

The 28th Annual DC Senior Olympics Games  
 ► May 2 -6, Various Times and Locations



Feature medal competition in more than 15 sporting events, including swimming, tennis, track and field, basketball, table tennis. There is a registration fee of \$15 per athlete, which includes a t-shirt and entry to one or all events. The deadline is 5 pm, April 22, 2011. Registration can be completed online or in person at the designated centers. **Registration Information** If you require registration assistance or accommodations for minor disabilities, please contact at (202) 664-7153.

- **Fee:** \$15 per athlete; includes participation in all sporting events and an official t-shirt. Fees for Bowling and Golf events are not included.

# 2011 DC Senior Games

## May 2 - 6, 2011

**April 25th deadline for registration**

*(fee \$15 includes registration and t-shirt) Register Now! Online at [dpr.dc.gov](http://dpr.dc.gov) or at DPR centers.*

Monday Event	Start Time	End Time	Location
Opening Ceremony	10:00 AM	12:00 PM	Deanwood Gymnasium
3 on 3 Basketball	2:00 PM	3:00 PM	Deanwood Gymnasium
Free Throw Basketball	1:00 PM	1:30 PM	Deanwood Gymnasium
Spot Shot Basketball	1:30 PM	2:00 PM	Deanwood Gymnasium
Bowling - Singles	2:00 PM	5:00 PM	Rinaldi's Riverdale Bowl

Bring \$7.50; check in at 1:00 PM

Tuesday Event	Start Time	End Time	Location
10K Run	8:00 AM	2:00 PM	Coolidge Track
50M Dash	9:00 AM	2:00 PM	Coolidge Track
200 yard Butterfly	9:00 AM	11:00 AM	Takoma Aquatic Center
200 yard Backstroke	9:00 AM	11:00 AM	Takoma Aquatic Center
500 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center
400M	9:15 AM	2:00 PM	Coolidge Track
1500M	9:30 AM	2:00 PM	Coolidge Track
Long Jump	10:00 AM	2:00 PM	Coolidge Track
Shot Put	10:00 AM	2:00 PM	Coolidge Track
Softball Throw	10:00 AM	2:00 PM	Coolidge Track
100M Dash	10:15 AM	2:00 PM	Coolidge Track
5k Run	10:30 AM	2:00 PM	Coolidge Track
Discus	11:00 AM	2:00 PM	Coolidge Track
Football Throw	11:00 AM	2:00 PM	Coolidge Track
800M Run	11:15 AM	2:00 PM	Coolidge Track
Fun Walk	11:45 AM	2:00 PM	Coolidge Track
200M Run	12:00 Noon	2:00 PM	Coolidge Track
1500M Race Walk	12:30 PM	2:00 PM	Coolidge Track
Bowling - Doubles	2:00 PM	5:00 PM	Rinaldi's Riverdale Bowl

Bring \$7.50; check in at 1:00 PM

Wednesday Event	Start Time	End Time	Location
Softball	10:00 AM	1:00 PM	Riggs LaSalle
Horseshoe Pitch	10:00 AM	1:00 PM	Kennedy
Golf (Chipping & 18 Hole)	10:00 AM	1:00 PM	Langston Golf Course
Singles Tennis	10:00 AM	1:00 PM	Southeast Tennis & Learning Center
25 yard Butterfly	9:00 AM	11:00 AM	Takoma Aquatic Center
50 yard Backstroke	9:00 AM	11:00 AM	Takoma Aquatic Center
100 yard Breaststroke	9:00 AM	11:00 AM	Takoma Aquatic Center
200 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center
100 yard Freestyle Relay	9:00 AM	11:00 AM	Takoma Aquatic Center
100 yard Backstroke	11:30 AM	3:00 PM	Takoma Aquatic Center
25 yard Breaststroke	11:30 AM	3:00 PM	Takoma Aquatic Center
200 yard Individual Medley	11:30 AM	3:00 PM	Takoma Aquatic Center
50 yard Butterfly	11:30 AM	3:00 PM	Takoma Aquatic Center
200 yard Medley Relay	11:30 AM	3:00 PM	Takoma Aquatic Center

Additional fees will be applied

Thursday Event	Start Time	End Time	Location
100 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center
25 yard Backstroke	9:00 AM	11:00 AM	Takoma Aquatic Center
50 yard Breaststroke	9:00 AM	11:00 AM	Takoma Aquatic Center
25 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center
100 yard Individual Medley	9:00 AM	11:00 AM	Takoma Aquatic Center
200 yard Freestyle Relay	9:00 AM	11:00 AM	Takoma Aquatic Center
Doubles Tennis	10:00 AM	1:00 PM	Southeast Tennis & Learning Center
100 yard Butterfly	11:30 AM	3:00 PM	Takoma Aquatic Center
50 yard Freestyle	11:30 AM	3:00 PM	Takoma Aquatic Center
200 yard Breaststroke	11:30 AM	3:00 PM	Takoma Aquatic Center
100 yard Medley Relay	11:30 AM	3:00 PM	Takoma Aquatic Center

Friday Event	Start Time	End Time	Location
Billiards - 8 Ball	10:00 AM	1:00 PM	Kennedy
Table Tennis	10:00 AM	1:00 PM	Kennedy



Vincent C. Gray, Mayor



Older Americans Month Activities  
“Connecting the Community”



*31<sup>st</sup> Annual Senior Companion/Respite Aide Recognition Day*  
► **May 11, 2011**

The 31<sup>st</sup> UDC Annual Senior Companion/Respite Aide Recognition Day  
Wednesday, May 11, 2011  
11:00 am  
Vermont Avenue Baptist Church  
1630 Vermont Ave. NW Washington, DC 20009  
. If you have any questions, you may contact (202) 274-6659.

**Barney Senior Program Live Concert (Wards 1 and 4)**



► May 13 , 10 am – 2 pm

Wards 1 and 4 Seniors gather for a day of Entertainment, Lunch, Information  
and Health Exhibitors.  
19 Street Baptist Church  
5704 16 Street NW  
202-939-9020

East River

Enhancing the Health and Safety and Older Americans  
( Ward 7)

► May 13, 10 am – 4 pm

Continental breakfast and featuring workshop and health fair.

Washington Senior Wellness Center, 3001 Alabama Avenue SE  
Preregister at 202-534-4880

Older Americans Month Activities  
“Connecting the Community”



ACCESS HOUSING- OUTDOORS UNDER THE TENT  
( WARD 8 )

► May 19, 10 am -2 pm  
Wards 8 Seniors gather for a day of Entertainment, Lunch, Info and Health Exhibitors.  
4301 9<sup>th</sup> Street SE  
202-562-6820

Seabury Older Americans Month Senior Event  
(Ward 5)

► May 20, 10 am – 2 pm  
Wards 5 Seniors gather for a day of Entertainment, Lunch, Info and Health Exhibitors.  
North Michigan Park Recreation Center  
1333 Emerson Street NW  
202-529-8701

**Emmaus Services for the Aging - Arts in the Aging**  
**(Ward 2)**



► May 17, 10 am – 2:00 pm  
Wards 2 Seniors gather for a day to celebrate seniors works in the arts with lunch.  
Kennedy Recreation Center 1301 7 Street NW  
202-745-1200

**South Washington Older American Month Event**  
**( Ward 6 )**

► MAY 18, 10:00 am – 2:00 pm  
Sherwood Recreation Center, 1000, G Street NE  
Wards 6 Seniors gather for entertainment, Lunch, Info and Health Exhibitors.  
202- 608-1340

Older Americans Month Activities  
“Connecting the Community”



**Iona's 2011 Education, Advocacy & Engagement Forum and Award  
(Ward 3)**



► MAY 19, 10:00 am – 2:00 pm

Place: Tenleytown Library, 4450 Wisconsin Ave NW

Reception afterwards : IONA Senior Services 4201 Albemarle Street NW

For more info contact Lylie Fisher at [Lfisher@iona.org](mailto:Lfisher@iona.org) or 202-966-1055

**2<sup>nd</sup> Annual Prom for Seniors the East River Swing  
“A Celebration of Stars” (Ward 7)**



► May 19, 4 pm - 8 pm

Satellite Room - St. Luke's Center 4923 East Capitol Street, SE  
Washington, DC 20020

Enjoy Dinner, Dancing and a Hand Dance Performance!!

St Lukes Center, 4923 East Capitol Street SE

202-534-6860

**18<sup>th</sup> Annual Senior Health and Fitness Day**

► May 25, Different wellness sites and times

**2011 Theme: "Make Fitness a Goal for Life!"**



(National Senior Health & Fitness Day® event photos)

**Open House at Wellness Centers:**

Bernice Fonteneau (Ward 1) 202-727-0338

Congress Heights (Ward 8) 202-563-7225

Hattie Holmes (Ward 4) 202-291-6170

Model Cities(Ward 5) 202-635-1900

Washington Seniors (Ward 7) 202-581-9355