 a.m.	<input type="checkbox"/> Women <i>Age 55-69</i>					
10:30 a.m.	<input type="checkbox"/> Men <i>Age 70+</i>					
12 p.m.	<input type="checkbox"/> Men <i>Age 55-69</i>					

FRIDAY, May 8, 2026	
9 a.m.	<input type="checkbox"/> \$8.00 9 Pin No Tap Bowling
1-3:30 p.m. Drop in	<input type="checkbox"/> Pay at Leisure Lanes
Waiver Form must be signed or registration will be returned.	

RELEASE AND WAIVER OF LIABILITY

This Release and Waiver of Liability Agreement ("Agreement") is entered into by and between the undersigned participant ("Participant") and the Lancaster County Office of Aging, its officers, directors, employees, agents, volunteers, successors, and assigns (collectively, the "Released Parties")

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 and scheduled to take place on May 4-8, 2026.

Participant acknowledges and understands that participation in athletic activities involves inherent risks including but not limited to physical injury, illness, or death. Participant voluntarily assumes all risks associated with participation in the Senior Games, whether known or unknown, and accepts full responsibility for any injury or loss that may result.

Participant hereby releases, waives, and discharges the Released Parties from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by Participant, or to any property belonging to Participant whether caused by the negligence of the Released Parties or otherwise, while participating in the Senior Games or while on the premises where the Senior Games are conducted.

Participant consents to receive medical treatment deemed necessary if Participant is injured or becomes ill during the Senior Games. I understand that Emergency Medical Staff may not be onsite at the Senior Games. I give permission to event volunteers, sponsoring organizations or Lancaster County Office of Aging staff or contractors to call 911 if deemed necessary. I understand that any resulting costs will be my sole responsibility.

Participant certifies that they are physically fit and sufficiently trained to participate in the Senior Games. I acknowledge that it is strongly recommended that Participant consult with his/her doctor regarding practice, preparation and competition in the Senior Games.

Participant grants permission to the Released Parties to use Participant's likeness in photographs, videos, or other media taken during the Senior Games for promotional or educational purposes without compensation.

IN WITNESS WHEREOF, Participant has executed this Release and Waiver of Liability as of the date set forth below

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.

**Three Groff Family Directors.
One Beautiful and Comforting Facility.**



David, Lisa and Spencer Groff, 4th and 5th Generation Funeral Directors

Groff™

Funeral & Cremation Services
Serving Lancaster for over 125 years

528 W. Orange St., Lancaster
717-394-5300
preplan@thegroffs.com
www.thegroffs.com

The Groffs Family Funeral & Cremation Services, Inc., Elizabeth M. Groff, Licensed Supervisor



Where living means more doing.



**Life at Woodcrest Villa is a
chance to do more of what
moves you.**



**WOODCREST
VILLA**

BY TANDEM LIVING

WOODCRESTVILLA.ORG

~ Wednesday, May 6 ~

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.

JAVELIN THROW	Two throws for distance. Location: Spooky Nook Field House Court 20
SHOTPUT	Two attempts for distance. Location: Spooky Nook Turf 2
SOCER PENALTY KICK	Given 6 attempts (3 with each foot). Location: Spooky Nook Turf 5 Sponsored by OAK LEAF MANOR
FRISBEE GOLF	Obstacles are part of the game. Course will include 3 holes. Location: Spooky Nook Court 11
HOME RUN DERBY	Five competitive swings for distance. Points awarded in zone where ball first hits. Location: Spooky Nook Turf 4 Sponsored by GROFF FUNERAL AND CREMATION SERVICES



SUBARU HYUNDAI KIA LCM PROVENCE CHRYSLER DODGE JEEP RAM MERCEDES-BENZ COMMERCIAL VAN SOLUTIONS LLC LCM FLEET

LANCASTER COUNTY MOTORS
FAMILY OWNED & OPERATED SINCE 1935



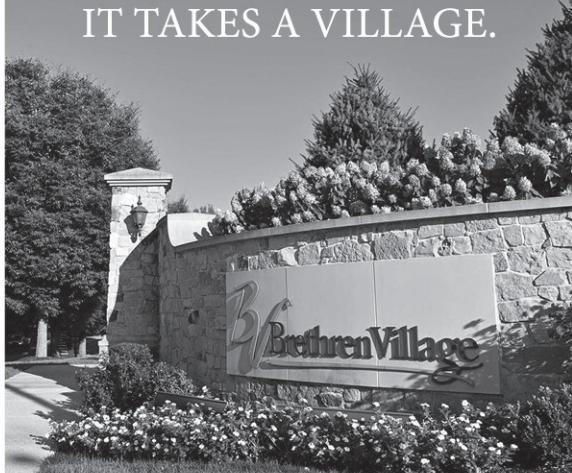
We offer so many ways to live a vibrant life, both physically and socially.

See for yourself.

Call 717-581-4227 to tour our beautiful community in Lititz.



TO BUILD A VIBRANT COMMUNITY, IT TAKES A VILLAGE.



Life Plan Community | Ideal Location to Call Home | Visit bv.org



Uplifting in-home senior care

Services we provide:

- Personal care
- Companion care
- Light housekeeping
- Grocery shopping and errands
- Meal preparation
- Medication management
- Mobility assistance
- Transportation
- Alzheimer's and dementia care
- Respite care
- Safety solutions

Contact us for a free consultation:
(717) 299-4007
ComfortKeepers.com

© 2024 CK Franchising, Inc. Most offices independently owned and operated. 0124



It's Time to Take the Next Step

With Expert Joint Replacement Surgery

If you've considered joint replacement surgery, but have concerns about taking the next step, let us ease your mind. At Penn Medicine Lancaster General Health, we provide comprehensive education, so you'll know exactly what to expect before, during, and after surgery, including safe, effective pain management. Our expert orthopaedic surgeons offer multiple treatment options, including robotic-assisted and tourniquet-less knee replacements, as well as direct anterior total hip replacements. It's time to take the next step.

Request Appointment

Visit PennMedicine.org/LGHOrtho
or call 717.874.3466.



Penn Medicine

~ Wednesday Events ~ *continued*

8:30 a.m. Age 80-84 10:15 a.m. Age 85+ 12:00 p.m. Age 55-69	SHUFFLEBOARD Teams may be two men, two women, or mixed. If you have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. If you don't have a partner we will try to pair you with someone at the event. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Sport Victory Hall Sponsored by LUTHERCARE
8:30 a.m. Age 70-74 9:30 a.m. Age 75-79 10:30 a.m. Age 80-84 12:00 p.m. Age 85+	CORNHOLE Teams may be two men, two women, or mixed. If you have a partner, sign up for the younger partner's age group. No need to list partners on the registration form. If you don't have a partner we will try to pair you with someone at the event. <i>Must arrive 15 minutes prior to start time.</i> Location: Spooky Nook Turf 1 Sponsored by BOB NEFF TOURS
10:00 a.m. to 10:45 a.m.	JAZZ DANCE This fun class will teach you a few jazz steps that are based on ballet foundations. Location: Spooky Nook Court 13
11:00 a.m. to 11:45 a.m.	CHAIR YOGA Improve muscle tone, strength and flexibility with low impact seated yoga. Location: Spooky Nook Court 13



Locally RN Owned and Operated Home Care

York

717.751.2488

Lancaster

717.393.3450

Hanover

717.630.0067

~ Thursday, May 7 ~

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

7-9:30 a.m.	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.
8:30 a.m. OR 10:45 a.m. Shotgun start	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
9 a.m. Age 70+ 11 a.m. Age 55-69	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: \$4, paid at Leisure Lanes on the day of the contest.
8 a.m. Women Age 70+ 9:00 a.m. Women Age 55-69 10:30 a.m. Men Age 70+ 12 p.m. Men Age 55-69	PICKLEBALL-INDOOR 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. <i>Must have partner. List name on registration. See FAQ's on page 4 for details.</i> <i>Must arrive 15 minutes prior to start time.</i> Location: Hempfield recCenter 1251 Stony Battery Rd, Landisville Sponsored by UPMC



Discover an Active,
Fulfilling Retirement
that Nurtures Your
Mind, Body, and Spirit.

Luthercare.org | 717.626.8376

Lititz, PA | Columbia, PA



Luthercare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.



**MASONIC
VILLAGE**

**SUPPORTS ACTIVE LIVING AND
THE LANCASTER SENIOR GAMES**

A not-for-profit continuing care retirement community, children's home and community service organization in operation since 1910.

717-367-1121 · MasonicVillageElizabethtown.org



M&T Bank. Understanding what's important.

At M&T Bank, understanding what's important means realizing the role a bank plays in people's lives. And then living up to those responsibilities, by helping families, businesses and communities thrive. It's what we've been doing for more than 160 years. Learn more at mtb.com.

M&T Bank



Equal Housing Lender. ©2023 M&T Bank. Member FDIC.

ROBERT A. DILLER

PHOTOGRAPHER

(717) 492-4220

Cell (717) 468-1987

photo.tech@comcast.net

688 Thoreau Drive

Mount Joy, PA 17552



2026 Senior Games Planning Committee Members

Timothy Burchett

Suzanne Cornell

Emerson Gambler

Leanne Garner

Kristin Jones

Janet Keuper

Natalie Knox

Morgan Markle

Tom Martin

Lancaster County Office
of Aging

Cindy Butz

Deb Brown

Pat Fellenbaum

Debbie Groff

Kathy Kirchoff

Lisa Paulson

Diane Reese

Ellen Weekes

Community Representatives

Sue Thomas

Blue Moon Estate Sales

Nicole Schmid

Lancaster Rehabilitation Hospital

Dave Groff

Groff Funeral and
Cremation Services

Michele Sipel

Landis at Home

Josie Freeman

Elite Coach

Heather Dighe

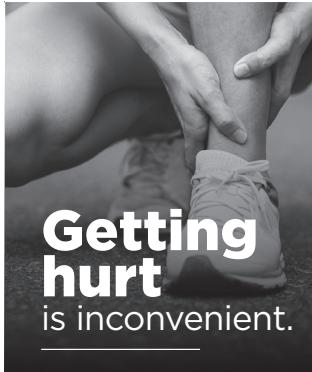
Christina Miller

Lancaster Rec

~ Thursday, May 7 ~ continued

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

1 p.m.	<p>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: \$4, paid at Leisure Lanes on the day of the contest, includes two games and shoe rental. Sponsored by COMFORT KEEPERS</p>
1 p.m.	<p>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: \$6, paid at Leisure Lanes on the day of the contest, includes three games and shoe rental. Sponsored by MASONIC VILLAGE ELIZABETHTOWN</p>



WALK-IN ORTHOPAEDIC INJURY CLINIC

For bone, joint, or muscle injuries, we provide convenient, walk-in access to expert evaluation and exceptional care — with **no appointment required**.

Scan the **QR code** or visit **UPMC.com/InjuryClinic** for hours and to learn more.

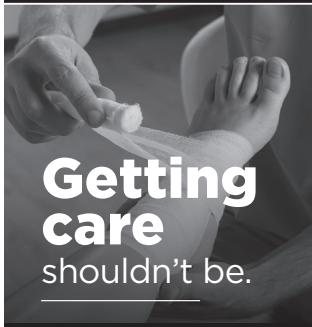


UPMC | ORTHOPAEDIC CARE

CALL: 717-988-0700

LOCATIONS:

CARLISLE • ENOLA • HARRISBURG • LITITZ



~ Friday, May 8 ~

9 a.m.	9 PIN NO TAP BOWLING USBC rules apply. Location: Leisure Lanes Bowling Alley, 3440 Columbia Avenue, Lancaster Cost: \$8, paid at Leisure Lanes on day of contest, includes 3 games and shoe rental.
Drop in between 1-3:30 p.m.	SENIOR GAMES CELEBRATION GATHERING Come celebrate the success of our 36th 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

THINK OUTSIDE LANCASTER

Reach is power—the ability to connect with thousands of unique individuals every day. Our bold, bright digital platform illuminates the spaces where people live, commute, and connect. Local. Impactful. We expand visibility, amplify influence, and build lasting brand trust.

Oaktree Outdoor Advertising: Think Outside.



OAKTREEOUTDOOR.COM

Oaktree

KEYSTONE GAMES
July 24-August 2, 2026
www KeystoneGames.com

NATIONAL SENIOR GAMES
June 30-July 11, 2027
Tulsa, Oklahoma
www NSGA.com

**Unclaimed medals may be picked up May 11-15
at Groff Funeral and Cremation Services,
528 West Orange St., Lancaster, Pa 17603,
between 9 a.m. - 4:30 p.m.**



Our Community.
Our Health.



1-844-626-6813 (TTY: 711)
PAHealthWellness.com

Find us on Facebook & LinkedIn
  @PA Health & Wellness

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



PRESBYTERIAN
SENIOR LIVING
The Long Community



**Well-Designed Rental Apartments for People 55 and Over
Offering Independent Living and Assisted Living**

www.psl.org/long | 600 E. Roseville Road | Lancaster, PA
 **For more information call 717-381-4914**



1685 W. Main St., Ephrata PA

717-733-0369

www.elitecoach.com



2026 Day Trips

Mystery Tour - May 5, 2026

Annapolis Blue Angels - May 19, 2026

St. Michaels, MD - June 4, 2026

Chesapeake Dine Around - June 18, 2026

SAIL250 & Airshow Baltimore - June 26, 2026

Washington DC, Do-As-You-Please - July 9, 2026

2026 Overnight Trips

Biltmore to the Blue Ridge Mountains - April 6-11, 2026

Atlantic Beach/Outer Banks NC - April 26-May 1, 2026

Boston250 & Newport Charm - May 11-15, 2026

Cape Cod and The Islands - June 1-5, 2026

Niagara Falls, USA - June 22-25, 2026

Coastal Maine - July 26-31, 2026

Visit elitecoach.com for our 2026 tour lineup and for additional information.



Where *Active Living* Meets Community

Landis Communities offers a wide range of living options, care, and programs designed to support wellness, connection, and independence. Discover communities that encourage you to stay engaged, challenged, and inspired.



LandisCommunities.org/seniorgames | 717-876-8389

Travel in comfort. Discover with ease. Make memories that last.



Whether you're heading across the country or across the world, we're here to make travel fun and hassle-free. From step-on guides who bring local history to life, to well-paced itineraries that minimize packing and unpacking, we take care of the details so you can focus on what matters: enjoying the moment.



1525 Oregon Pike, Ste 2201, Lancaster, PA 17601 (717) 397-0000 www.BobNeffTours.com



www.LancSeniorGames.org

For information and photos!

Connect with us on Facebook



COOPER
PRINTING, INC.

Offering a large selection of apparel, promotional products, signs and banners in addition to our standard printing.

Now with in-house screen printing and embroidery



P: 717.871.8856 • F: 717.871.8878 • info@cooperprinting.net • www.cooperprinting.net

LANCASTER SENIOR GAMES

Celebrating 36 Years of Exercising Mind, Body & Spirit!

Monday

Badminton
Bench Press
Bicep Curl
Bocce
Darts
Dead Lift
Foul Shooting
Ladder Golf
Group Sound
Meditation
Pinochle Tournament
Pound
3 Point Shooting
Wii

Tuesday

Axe Throwing
Barre/Ballet
Cornhole
Football Throw
Frisbee Throw
Horseshoes
Hotshot Basketball
Shuffleboard
Softball Throw
Stretch & Restore
Running
Table Tennis
Walking
Zumba Gold

Wednesday

Chair Yoga
Cornhole
Frisbee Golf
Home Run Derby
Javelin Throw
Jazz Dance
Shotput
Shuffleboard
Soccer Penalty Kick

Thursday

Billiards
Bowling Tournament
Longest Drive
Modified Bowling
Pickleball
Putting Contest

Friday

Celebration Gathering
9 Pin No Tap Bowling

THANK YOU
to our 300 volunteers
who make this event possible



Curious about PRE-PLANNING?

Join us for a lunch & learn!

**Gain knowledge about
the many options and
benefits of pre-planning
your final wishes in a
casual, group setting.**

Lunch is on us!

Scan or call to reserve your spot!



**Plan or transfer your
pre-arrangements!**

We make it simple.

717.560.5100

Proud Annual
Sponsor of the
Senior Games



Manheim Township | Millersville | Lancaster | Lititz | Strasburg | Willow Street | Heritage Monuments



Jackie Adamson & Kelly Gramola Townsend



Charles F. SNYDER

FUNERAL HOMES & CREMATORY

EXCLUSIVE SENIOR GAMES PICKLEBALL TOURNAMENT HOST

FITNESS CENTER

AQUATICS

TENNIS/PICKLEBALL

PERSONAL TRAINING

YOUTH PROGRAMS

COMMUNITY



**hempfield
recCenter**

WWW.HEMPFIELDREC.COM

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

DISCOUNTED REGISTRATION FEE
FOR REGISTERING ONLINE

www.LancSeniorGames.org

Current Resident or

PRSR STD
U.S. POSTAGE
PAID
LANCASTER, PA
PERMIT NO. 360

Printing provided by
Cooper Printing, Inc.