

## **May/June 2011 Idaho Senior Games Newsletter:**

Welcome to June! We're just two months out from the Senior Games.

**Registration Party!!** For those of you who don't feel comfortable registering online or need help registering, there will be a registration party Saturday, July 2, 2011 from 10:00am – 5:00pm at Bandana Running & Walking (5<sup>th</sup> and Main Street, Boise, ID). There will be staff ready and eager to assist you in registering for this year's 2011 Senior Games!

Our online registration will be ready by June 25, 2011. We just have a couple of bugs and updates that we are working out, but it is ready for the most part. We will make a special announcement when it is ready to go officially. You will need to go to NSGA.com to register for the Idaho Games.

We are still in need of a coordinator for Racquetball, Badminton, and Shuffleboard. We are also still looking for help with Tennis, Swimming, Track and Field, and the 5k/10k Fun Runs. If you are interested in helping with an event, such as being on an event committee, or even being the head Coordinator, please contact Jack at 344-5502 x 270. The more people we have organizing an event, the easier it will be for those involved and the more efficient and better run event we can provide for the participants.

Please keep in mind that we really want to make the Senior Games Website the main source of information for all of our participants and events. So, if you know someone that is not checking out the website, please let them know about the Newsletter and the website. We are looking into making some changes to our website to make it a more user friendly site and more supportive to our wonderful sponsors.

**And now, our Birthday Corner.** Happy Birthday to the following May babies: James Wear, Peter Chen, Don Deitchler, John Payne, Frank Spickelmire, Michael Gray, Bill Young, Elisabeth Lewis, Bill Vernon, Lorry Roberts, Shannon Dee Ewing, Rangel Luperico, Pat Carroll, Neva Nichols, John Quapp, George Widenor, Glen Warwick, Bob Meri, Shane Winters, William Selvage, Ivan Moody, Bruce Brotnov, Dave Abbe, Edith Thomas, Thom England, Henry Lohmeier.

June Babies: Burt Holt, Lennox Lewis, Harold Rinebarger, William Jung, Steward Mitchell, Joseph Gregor, Dennis Dunn, Elizabeth Keen, Doyle Overman, Jan Sutter, Micki Kaderabek, Sarah Redman, Al Reiners, Laney Derry, Gary ODeil, Randy Jewett, Stu Prince, Barbara Huck, Janet Gettling, Margi Lynn Stroh, Steve Vaus, Stephen Mead, Betty Schaefer, Dennis Edwards, CJ Hardy, Sandra Godfry, Mike Gomel, Edward Nappo Jr., Judy Wilkes, Tim Gleason, Sharon Berg, Keith DeRow, Glenn Gubbe, Sonya Kincheloe, Ray Vizgirdas, Sue Deffries. Again, Happy Birthday to all of our May and June Senior Games participant Birthday babies. We hope that your day is special and enjoyable. If I missed someone, please let me know.

Pickleball is now available at the Downtown Y from 9-10am on Tuesdays and Thursdays, with free lessons available. As the weather is now getting colder, this might be a great opportunity for staying in shape, improving your game, or learning something new. Also, please keep in mind that there is also Pickleball out at the YMCA Homecourt facility in Meridian. Please call 855-5711 for more info.

Also, Meadow Lake Village, one of fine Sponsors of the Senior Games, is creating a Horseshoe Club and Table Tennis Club for those interested in honing their skills. Contact Michelle Swantek at 888-2277 to see if you can participate.

Our Summer Track and Field Training program is now open for registration. We are planning on sending info out to past participants, as well. Training is going on now and you can still sign up. For more info, please contact Jack at 344-5502 x 270. We want to help folks get ready for the Senior Games by offering these two fun opportunities.

**And once again remember on Saturday, July 2, from 10am to 5pm, we will have a Senior Games Registration Party at Bandanna Running and Walking, which is located at 5<sup>th</sup> and Main Street in Downtown Boise. This party is for anyone who does not feel comfortable registering online, is having problems, would rather have someone else register for them, or enjoys going to parties Downtown! We will have computers and helpers ready to help anyone who needs help. If you have already registered and would like to help us, please contact Jack at 344-5502 x 270.**

Have a great month and keep training, because, **“you don’t stop training because you get old, you get old because you stop training”**.