OFFICIAL APPLICATION BOOK

SEPTEMBER 21 – OCTOBER 6, 2018
FOR PERSONS 50 YEARS OF AGE AND BETTER

JOIN US IN A CELEBRATION
OF LIFE AND WELLNESS

“PROMOTING FITNESS AND THE SPIRIT OF COMPETITION - WINNERS ALL”

SPONSORED BY
THE CITY OF SAN BERNARDINO
PARKS, RECREATION AND
COMMUNITY SERVICES DEPARTMENT
&
CO-SPONSORED BY
THE CITY OF FONTANA COMMUNITY SERVICES DEPARTMENT
&
LOMA LINDA UNIVERSITY DRAYSON CENTER
Welcome athletes to the 2018 Inland Empire Senior Games. The City of San Bernardino Parks, Recreation and Community Services Department Senior Services is delighted to once again host the 2018 Inland Empire Senior Games.

The Senior Games are scheduled to take place Friday, September 21 through Saturday, October 6, 2018.

Welcome back to those of you who have participated previously! For those who have not, we extend an invitation to join us for another year of fun and friendly competition.

Competition in most events range from novice to experienced athletes, so there is something for everyone.

The Board has worked hard to make these games a success. We are pleased to be able to offer a setting that allows mature athletes to demonstrate their skills, while staying active and healthy to better our community.

Sponsors and venues are to be commended for their support of these games. Their efforts provide the backdrop for senior athletes to excel at their personal best. We believe the “best-attempt” performance far exceeds the thrill of victory.

“Promoting Fitness and the Spirit of Competition”
“WINNERS ALL”

LaKeisha L. Jackson, Games Coordinator
2018 INLAND EMPIRE SENIOR GAMES

PRESENTED BY:
CITY OF SAN BERNARDINO PARKS, RECREATION AND COMMUNITY SERVICES DEPARTMENT

CO - SPONSOR
FONTANA COMMUNITY SENIOR CENTER
(OPENING CEREMONIES)

&
LOMA LINDA UNIVERSITY DRAYSON CENTER
(5K/10 WALK AND RUN & PICKLEBALL)

VENUE SPONSORS:
FIFTH STREET SENIOR CENTER
(HEALTH FAIR & CLOSING CEREMONIES)
SAN BERNARDINO

TOM SAWYER SWIM CENTER
(SWIMMING)
RIALTO

THE POOL CLUB
(BILLIARDS TOURNAMENT)
SAN BERNARDINO

PERRIS HILL PARK
(HORSESHOES & TENNIS)
SAN BERNARDINO

EMPIRE BOWL
(BOWLING)
REDLANDS

JACK BULIK PARK
(SOFTBALL)
FONTANA

JESSIE TURNER COMMUNITY CENTER
(HOTSHOT & BASKETBALL)
FONTANA

SHANDIN HILL GOLF COURSE
(GOLF)
SAN BERNARDINO
WHO TO CALL FOR MORE INFORMATION:

2018 Inland Empire Senior Games
LaKeisha Jackson, Coordinator
Jackson_La@SBCity.org
Phone: (909) 384-5435/(909) 384-5436 Fax: (909) 889-0672 Cell: (909) 756-1132
www.SBCity.org/IESG

National Senior Games
2019 National Senior Games in Albuquerque, NM.
June 14 - 25, 2019
For more information, visit
www.nsga.org

California Senior Games Calendar
Annie Laskey, Designated Representative/Coordinator
Pasadena Senior Games
anniel@pasadenaseniorcenter.org (626) 685-6724

Kirsten Cummings, Designated Representative/Coordinator
San Diego Senior Games
Kirsten@SDSeniorGames.org

Leigh Galten, Designated Representative/Coordinator
Sonoma Wine Country Games
Igalten@councilonaging.com

Tracey Gott, Designated Representative/Coordinator
San Jose Senior Games
tracey.gott@sanjoseca.gov

Jeannie Greenwood, Designated Representative/Coordinator
Visalia Senior Games
Jeannie.Greenwood@visalia.city

Helen Mendel, Designated Representative/Coordinator
Bay Area Senior Games
hmendel@basoc.org

Ashley Fread, Designated Representative/Coordinator
Palm Desert Senior Games and International Sports Festival
AFread@DRD.us.com (760) 568-9697
**GENERAL INFORMATION**

**Eligibility & Age Division**
Any person age 50 years or better as of **December 31, 2018**, may participate in the 2018 Inland Empire Senior Games. Proof of age may be required. Age divisions are in five year increments: 50+, 55+, 60+, etc. There is no upper age limit. We reserve the right to cancel or combine age groups in the best interest of the participants. **The age division for all doubles and team sports is determined by the age of the youngest player as of December 31, 2018.**

**Rules**
All competition will be conducted in accordance with the rules established by each Sports Federation and as modified by the U.S. National Senior Sports Organization (USNSSO).

**Awards**
Medals will be awarded to the 1st, 2nd, & 3rd place winners in each event for each division. The Venue Coordinator will present all awards at the completion of each event.

**How to Enter**
I. Fill out entry form or sign up via registration link at: https://apm.activecommunities.com/sbcity/Home.
   A. Insert and choose the sport of your choice.
   B. Select the events you would like to attend.
   C. Pay via cash or check (mail), or online.
      i. Make checks payable to City of San Bernardino: IESG
   D. Registration Complete!!

**Team Sports** (Men’s / Women’s Basketball, Men’s / Women’s / Co-ed Softball) fill out and return the application, team entry form, waiver. No online registration. Individual forms **MUST** be submitted for each player. The team captain must submit all forms together with the appropriate registration, event, and/or team fees.

**Fees**
All fees cover administrative costs, t-shirts, awards, program guides, opening/closing ceremonies, gift bag, reception, and results book. IESG registration is only paid once. Event prices for specific activities are listed on the Schedule of Events.

**Team Registration**
For team sports (softball & basketball) the captain is responsible for collecting each team members individual entry form and payment. All entry forms, fees, and team roster should be submitted together by the team captain. **A team will not be processed for competition until the individual entry forms, signed liability waiver, team entry form, team roster, and contribution for ALL team members are received.** **Deadline: September 21, 2018.**
General Information

Confirmation

For registrations received by September 14th, confirmation of entry application will be mailed to participants. This will include your individual schedule, details of special events, and a map to your sport venue(s). If you have not received your confirmation by September 14, 2018, please call (909) 384-5430. If you register after September 14th, your confirmation can be secured by phone or at your first event.

Novice

You do not need to be an expert to participate in the Senior Games. All activities are open to novices, and several events have separate divisions. Level of competition will vary from sport to sport.

Registration

Please sign in and pick up your packet at the Opening Ceremonies at the Fontana Community Senior Center, located at 16710 Ceres Ave, Fontana, CA 92335, 1:00 pm - 4:00 pm, on Friday, September 21st. After that, the registration desk will be open 8:00 am - 12:00 pm each day at the Fifth Street Senior Center. You should register and pick up your packet before your first event. If you are unable to pick up your packet during registration desk hours, you must pick up your packet at the venue of your first event (extra t-shirts $15 at Registration Desk). Registrations will be accepted through September 21, 2018.

Check-in

Athletes may pick up their t-shirt, goody bag, and official program at the Opening Ceremonies or at their first event check-in. Check-in for most sports will be a half-hour before competition. No t-shirts will be mailed out. Athletes will only receive one t-shirt and goody bag regardless of how many sports they enter.

Equipment

Participants are required to provide their own equipment for the events entered. Please be sure to mark your personal items and do not leave valuables unattended. The City of San Bernardino, and the other host facilities, are not responsible for the loss or damage of any athlete’s personal equipment.

Sportsmanship/Conduct

Unsportsmanlike or disorderly conduct on the part of competitors or coaches will be grounds for immediate removal and disqualification from competition without a refund.

Uniforms

All athletes must wear athletic-type clothing and shoes customary for the sport(s) in which they are competing. Team sports require “like” color-and-style numbered uniforms. Clothing and shoes that are inappropriate may be grounds for disqualification. The games coordinator has authorization to make this determination. If you have any questions, please contact the coordinator at (909) 384-5430.
**General Information**

**Medical Assistance**
Athletic trainers and/or physicians will be on site at most of the events. Emergency medical assistance will also be in place at most events. If you must be transported by ambulance, it will be at your own expense.

**Event Cancellation/Postponements**
In the event of inclement weather or unusual extenuating circumstances, games officials reserve the right to cancel or postpone outdoor events to a later time/date in the best interest of the participants. During the games, call games information (909) 384-5430 if the weather looks uncertain. The City of San Bernardino also reserves the right to cancel any event and to combine age divisions. Refer to the refund policy for refund information.

**Entering More Than One Sport**
Those entering more than one sport will only need to pay the IESG registration once and must be aware of possible conflicts in the schedule. No competition will be delayed to remedy an athlete’s conflict in scheduling.

**Protest Policy**
An athlete desiring to make a protest regarding any aspect of a competition shall do so to the venue coordinator at the time of event. Initial protests may be oral or written. If an oral protest is denied, a written protest may be submitted to the coordinator provided it is done within 24 hours of the circumstances causing the protest. The coordinator will evaluate the protest and render a decision. All decisions are final and not subject to further appeal.

**Refunds**
REFUNDS ARE PROCESSED ONLY FOR THOSE EVENTS CANCELED DUE TO INSUFFICIENT PARTICIPATION/REGISTRATION.
2018 INLAND EMPIRE GAMES EVENTS

Opening Ceremonies
Event: Senior resource tables, pick up game information, venue location, and t-shirts.
Date: Friday, September 21, 2018  Time: 1:00 pm to 4:00 pm / FREE
Location:
Fontana Community Senior Center
16710 Ceres Ave
Fontana, CA 92335
Coordinator: Tiffany Stark (909) 854-5151; Email: Tstarks@fontana.org

3-on-3 Basketball, Hotshot & Free Throw
Event: Men’s & Women’s
Date: Sunday, September 23, 2018

Location:
Jessie Turner Community Center
15556 Summit Ave.
Fontana, CA 92335

3-on-3 Half Court Competition:
Age division will be determined by the age of the youngest team member. Each player must complete an individual entry form and sign the liability waiver. Teams must be the same gender. All registration and team rules apply to non-playing coaches, non-playing captains, and non-playing personnel. Non-playing coaches/captains must sign the liability waiver. The number of entries per division will determine tournament format.
Check in: 7:30 am  Start time: 8:00 am  Fee:$150 Per Team
Basketball Only - no registration fee required

Rules: Hotshot is a basketball shooting game where players each score points for making baskets from various locations throughout the basketball court. Double elimination tournament; however, number of entries will determine tournament format.
Fee:$8 per person/ per event

Free Throw: Four minutes is your limited time. You have three warm up shots, if desired. Twenty-five continuous shots. One point for each shot that is made.
Fee:$8 per person/ per event

Coordinator: Geneo Farrar (909) 349-6912; Email: gfarrar@fontana.org
5K/10K Walk or Run

Location:
Loma Linda University Drayson Center
25040 Stewart Street, Loma Linda, CA 92350
Date: Sunday, September 23, 2018

Event: 5K Walk or Run, 10K Walk or Run (5k = 12 laps, 10k = 24 laps)
Check In: 5:30 am       Start Time: 6:00 am       Fee: $8 per person/per event

Rules: USA Track Rules apply. Individual medals to top three men and women in each age division.

Coordinators: Linda Gomez (909) 499-4055; Email: Centre3@charter.net
LaKeisha Jackson (909) 756-1132; Email: Jackson_La@SBCity.org

Pickleball

Location:
Loma Linda University Drayson Center
25040 Stewart Street, Loma Linda, CA 92350
Date: Sunday, September 23, 2018

Event: Men’s Single, Women Singles, Men’s Doubles, Women’s Doubles and Mixed Doubles
Check In: 7:30 am       Start Time 8:00 am       Fee: $10 per person/per event

Rules: Tournament format will be double elimination play with the first person/team to win 2 out of 3.

For more information, call LaKeisha Jackson (909) 756-1132
Email: Jackson_La@SBCity.org

Golf: 18 Hole

Event: 18 Hole
Location:
Shandin Hills Golf Course
San Bernardino, Ca 92405
Date: Monday, September 24, 2018
Time: 8 am - Check in / 9 am Tee Time
Format: Scratch $80 per person (no registration fee required)
Rules: 18 Hole

Coordinators: Linda Gomez (909) 499-4055; Email: Centre3@charter.net
**2018 INLAND EMPIRE GAMES EVENTS**

**Softball**

**Event:** Men’s and Co-Ed  
**Location:** Jack Bulik Park  
16581 Filbert Ave, Fontana, CA 92335  
**Date:** Tuesday, September 25, 2018  
**Check in:** 7:30 am  
**Start:** 8:15 am  
**Fee:** $150 Men’s Division / $150 Co-Ed Division (No Registration Fee)

**Rules:** Double Elimination Tournament. Number of registered teams will determine tournament format.

**Coordinator:** Geneo Farrar (909) 349-6912; Email: gfarrar@fontana.org

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**Tennis**

**Event:** Singles, Doubles, Mixed Doubles  
**Location:**  
Perris Hill Park  
607 East Highland, San Bernardino, CA 92401  
**Date:** Friday, September 28, 2018  
**Check in:** 4:30 pm  
**Time:** 5:00 pm - 9:00 pm  
**Date:** Saturday, September 29, 2018  
**Check in:** 7:00 am  
**Time:** 7:30 am - 4:00 pm  
**Date:** Sunday, September 30, 2018  
**TBD By Saturday Games**  
**Fee:** $8 per person/ per event

**Rules:** Matches shall consist of two sets using regular scoring. If there is a tie at one set a piece, a 12-point tiebreaker will be used to determine the winner.

**Coordinator:** John Thau (909) 815-6101; Email: jkthau@msn.com

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**Swimming**

**Event:** See Application for Event Listings  
**Location:**  
Tom Sawyer Swim Center  
1243 South Riverside Ave, Rialto, 92376  
**Date:** Sunday, September 30, 2018  
**Start Time:** 1:00 pm  
**Fee:** $8 per person/ per event

**Rules:** Swimmers must provide their own suits, caps, goggles, towels, etc.

**Coordinator:** Jason Siegerma (909) 384-5233; Email: Siegersma_Ja@SBCity.org
**Billiards**

**Event:** 8-Ball  
**Location:**  
Pool Club Bar & Grill  
1946 South “E” Street, San Bernardino 92408  
**Date:** Monday, October 1, 2018  
**Start Time:** 3:00 pm  
**Fee:** $8 per person

**Rules:** Tournament format will be based upon number of entries per division. An overall championship round will be played following the age division brackets.

**Coordinator:** Jack Gomez (909) 241-0141; Email: Centre3@charter.net

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**Horseshoes**

**Event:** Open  
**Location:**  
Perris Hill Horseshoe Pitts  
780 East 21st Street, San Bernardino, CA 92401  
**Date:** Tuesday, October 2, 2018  
**Start Time:** 9:00 am  
**Fee:** $8 per person/ per event

**Rules:** 40 shoes Per Person; No Leaners; Ringer 3 points (Each player's rings cancel points – Consecutive); Shoe within ONE shoe reach, closest gets one point.

**Coordinators:** Jack Gomez (909) 241-0141; Email: Centre3@charter.net

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**Bowling**

**Event:** Singles, Doubles, Mixed Doubles (Men or Women)  
**Location:**  
Empire Bowl  
940 W. Colton Ave, Redlands, CA 92374  
**Date:** Wednesday, October 3, 2018  
**Check in:** 8:30 am  
**Singles:** 9:00 am  
**Double:** 11:00 am  
**Mixed:** 1:00 pm  
**Fee:** $10 per person/ per event

**Rules:** 3 games of American ten-pin. Athletes may compete with only one partner in each doubles event. Doubles partners must register individually. Divisions were doubles and mixed doubles is determined by the age of the youngest bowler.

**Coordinators:** LaKeisha Jackson (909) 384-5430; Email: Jackson_La@SBCity.org
2018 Inland Empire Senior Application
Deadline: September 21, 2018
Male_____ Female_____ 

Male or Females (Circle One) D.O.B_______ Age (As of 12/31/18):_______ T-Shirt Size:_______

Last Name:___________________________ First Name:___________________________

Address: ___________________________________ City, State, Zip:___________________________

Telephone: ( ) ___________________________ Emergency Contact:___________________________

Email Address:______________________________________________________________

I will attend the following events:

**TENNIS**

- **Friday** _____ Singles ($8)
- **Saturday** _____ Doubles ($8)
- **Sunday** _____ Mixed Doubles ($8)

Partner’s Name:_________________________________________ Age _____

**WALK**

- _____ 5k ($8)
- _____ 10k ($8)

**RUN**

- _____ 5k ($8)
- _____ 10k ($8)

**SWIMMING**

$8 per person / per event (choose as many events as you would like)

- _____ 400m Free
- _____ 200m IM
- _____ 100 IM
- _____ 50m Breast
- _____ 50m Fly
- _____ 200m Back
- _____ 100m Fly
- _____ 100m Free
- _____ 50m Free
- _____ 50m Back
- _____ 100m Back
- _____ 100m Breast

(Events are held in order from left to right)

**BILLIARDS**

- _____ Singles (Fee) $8
- _____ Doubles (Fee) $8 Partner’s Name:_________________________________________ Age _____

**BOWLING**

- **Singles** Men’s____(Fee) $10 or Women’s____(Fee) $10
- **Doubles** Men’s____(Fee) $10 or Women’s____(Fee) $10

Partner’s Name:_________________________________________ Age _____

**HORSESHOE**

- _____ Singles (Fee) ($8)
- _____ Doubles (Fee) ($8) Partner’s Name:_________________________________________ Age _____

**SOFTBALL**

(Team Form) Men’s____(Fee) $150 Co-Ed____(Fee) $150

(each member must submit an individual application & entry fee)

**BASKETBALL**

(3-on-3) Men’s____($150 Fee Per team) Woman____($150 Fee Per team)

(each member must submit an individual application & entry fee)

**HOTSHOT**

- Men’s____ (Fee) $8
- Women’s____ (Fee) $8

FREE THROW (Fee) $8_____

**GOLF**

- _____ $80 (OPEN TOURNAMENT) (NO REGISTRATION FEE REQUIRED)

**PICKLEBALL**

- **Singles** Men’s____(Fee) $10 or Women’s____(Fee) $10
- **Doubles** Men’s____(Fee) $10 or Women’s____(Fee) $10

Partner’s Name:_________________________________________ Age _____

- Mixed Doubles____ (Fee) $10

Partner’s Name:_________________________________________ Age _____

(Each participant must fill out a separate application)

GAMES FORM (PAGE 1)
2018 INLAND EMPIRE SENIOR GAMES

Participant Registration Includes:
*Game Shirt  *Packet Pick-Up Party  *One Complimentary Dinner Ticket
*Confirmation Packet  *Official Program  *T-shirt
*Emergency Medical  *Medal  *Goody Bag

Venues Include:
*On Site Refreshments  *Officials & Score Keepers  *Scoring & Time Devices
*Personnel & Equipment

<table>
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<td>Event Fee</td>
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<td># Dinner Dance tickets @ $10 per person</td>
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Make check or money order payable to City of San Bernardino and mail to:

2018 Inland Empire Senior Games
600 West Fifth Street
San Bernardino, CA 92410
Attn: IESG Application Process

(Please do not send cash. Returned check fee is $26)

Or

Register Online at https://apm.activecommunities.com/sbcity/Home

For questions, concerns or assistance with registration, call (909) 384-5430, (909) 384-5436 or (909) 772-1132.
PHOTO & FILM WAIVER: I hereby grant permission to the City of San Bernardino, its employees, agents, officers, affiliates, elected officials, successors, and assigns (herein collectively referred to as “City”), the right, but not the obligation, to use my name, photograph, video, audio, likeness, voice, appearance, statement, biographical information, and any other personal characteristics as may be embodied in any visual images and/or audio sound supplied by me to, or taken of me by, the city and the Inland Empire Senior Games. I agree that the City owns the image and/or audio and all rights related to them without limitation. The images and/or audio maybe used in any and all matter of media without notifying me, for any purpose consistent with the City’s publicity objectives. By signing below, I am at least 18 years of age, and am competent to sign this release. I have read the release before signing, I understand its contents, meaning and impact, and I freely accept the terms.

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the organizers of the Inland Empire Senior Games (IESG), hereinafter sometimes referred to as sponsor, their agents, employees, and representatives and assigns, from any and all action or claims of whatsoever kind or nature which I or my representatives or assign may have or at any time in the future have due to any injury or property damage arising out of my participation in the IESG. I understand and agree that any dispute over injury or property damage caused by myself or another participant must be settled between the individuals. I warrant and represent the organizer that I have prepared myself for the event(s) which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition; I am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation on the IESG. I have been advised by the organizer that it would be in my best interest to consult a physician prior to my preparation for participation in this event. I recognize and understand that preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized preexisting health conditions which I may have, thereby resulting in serious or life threatening physical harm to me. The organizer has my permission to have a physician treat me during my participation in the IESG.

*EVENTS, VENUES SITES, AND TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE.*

I have read this document, I understand it is a release of all claims and I assume all risks inherent in this event.

Signature_______________________________________  Date_________________________

WAIVER MUST BE COMPLETED PRIOR TO START OF TOURNAMENT

GAMES FORM (PAGE 3)
INLAND EMPIRE SENIOR GAMES
OFFICIAL 2018 TEAM ENTRY FORM

COMPLETE ALL INFORMATION BELOW (Form may be duplicated)
Individual Entry Form must be completed for each team member

TEAM INFORMATION

TEAM NAME: ___________________________________________________________________
CAPTAIN/COACH’S NAME:______________________________________________________
ADDRESS: ______________________________________________________________________
CITY / STATE / ZIP: ______________________________________________________________
PHONE NUMBER: ____________________________

AGE DIVISION: _____ TO _____

**For information, contact
**Geneo Farrar (909) 349-6912; Email: gfarrar@fontana.org**

FOR TEAM SPORTS, COMPLETE ALL INFORMATION (Front & Back Sides)
Individual Entry Form must be completed for each team member.

INSTRUCTIONS & REGULATIONS

1. Age division will be determined by the age of the youngest team member. Proof of age may be
required at event check-in.

2. Team Manager/Coach must complete and submit team roster, team entry form, individual entry
forms, and fees all together.

3. Each player must complete an individual entry form and sign the liability waiver.

4. Athletes may compete in only one team per sport.

5. Team clothing must be of like design and color and should be numbered front and back.

6. Teams must have the following minimum number of players to start a game and are limited to the
following maximum number of players on the roster. Roster changes can be made with the
approval of the venue coordinator.


7. All registration and team rules apply to non-playing coaches, non-playing captains, and non-
playing personnel. Non-playing coaches/captains must sign the liability waiver.

8. Tournament format will be determined by the number of entries per division.

Team registrations will not be processed until all forms
(team & individual) and fees are received.
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<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>T-Shirt</th>
<th>City of Residence (Include State)</th>
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**INLAND EMPIRE SENIOR GAMES OFFICIAL 2018 TEAM ENTRY FORM**

- **Softball**
  - Men’s: $150 per Team
  - Co-Ed: $150 per Team

- **Basketball**
  - Men’s: $150 per Team

Circle your team’s sport.
2018 Inland Empire Senior Games Presents

Senior Health AND RESOURCE FAIR

DATE: FRIDAY, OCTOBER 5, 2018
TIME: 9:00 AM - 1:00 PM

Come and learn how to live healthy today, for a better tomorrow
✓ Health Screenings          ✓ Blood Pressure
✓ FREE Flu Shots             ✓ Senior Resources
✓ Senior Nutrition Lunch    ✓ Community Resources
✓ Food Distribution
Raffle Prizes and MORE!!

Fifth Street Senior Center
600 West Fifth Street, San Bernardino, CA 92401
For More Information, Please Call (909) 384-5430
Saturday, October 6, 2019
3:00 pm - 7:00 pm

Cost:
$10 Per Ticket On or
Before October 5th

$15 Per Ticket Day
of the Dance/At Door

Location:
Fifth Street Senior Center
600 West Fifth Street
San Bernardino, CA 92401

Come join us as we celebrate the
Closing Ceremonies of the
2018 Inland Empire Senior Games.

Enjoy A
Tail Gate Dinner,
Appetizers and Dessert

Music by Sal’s Entertainment.

For More Information
Please Call
(909) 384-5430
or
(909) 384-5436
Come stop by the Fontana Community Senior Center Today!

Classes • Transportation • Resources • Nutrition • Activities

(909) 854-5151
16710 Ceres Ave.
Fontana CA 92335

www.seniors.fontana.org
Inland Empire Senior Games
600 West Fifth Street
San Bernardino, CA 92410
001-380-0076-5175