

January 2010 Idaho Senior Games Newsletter:

Hello Senior Games Participants and Happy New Year! Welcome to 2010. There will definitely be a lot to celebrate in 2010 as we prepare for 2010 Idaho Senior Games, which are qualifiers for the 2011 Games in Houston.

If you are a Swimmer, the YMCA Masters Swim Club is still having practices and once a month, they are having swim meets at the West Y. If you are interested in improving your swimming skills, please contact Kevin Everett at 344-5502 x284 for more info.

The results are up on the website, but we are making some adjustments to some of the results, so not all of the results will be available from time to time.

And now, a new segment of the Senior Games Newsletter, our Birthday Corner.

Happy Birthday to the following January babies: Curtis Martin, Lisa Derry, Joe Zimmer, Gary Bratt, Bob Lawson, David Steadman, Karl Baughman, Knight Duering, Will Godfrey, Lois Lindsay, Don Reynolds, Gene Fish, Norm Simpson, Tim Harris, Chet Hall, James Boyle, Ron Galindo, David Kleinfeldt, Bruce Perkins, Thom Canning, Larry Satterwhite, Margaret Conner, Melvin Cope, Susan Judy, Jerry Ropelato, Gary Tanikuni, and Terry Clark. Again, Happy Birthday to all of our January Senior Games participant Birthday babies. We hope that your day is special and enjoyable.

We still have Senior Games T-shirts for \$5, Senior Games Pin for \$2, athletic bags for \$25, or a very nice windbreaker for \$20. Contact Jack if you are interested or come to the Downtown YMCA. So, if you are interest in Senior Games stuff please contact Jack.

Also, for those of you who are Track enthusiasts, our Team Idaho Indoor Track program is still meeting on Tuesday and Thursday nights at 6:30pm at the Jackson's Track in Nampa next to the Idaho Center. Information has been mailed out, and you can contact Jack at the Downtown YMCA if you have more questions. Practice runs January 5th to February 18th, with a cost of \$95 for Y Members/ \$120 for non-Members.

Also, if you are a Pickleball player or are interested in Pickleball, a group is meeting on Tuesdays, Thursdays, and Sundays. Contact the Homecourt YMCA at 855-5711 for more information on times.

And finally, if you have some spare time and would like to volunteer helping Jack with checking results and finishing up with the Senior Games paperwork, or any other things that Jack is working on, please feel free to contact him at 344-5502 x270.

If you have any questions or suggestions for the Newsletter, please contact Jack at info@idahoseniorgames.org or at 344-5502 x270.

Have a great month and keep training, because, "you don't stop training because you get old, you get old because you stop training".