

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~

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Lancaster Rehabilitation Hospital

Willow Valley Communities
Penn Medicine

Gold~

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Comfort Keepers
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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

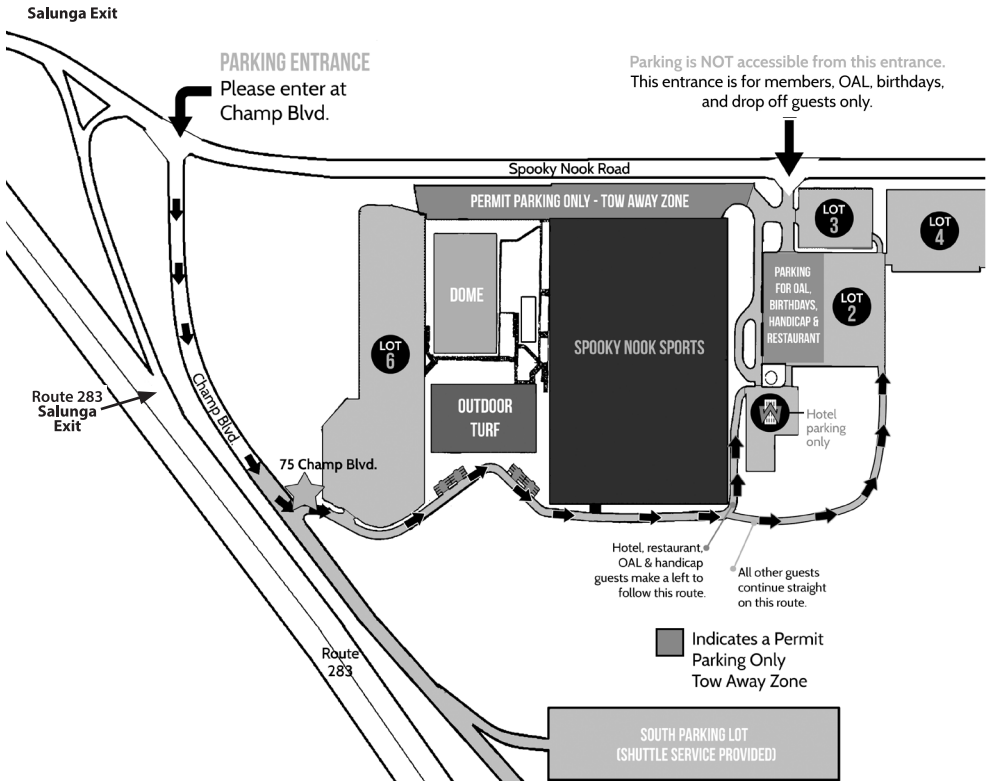
The event coordinators reserve the right to cancel events due to inclement weather or to consolidate age divisions for competition based on insufficient entries. In event of inclement weather check Lancaster Senior Games Facebook page for cancellation notice of outdoor events. **Participants must check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

<p>9:30 a.m. Age 55–69</p> <p>10:30 a.m. Age 75-79</p> <p>11:30 a.m. Age 70-74</p> <p>12:00 p.m. Age 80+</p>	<p>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</p>
<p>9:30 a.m. Age 85+</p> <p>10:30 a.m. Age 55-69</p> <p>11:00 a.m. Age 80-84</p> <p>11:45 a.m. Age 75-79</p> <p>12:30 p.m. Age 70-74</p> <p>NEW LOCATION</p>	<p>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</p>
<p>9:30 a.m. Age 75-79</p> <p>10:30 a.m. Age 70-74</p> <p>11:00 a.m. Age 85+</p> <p>11:45 a.m. Age 55-69</p> <p>12:30 p.m. Age 80-84</p>	<p>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</p>
<p>9:30 a.m. to 10:15 a.m.</p>	<p>POUND EXERCISE CLASS Senior Pound combines cardio, conditioning and strength training in a low to medium intensity class Location: Spooky Nook Court 11</p>

~ 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®
HEALTH

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

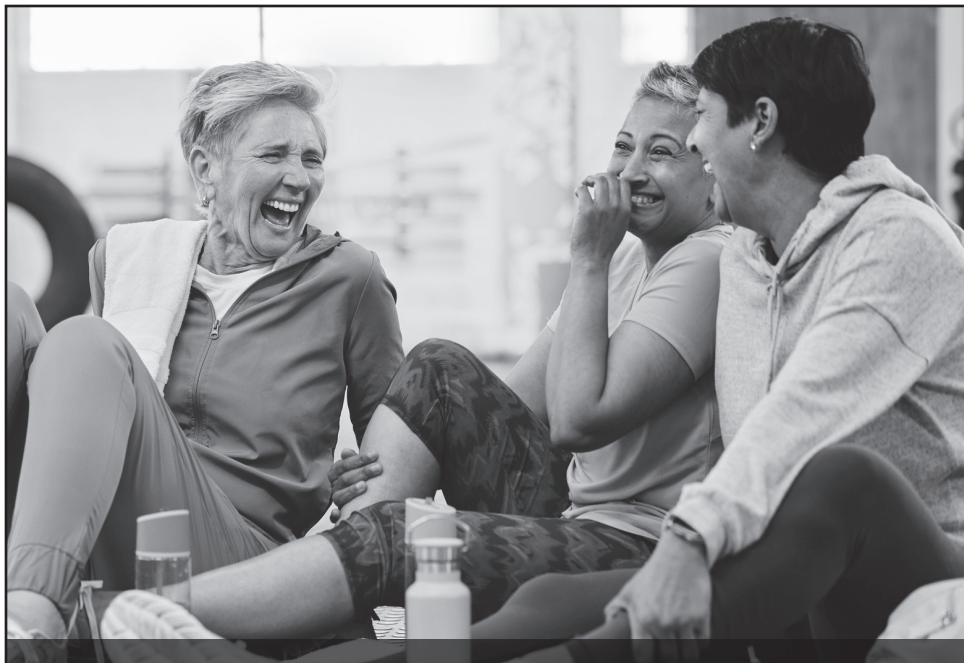


~ Tuesday Events ~ *continued*

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 <div>NEW LOCATION</div>	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+	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. <div>NEW DAY NEW TIME</div>	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 <div>NEW</div>	STRETCH & RESTORE CLASS This class focuses on improving flexibility, mobility & overall well being. 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 55-69</p>	<p>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</p>
<p>1 p.m. Age 70-74 2 p.m. Age 75-79</p> <p>NEW TIME</p>	<p>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</p>



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



Coverage by AmeriHealth First.

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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

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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.										<input type="checkbox"/> Bench Press	<input type="checkbox"/> Bicep Curl	<input type="checkbox"/> Darts	<input type="checkbox"/> Dead Lift	<input type="checkbox"/> 3-Point Shooting	<input type="checkbox"/> Foul Shooting	<input type="checkbox"/> Wii
9:30 a.m.	<input type="checkbox"/> Badminton	Age 55-69		<input type="checkbox"/> Bocce	Age 85+		<input type="checkbox"/> Pound				<input type="checkbox"/> Ladder Golf	Age 75-79				
10:00 a.m.																
10:30 a.m.	<input type="checkbox"/> Badminton	Age 75-79		<input type="checkbox"/> Bocce	Age 55-69		<input type="checkbox"/> Group Sound Meditation				<input type="checkbox"/> Ladder Golf	Age 70-74				
11:00 a.m.				<input type="checkbox"/> Bocce	Age 80-84						<input type="checkbox"/> Ladder Golf	Age 85+				
11:30 a.m.	<input type="checkbox"/> Badminton	Age 70-74														
11:45 a.m.				<input type="checkbox"/> Bocce	Age 75-79						<input type="checkbox"/> Ladder Golf	Age 55-69				
Noon	<input type="checkbox"/> Badminton	Age 80+					<input type="checkbox"/> Pinochle Tournament									
12:30 p.m.				<input type="checkbox"/> Bocce	Age 70-74						<input type="checkbox"/> Ladder Golf	Age 80-84				

TUESDAY, May 5, 2026

DROP-IN EVENTS: 9:00 a.m.-1:30 p.m.										<input type="checkbox"/> Axe Throwing	<input type="checkbox"/> Frisbee Throw	<input type="checkbox"/> Football Throw	<input type="checkbox"/> Hotshot Basketball	<input type="checkbox"/> Softball Throw		
7:30 a.m.	<input type="checkbox"/> Walking	Men Age 55-74														
8:00 a.m.	<input type="checkbox"/> Walking	Women Age 55-74														
8:30 a.m.	<input type="checkbox"/> Walking	Men Age 75+														
9:00 a.m.	<input type="checkbox"/> Walking	Women Age 75+		<input type="checkbox"/> Horseshoes	Age 70-74					<input type="checkbox"/> Table Tennis	Age 55-69					
9:30 a.m.	Running	<input type="checkbox"/> 200m	<input type="checkbox"/> 400m	<input type="checkbox"/> 1600m	<input type="checkbox"/> 3200m				<input type="checkbox"/> Barre/Ballet							
10:15 a.m.				<input type="checkbox"/> Horseshoes	Age 75-79					<input type="checkbox"/> Table Tennis	Age 70-74					
10:30 a.m.													<input type="checkbox"/> Stretch & Restore			
11:00 a.m.				<input type="checkbox"/> Horseshoes	Age 80+											
12:30 p.m.				<input type="checkbox"/> Horseshoes	Age 55-69		<input type="checkbox"/> Zumba Gold									
1 p.m.				<input type="checkbox"/> Shuffleboard	Age 70-74					<input type="checkbox"/> Table Tennis	Age 75+					

2 p.m.	<input type="checkbox"/> Cornhole <i>Age 55-69</i>	<input type="checkbox"/> Shuffleboard <i>Age 75-79</i>
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WEDNESDAY, May 6, 2026		
DROP-IN EVENTS: 9:00 a.m.-1:30 p.m. <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		
8:30 a.m.	<input type="checkbox"/> Cornhole <i>Age 70-74</i>	<input type="checkbox"/> Shuffleboard <i>Age 80-84</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		
7-9:30 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 Hempfield Rec (below) Must Name Pickleball Partner ▼		
8 a.m.	<input type="checkbox"/> Women <i>Age 70+</i> _____	
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 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

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.

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~ 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
SOCCER 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

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~ 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



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~ 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. Must have partner. List name on registration. See FAQ's on page 4 for details. <i>Must arrive 15 minutes prior to start time.</i> Location: Hempfield recCenter 1251 Stony Battery Rd, Landisville Sponsored by UPMC



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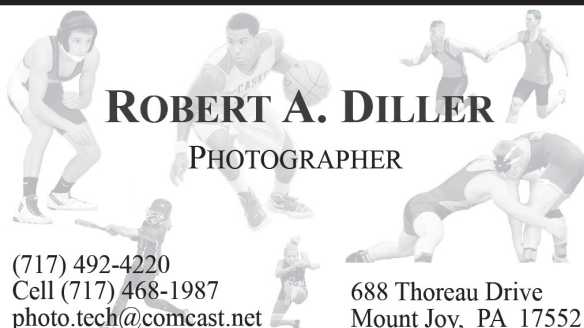
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Heather Dighe
Christina Miller
Lancaster Rec


~ Thursday, May 7 ~ *continued*

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

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



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~ Friday, May 8 ~

<p>9 a.m.</p>	<p>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.</p>
<p>Drop in between 1-3:30 p.m.</p>	<p>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</p>

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2026 Day Trips

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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

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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

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