



# COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE  
October 28, 2008

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## **TIME FOR OLDER ADULTS TO DUST OFF THOSE RUNNING SHORTS** *Older Adults Are Encouraged to Pair Up With Youngsters in County's Intergenerational Games*

Active older adults in East County and South Bay are encouraged to rekindle their fun and competitive spirit to participate in San Diego County's Intergenerational Games. Seniors will be paired with a youngster to compete in a variety of events. Registration is taking place now for the games held in Chula Vista and El Cajon. There is no cost to participate.

The goal of the games is to bring youngsters and seniors together to promote healthy, active lifestyles. Teams will earn points through a number of activities and receive a medal for participating in the event.

Aging & Independence Services, a division of the County's Health and Human Services Agency, created the Intergenerational Games and helps coordinate the events.

The East County Intergenerational Games will be held from 9 a.m. to 1 p.m. Wednesday, Nov. 5, at the Boys and Girls Clubs of East County, 1171 E. Madison Ave., El Cajon. Students from Naranja Elementary School will team up with adults, age 55 and older, for Frisbee golf, hockey shootout and more. To register for the East County event or for more information, call **(858) 495-5769**.

The second Intergenerational Games will be held from 9:30 a.m. to 1 p.m. Wednesday, Nov. 19, at the U.S. Olympic Training Center, 2800 Olympic Parkway in Chula Vista. Teams will be made up of one senior (age 50 and older) and one student from the Chula Vista Elementary School District. They will take part in skill challenges, such as basketball shoot, tennis shot and shot put. To register for the South Bay event or for more information, call **(858) 694-3252**.

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