



**COUNTY OF DELAWARE**  
**SERVICES FOR THE AGING**  
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**For Immediate Release:**  
**5/10/18**

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**Let The Senior Games Begin!**

*Delaware County Council announces the 2018 Senior Games*

Delaware County senior athletes will have the chance to showcase their athletic skills in the Delaware County Senior Games, set for June 11-22 at venues throughout the county.

More than 650 athletes will compete for medals in a variety of Olympic-style sports such as golf, bowling, table tennis, horseshoes, pickle ball and track & field. This year's theme is "Engage at Every Age" and residents 50 and older of every skill level are encouraged to participate.

"We are thrilled to once again offer our residents the opportunity to participate in the Senior Games," said Delaware County Councilman Mike Culp. "The games encourage residents to stay socially and physically active throughout the year and help our residents stay healthy and also build friendships."

Physical activity, even moderate, can help seniors by improving their quality of life, increasing mental capacity, preventing disease, improving healing, increasing balance, and increasing life expectancy.

The 2018 Senior Games will kick off with Bocce at 9:30 a.m., June 11, at Rose Tree Park. Registration for the games is \$15 and is open to all Delaware County residents 50 and older. Registration is required for all events.

This year the Community YMCA of Eastern Delaware County is again partnering with the Delaware County Senior Games by not only hosting the Swimming events this year to be held at Ridley High School; but is also offering athletes a free one-month membership at one of two local YMCA's to help prepare for the games.

The Delaware County Senior Games are sponsored by Delaware County Council, the Department of Parks and Recreation, Destination Delco, and the County of Delaware Services for the Aging (COSA). Co-chairs for the 2018 Senior Games are Marc Manfre, Director of Parks and Recreation, and Denise V. Stewart, Director of COSA.

Gold, silver and bronze medals are awarded in every age category and all participating seniors and volunteers receive a free Senior Games T-Shirt. Registration forms are available at the County Parks Department in Rose Tree Park, at local libraries and senior centers, through the County Web site at [www.co.delaware.pa.us](http://www.co.delaware.pa.us) or at the Senior Games Web site at [www.delcoseniorgames.org](http://www.delcoseniorgames.org). People can also call the Senior Games hotline at (610) 891-4663.

**2018 Delaware County Senior Games**

**For information:** The 2018 Delaware County Senior Games will be held June 11-22 at various venues throughout the County. Brochures, with schedule and registration information for athletes, are available at the County Department of Parks and Recreation, (610) 891-4663 or through the Delco Senior Games Web site at [www.delcoseniorgames.org](http://www.delcoseniorgames.org)

*A schedule for the 2018 Senior Games is as follows:*

Monday, June 11th

9:30 a.m. **Bocce**- Rose Tree Park, Media

Tuesday, June 12th

9:00 a.m. **Singles Bowling**

Sproul Lanes, Springfield (3 games for \$6) (free shoe rental)

10:00 a.m. **Table Tennis**-Upper Darby Senior Center

Wednesday, June 13th

8:30 a.m. **9-Hole Golf** (\$5 greens fee, players provide clubs)

Clayton Park Golf Course, Concordville

9:30 a.m. **Singles Billiards**- Drexeline Billiards Club, Drexel Hill

Thursday, June 14th

8:30 a.m. **Pickleball Doubles**- BYC's O'Donoghue Fieldhouse, Concordville

9:30 a.m. **Doubles Billiards**- Drexeline Billiards Club, Drexel Hill

Friday, June 15th

8:30 a.m. **Pickleball Mixed Doubles**- BYC's O'Donoghue Fieldhouse, Concordville

9:00 a.m. **Horseshoes**-Veterans Park, Marple Township

Monday, June 18th

9:00 a.m. **Wii Bowling**- Redwood Community Center, Upland Park

12:30 p.m. **Swimming**- Ridley High School, Ridley

Tuesday, June 19th

9:00 a.m. **Shuffleboard** – Ridley Township Swim Club, Folsom

Singles Women 9:00 a.m. Men 12:30 p.m.

10:00 a.m. **Darts Exhibition**- Redwood Community Center, Upland Park

Wednesday, June 20th

7:45 a.m. **18-Hole Golf** - Paxon Hollow Golf Club, Broomall (\$30 greens fees, cart included)

1:30 p.m. **Doubles Bowling** – Men's/Women's/Mixed (3 games for \$6) (free shoe rental)

Sproul Lanes, Springfield

Thursday, June 21st

9:30 a.m. **Mini Golf** - Putt-Putt Golf Course, Clifton Heights (\$2)

1:30 p.m. **Team Bowling** - (3 games for \$6) (free shoe rental)

Sproul Lanes, Springfield

Friday, June 22nd

8:30 a.m. **Track and Field** – Upper Darby High School, Upper Darby