

# The Philadelphia Senior Games



You've come a long way baby: That's the best way to describe the Philadelphia Senior Games. This year marks the Games' 22nd anniversary. The Philadelphia Senior Games have grown from a mere 30 participants to over 500 competitors in 2006. Philadelphia residents 50 years of age and older compete in sports such as swimming, bowling, golf, basketball, tennis, darts, table tennis, bocce and track and field. Senior athletes also had an opportunity to try various types of exercise such as Tai Chi, yoga, muscle toning, aerobics and line dancing. One of the biggest changes in recent years has been the addition of chess, checkers, scrabble and pinochle in recognition that it is just as vital to healthy aging to keep the mind alert and stimulated.

Whether you're a seasoned athlete who has been competing for years or an eager rookie who is ready to try, the Senior Games offers you an exciting experience. For information about the Games, which will be held in May of 2007, call 215-685-2736 or visit the website: [www.geocities.com/philaseniorgames](http://www.geocities.com/philaseniorgames).

