



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE
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OLDER ADULTS TEAM WITH YOUNGSTERS AT INTERGENERATIONAL GAMES *Two Events in November Help Bridge The Generations with Athletics and Fun*

Following in the wake of the summer Olympics, seniors and youngsters will pair up to compete in the *Intergenerational Games* this November. This year, there will be two separate sets of games, one in South Bay and one in East County.

The goal of the games is to create an environment that will bring young and old together to promote healthy, active lifestyles. Teams at these events will be made up of senior-child pairs, and each person will receive a certificate of participation, with medals awarded to the top-finishing teams. There is no cost to participate in the games.

The first set of games will take place at the U.S. Olympic Training Center in Chula Vista, on Wednesday, Nov. 10, from 9:30 a.m. to 1 p.m. Teams at this event will be a senior 50 or older and a local fourth-grade student. They take part in skill challenges, such as basketball shoot, tennis shot and shot put. To register for this first set of games, or for more information, contact the Senior Olympics at (619) 226-1324 or e-mail: info@sdseniorgames.org.

The second set of games will take place at the *Boys and Girls Clubs of East County* in El Cajon, on Wednesday, Nov. 17, from 9:30 a.m. to 1 p.m. Teams at this event will be made up of a senior 55 and older, and a fifth-grade student from Naranja Elementary School. This set of games will include Frisbee toss, hockey shootout and others. To register for this second set of games, or for more information call the *Retired & Senior Volunteer Program* (RSVP) at (858) 505-6399.

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