



**For Immediate Release**

Contact: Krystal King  
Marketing Assistant  
757-393-5143 EXT. 4264  
[krystal.king@portsmouthva.gov](mailto:krystal.king@portsmouthva.gov)

## **Senior Sports Day in Portsmouth 29 Years of Celebration**

**(Portsmouth, VA – April 16, 2019)** – The City of Portsmouth Department of Parks, Recreation & Tourism will host its 29<sup>th</sup> Annual Senior Sports Day Monday through Thursday, May 6 – 9, at various times and locations around the city. Partnered with the Portsmouth Task Force on Aging, this event is sure to be motivation for all ages to never stop moving.

The Portsmouth Senior Station participants are ready to perform in this exciting four-day event. From May 6 – 9, individuals 50 years and older, will participate in a number of activities that will test their mental and physical abilities. Each day will consist of a different sport or game with gold, silver and bronze medals presented in each age category.

The events and locations are as follows:

- **Monday** – Golf at Bide-A-Wee
  - Billiards at Senior Station
- **Tuesday** – Track/Field at I.C. Norcom High School
  - Bowling at Strike Zone Center Annex
  - Ceremony at Neighborhood Recreation Center
- **Wednesday** – Table Games at Neighborhood Recreation Center
- **Thursday** – Active Games & Award Celebration at Neighborhood Recreation Center

Portsmouth Senior Sports Day is a local competition that follows the tradition of the Virginia Recreation and Park Society's "Virginia Senior Games." The Senior Games include activities such as, archery, bowling, cycling, horseshoes, road race, swimming, tennis and volleyball. Portsmouth's Seniors Sports Day will mirror a few of the Virginia games and afford local citizens an opportunity to have friendly competition.

For more information, contact Sandra Gail Burton Senior Station supervisor at 757-391-3241. For the specific times for each event, visit [www.portsvaprls.com/senior-programs/](http://www.portsvaprls.com/senior-programs/).

***"We do not stop exercising because we grow old. We grow old because we stop exercising."***

**###**