



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE
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OLDER ADULTS TEAM WITH YOUNGSTERS AT INTERGENERATIONAL GAMES *Two Events in November Bridge Generations with Athletics and Fun*

Pairs of seniors and youngsters will enjoy activities and compete together in Intergenerational Games this November in both South Bay and East County. The goal of the games is to bring youngsters and seniors together to promote healthy, active lifestyles.

The first games will be held from 9:30 a.m. to 1 p.m. Wednesday, Nov. 14, at the U.S. Olympic Training Center, 2800 Olympic Parkway in Chula Vista. Teams will be made up of one senior (age 50 and older) and one local student from the Chula Vista Elementary School District, who will be partnered for the entire event. They will take part in skill challenges, such as basketball shoot, tennis shot and shot put.

East County is the site of the second Intergenerational Games, which will be held from 9 a.m. to 1 p.m. Wednesday, Nov. 28, at the Boys and Girls Clubs of East County, 1171 E. Madison Ave., El Cajon. Older adults (age 55 and older) and students from Naranca Elementary School will team up for Frisbee golf, hockey shootout and more.

Aging & Independence Services, a division of the County's HHSA (Health and Human Services Agency), created the Intergenerational Games and helps coordinate the events.

Teams will earn points through a number of activities, and medals are awarded to all participants.

Active older adults are being encouraged to register now and there is no cost to participate. To register or for more information, call Judy Joffe at (858) 505-6332.

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