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FOR IMMEDIATE RELEASE

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Calling All Seniors: Go for Gold during the 2018 Senior Games

Carlisle, Pa. – Lace up those sneakers, practice that fast ball and grab your beach towel for the 2018 Cumberland County Senior Games. Combining sport, recreation, friendly competition and fellowship into one fun-filled day, the Senior Games stimulate active lifestyles, promote healthy living, build lasting friendships and create fond memories. The 2018 games will be Thursday, July 19 at the Mechanicsburg Area Senior High School.

Participants can compete in a range of activities, including the 100m, 400m and 1,600m walks/runs; the softball, football and basketball shoots; shuffleboard; Wii bowling; Billiards; Bocce ball, Ladderball or Cornhole; and the 25 meter freestyle swim.

“Our seniors always have a great time at the Senior Games,” said Sandy Gurreri, director of Cumberland County’s Aging & Community Services office. “We are so thankful that through the generosity of our sponsors, we can offer this “fierce competition” to our older residents every year.”

Any Cumberland County resident or a participant at a Cumberland County senior center, ages 50 and better, can participate in the games. Participants will receive a commemorative 2018 Senior Games t-shirt and medals will be awarded for most events. Registration information is available [online](#) or by calling Aging & Community Services at (717) 240-6110. Registration must be received by June 28 in order to receive a t-shirt. There is a \$14 registration fee, which covers the cost of the t-shirt, lunch and awards.

The Senior Games are made possible through the support of Messiah Lifeways, the Borough of Mechanicsburg, the Mechanicsburg Area Parks and Recreation and the Mechanicsburg Area Senior High School.

Cumberland County Aging & Community Services supports older adults, adults with disabilities, and their families by providing a variety of programs to enhance their quality of life and remain in their homes. Whether housing to nutrition, community activities to in-home services, or elder rights to Medicare assistance, a wide range of services are provided for the benefit of the local community. More information on these services can be found at www.ccpa.net/aging.

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Cumberland County is the fastest growing county in the Commonwealth and offers the perfect mix of small town, suburban and rural living. Established in 1750, Cumberland County consistently maintains one of the lowest tax and unemployment rates in the State, while providing exceptional services for its more than 250,000 residents. More information on Cumberland County can be found at www.ccpa.net.