


Local

Older athletes compete in Senior Games

 By Jacob Dick Messenger-Inquirer

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A brisk Wednesday made spending a morning indoors seem tempting to many, but not to the older Olympians participating in this year's Senior Games.

Men and women older than 50 from almost all of the Green River Area Development District's seven-county region gathered together for fun and a little competition at Moreland Park as a part of GRADD's annual Senior Games.

Seniors participated in events including cornhole, washers, basketball free throws and football tosses, or chatted in under the park's shelter while playing a friendly game of chess to relax.

Jennifer Williams, associate director and coordinator of GRADD's aging and social services department, said the annual games have become a popular event for seniors from across the region.

"It's an opportunity for seniors to get out for some activity, but it's also a time for socializing," Williams said.

Along with a fun day of activities and lunch provided by Slick Back Outdoors Barbeque, Williams said the event was also a chance for seniors to learn about the other services GRADD offers its older community.

GRADD helps fund and facilitate in-home programs such as Meals on Wheels and home visits and also collaborates with regional senior centers.

"We also try to do some health promotion and disease prevention in our communities," Williams said. "This gives seniors an opportunity to get to know us and what we do."

The Senior Games are typically held in May, during national Older Americans Month, but GRADD moved the event to the fall because of complaints about the heat. Heat wasn't a problem on Wednesday morning, but participants found a way to keep warm.

Elizabeth Brown, 95, of Union County, started the day shooting some hoops at Moreland Park's basketball court. Brown scored several points within the minute time limit with her precision "granny shot."

Brown said her favorite sport was golf, but she decided to retire her clubs at age 92. Now, she finds time to bowl twice a week.

"I really like all the games," Brown said. "I think staying active is good for your health. If you stop, you won't be able to do anything." Jacob Dick, 270-228-2837, jdick@messenger-inquirer.com, Twitter: [@jdickjournalism](https://twitter.com/jdickjournalism)