



COUNTY OF SAN DIEGO NEWS RELEASE

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OLDER ADULTS TEAM WITH YOUNGSTERS AT INTERGENERATIONAL GAMES

Two Events in November Bridge Generations with Athletics and Fun

Pairs of seniors and youngsters will toss balls and run their hearts out as they compete in Intergenerational Games this November in both South Bay and East County. Active older adults are being encouraged to participate and register now. There is no cost to enter.

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 everyone wins with medals awarded to all participants.

Aging & Independence Services, a division of the San Diego County Health and Human Services Agency, helped create the Intergenerational Games and works with community partners to coordinate the events.

The first games will be held from 9:30 a.m. to 1 p.m. Wednesday, Nov. 15, at the U.S. Olympic Training Center, 2800 Olympic Parkway in Chula Vista. Teams will be made up of one senior and one local student from the Chula Vista Elementary School District, who will be partnered for the entire event. They take part in skill challenges, such as basketball shoot, tennis shot and shot put. For seniors to register, or for more information, contact Sharon Hillidge at (619) 656-6702 or e-mail: hillidge@cox.net.

East County is the site of the second Intergenerational Games, which will be held from 9 a.m. to 1 p.m. Wednesday, Nov. 29, at the Boys and Girls Clubs of East County, 1171 E. Madison Ave., El Cajon. Older adults and students from Naranja Elementary School will team up for Frisbee golf, hockey shootout and more. For registration information, call Forrest Higgins at (619) 440-1600 or forrest@bgeastcounty.com.

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