



FOR IMMEDIATE RELEASE

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## Bowling and Ladder Golf Spark Competition and Fun on Day 2 of the Seniors Games

*Friendships, competition, laughter, and memories were built on Day 2 of the All Seniors Care Senior Games!*

CANADA - And fun it was across the country on Day 2 of the 2022 All Seniors Care Seniors Games with hundreds of athletes competing in various events at retirement communities across Canada. Wii Bowling and Ladder Golf competitors pushed themselves to achieve personal bests.

At Sturgeon Creek II in Winnipeg, our oldest competitor this year wasn't giving away any secrets, including her age (she's celebrating 106 this year). Urging on other competitors, she told everyone how much she loves participating in the Senior Games. While at College Park I in Regina, SK, Gold Medalist Henry took home another medal – that's 7 medals in the four years he has lived at the residence!

Not to be outdone by their western counterparts, athletic ability was on display in Ontario. Despite never having played Wii Bowling, Dolores at Fox Hollow in London bowled 3 strikes right away. She's a natural! Meanwhile at Lakeridge Heights in Whitby, Bowling Gold Medalist Vicky, who uses a wheelchair, encouraged fellow senior athletes: "Anyone is able to do it!"

Tomorrow, residents will get in touch with their inner child as the Seniors Games incorporate some Summer Camp festivities – sunrise exercises, campfire songs, and fun, educational seminars! There will be a sing-along entertainer with residents playing instruments, kazoos, and whistling to the Ultimate Backyard Summer Camp Song, "If I Had A Hammer". The competitions will resume in the afternoon, followed by Medal presentations. Media and spectators are most welcome!

Upcoming activities include:

Wednesday, August 10<sup>th</sup> – Camp – Pétanque atout  
Thursday, August 11<sup>th</sup> – Camp – Sand Bag/Bean Bag  
Friday, August 12<sup>th</sup> – Jeopardy & Closing Ceremonies



National Medals will be announced later in the week. They will be awarded at a special awards presentation during the afternoon Closing Ceremonies to be held at all buildings on Friday, August 12th, 2022. Media and spectators are welcome to attend.

The Seniors Games are part of the All Seniors Care commitment to providing older adults with innovative ways to enjoy an active and healthy lifestyle.

For further information, please visit our website at <https://www.allseniorscare.com/asc-games/>

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