## **Calling All Senior Athletes**

The 55+ BC Games is an annual sporting event held in different host communities across the province, providing friendly competition and the lifelong mental and physical development of the age 55+ participants. Being the largest annual multi-sport event in BC, the Games strive for equity,

diversity, inclusion and accessibility. The Games provide millions of dollars in economic impact for the hosting community and surrounding areas, giving the 55+ athletes a chance to compete in the sports they love and meet their provincial peers. The Games are funded by the BC Seniors Games Society, with funding provided by the provincial government through the Ministry of Tourism, Arts, Culture and Sport as well as many local Friends of the Games contributors. The province is broken up into 12 different zones with the South Okanagan Similkameen being part of Zone 5, incorporating Enderby in the north to Osoyoos in the south and Princeton in the west to Midway in the east.

This year's games will be held in Salmon Arm from September 10th – 14th and feature 23 different sports. John Hong, Zone 5 president, states "each featured sport has a set of rules agreed upon by reps from all the zones. Competitors are divided into 5 year age groups

and can choose to compete in a younger age category, if up to the task, but of course cannot compete in an older age group, in order to promote fairness. Badminton for example has a competitive division and a recreational division. Last year we had two amazing 99 year old women play in the competitive division for

their age group. It was inspiring to see and showcases what the Games are really about."

John, who plays competitive badminton himself, trains out of the Penticton Community Centre and is a familiar face four days a week during badminton drop-in times. Other sports available at the Community Centre and included in the Games are basketball, swimming, pickleball, and triathlon. Also offered are personal training and fitness classes to help get that one up on the competition and take player's games to the next level.

Registration for the Games ends June 30th. For information on registration or volunteering for the Games, visit www.55plusbcgames.org.

For information on drop-in sport schedules and fitness training at the Penticton Community Centre visit www.penticton.ca/recguide.

Joshua Bibbs Recreation Coordinator

## **RECreation**

For activity and program options, please

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