



COUNTY OF SAN DIEGO NEWS RELEASE

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INTERGENERATIONAL GAMES BRING SENIORS AND KIDS TOGETHER *Two Events in November Bridge Generations with Athletics, Fun, and Prizes*

The San Diego County Health and Human Services Agency (HHSA), Aging and Independence Services (AIS) will pair up seniors and youngsters to compete in the annual *Intergenerational Games* this November in both South Bay and East County. The games bring young and old together to promote healthy, active lifestyles. AIS is actively seeking seniors (50 and older), who lead active lifestyles, to register now.

The first set of games will be held from 9:30 a.m. to 1 p.m. Wednesday, Nov. 9, at the *U.S. Olympic Training Center*, 2800 Olympic Parkway in Chula Vista. Teams will be made up of one senior and one local third-grade student from the *Chula Vista Elementary School District*, who will be partnered for the entire event. They take part in nutritional and skill challenges, such as basketball shoot, tennis shot and shot put. For seniors to register, or for more information, contact the *San Diego Sports Festival* at (619) 226-1324 or email: info@sdseniorgames.org.

The second set of games will be held from 9 a.m. to 1:30 p.m. Wednesday, Nov. 30, at the *Boys and Girls Clubs of East County*, 1171 E. Madison Ave., El Cajon. Older adults (age 55 and older) and fifth-grade students from *Naranja Elementary School* will team up for Frisbee toss, hockey shootout and more. For registration information, call the [Retired & Senior Volunteer Program](#) (RSVP) at (858) 505-6399.

Teams will earn points through participation in a number of different activities, and everyone wins with medals awarded to all participants. There is no cost to enter.

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