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PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Cumberland County Residents 50+ Register Today for the 2019 Senior Games and Go for the Gold

Carlisle, PA – Cumberland County Residents 50+ have until Friday, July 12 to register for the 2019 Cumberland County Senior Games, set for Thursday, July 18 at the Mechanicsburg Area Senior High School, Mechanicsburg.

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; Ladderball or Cornhole; the 25 meter freestyle swim and 25 meter breaststroke swim.

“Participants in our senior games build lasting friendships and create great memories while going for the gold,” 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 friendly 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 2019 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.

Seniors who register by Thursday, June 27, will receive a free t-shirt. There is a \$14 registration fee, which covers the cost of the t-shirt, lunch, ice cream social 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.

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.

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. More information on these services can be found at www.ccpa.net/aging or call 717.240.6110.

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