



NATIONAL SENIOR GAMES WEEK

Monday, March 18, 2024

California celebrating National Senior Games Week March 18 – 24, 2024 with Statewide Activities

California – The spirit of 15,000 California Senior Athletes will be on full display as California Senior Games Association hosts multiple events during this first ever **National Senior Games Week**.

National Senior Games Week, celebrated in California will:

- Highlight ways competitive athletics can help seniors enrich their physical, mental and social well-being
- Act as a force in the fight against ageism by inspiring all to witness the athletic excellence of those over 50 years old
- Be a demonstration of lasting friendships and positive social impacts
- Serve as a barrier against isolation often experienced by seniors
- Provide happiness and good health by remaining physically active during every stage of life

Anne Warner Cribbs OLY, Chair of the California Senior Games Foundation, explains, “California athletes are excited to take part in this celebration of and inspire all in California to enjoy the fun of regular exercise and competition as described in our motto, ‘Competition never gets old’.”

Proclamations in celebration of the week have been issued by the State of California, City of Palo Alto, City of Visalia and San Diego.

Statewide - EVENT

VIA ZOOM

Special Program

National Senior Games Week Celebration

Tuesday, March 19 at 2:00 p.m.

Free

March 18-24 is National Senior Games Week, with programs around the country celebrating the Olympic-style sports competitions for adults 50+ known as Senior Games. California is joining in with a Zoom program highlighting the history and fitness benefits of the Senior Games movement on the National, state, and local levels. We’ll also share tips to help everyone stay fit and keep active. Hosted by Anne Warner Cribbs, Olympian and

President of the California Senior Games Association with co- host Annie Laskey, Director of the Pasadena Senior Games and Board Member of the National Senior Games Association. Registration required to receive the Zoom link.

link.<https://www.pasadenaseniorcenter.org/activities-events/special-events/1263-national-senior-games-week-celebration>

LOCAL EVENTS

Documentary Showing “Team Dream”

Wednesday, March 20 at 11:00am

Avenidas Senior Center

450 Bryant Street. Palo Alto

Free

Partnership Bay Area Senior Games and Avenidas

Registration rsvp: Hmendel@basoc.org

Thursday, March 21, 11:0 – 12:30

Pickleball Clinic designed for Seniors 50 and older

Mitchell Park Pickleball Courts

3700 Middlefield Rd.

Palo Alto, CA 94303

Registration – email acribbs@basoc.org

Free

In partnership with Palo Alto Pickleball Club

Sunday, March 24, 2024

Bay Area Senior Games Swim Meet – Rinconada Pool, Sunday, March 24, 2024

9:00am start – 1:00pm

Swimmers must register by March 20 at 5:00pm. www.bayareaseeniorgames.org

Timers are needed and welcome.

For the Future

Sunday, June 2, 2024

Bay Area Senior Games Track and Field Event

College of San Mateo

Adding new Event, Intergenerational 5000 run

Opening of entries for Run Track and Field on April 1, 2024 to register, see

www.bayareaseeniorgames.org

There are 7 annual multi-sport Senior Games in the State of California. Beginning in February in Palm Desert, and continuing with the Bay Area Senior Games, Visalia Senior Games, Pasadena Senior Games, San Diego Senior Games, Inland Empire Senior Games and the Encore Games. The complete calendar is available at www.californiaseniorgames.org

The California Senior Games are part of a National movement of Senior Games, in every state in the union. For complete information, please see www.nsga.com regarding the activities of the National Senior Games, the State Games and the importance of lifelong exercise and remaining physically active!

For more information about National Senior Games please contact Anne Warner Cribbs, Chair, California Senior Games, acribbs@basoc.org Annie Laskey, NSGA Board member and Pasadena Senior Games Director, AnnieL@pasadenaseniorcenter.org