



## COMMISSIONERS OF CUMBERLAND COUNTY

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July 23, 2018

### **FOR IMMEDIATE RELEASE**

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### ***Local Seniors Participate in ‘Fierce’ Competition at 2018 Senior Games***

**Cumberland County, PA** – “You can’t help getting older, but you don’t have to get old” Was the attitude of many local senior citizens from across Cumberland County had when they took part in the fun competition at the 2018 Senior Games. More than 100 participants, spectators and volunteers gathered Thursday 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 walks/runs, 25M freestyle swim, softball and football throws, basketball shoot, shuffleboard, Wii bowling, billiards, and Bocce, Ladderball and Cornhole competitions. At the end of the day, Commissioner Jim Hertzler presented gold, silver and bronze medallions to winning participants.

Cumberland County Aging & Community Services wishes to thank the co-sponsors and volunteers from Messiah Lifeways, The Borough of Mechanicsburg, 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 and for the third year in a row the number of participants has increased. “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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