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July 21, 2017

### **FOR IMMEDIATE RELEASE**

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### ***Local Seniors Participate in ‘Fierce’ Competition at 2017 Senior Games***

**Cumberland County, PA** – “You’re only as old as you feel” goes the familiar saying and senior citizens from across Cumberland County proved it this week through fun competition at the 2017 Senior Games. More than 100 participants, spectators and volunteers gathered Wednesday at Mechanicsburg Area Senior High School for the games, which combine sports, recreation, friendly competition and fellowship into one fun-filled day. Hosted annually by the Mechanicsburg Area High School, the Cumberland County Aging & Community Services (CCACS) Senior Games are open to all Cumberland County residents’ ages 50 and better. In addition to the fellowship and “fierce” competition, the games encourage healthy lifestyles combined with physical fitness and cognitive activities.

With something for everyone, participants had a variety of recreational events to choose from. Events included the 100M, 400M and 1600M runs, 50M freestyle swim, softball and football throws, basketball shoot, shuffleboard, Wii bowling, billiards, and Bocce, Ladderball and Cornhole competitions.

Cumberland County Aging & Community Services wishes to thank the co-sponsors and volunteers from Messiah Lifeways, The Borough of Mechanicsburg, The Woods at Cedar Run and Mechanicsburg Parks and Recreation.

“Without the support of these organizations this great day of fun and friendly competition for Cumberland County seniors would not be possible. We are already looking forward to an even bigger and better event next year,” said Sandy Gurreri, director of CCACS.

Designated by the Commonwealth of Pennsylvania as the Area Agency on Aging for Cumberland County, the Office of Aging & Community Services provides a coordinated and comprehensive system of services that support older adults, adults with disabilities and others who are at risk of losing their independence. For more information on these services, visit [www.ccpa.net/aging](http://www.ccpa.net/aging).

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