



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Get Moving Houston! HPARD to Co-Sponsor and Host 2006 Houston Area Senior Olympics

They are our parents and grandparents, friends and neighbors and beginning March 24th, senior Houstonian's will also run, jump and swim their way to championship medals as Olympians. The Houston Parks and Recreation Department is proud to once again co-sponsor this year's Houston Area Senior Olympics, a 10-day sporting event for athletes aged 50 years and over, with opening ceremonies and recreational events kicking off March 24th and continuing through April 2nd. Events will be held at multiple venues including Fonde Recreation Center, the Memorial Hermann/HBU Wellness Center and the West Houston JCC.

"We have always been pleased to serve as an integral part of the Houston Area Senior Olympics since its inception in 1989," said Joe Turner, Director of the Houston Parks and Recreation Department. "This event has enjoyed a rich history and has encouraged many of our elder citizens to begin and stick with sport and exercise programs leading to healthier, happier lives. And it never hurts to win a medal every now and then either!"

Senior athletes will compete in various team and individual events including soccer, archery, basketball, track and field, cycling, and swimming. Over 70 HPARD professional recreation staff will be on hand as game officials for the Olympic events. HPARD is also very proud to have over 80 seniors who attend Houston Community Center senior programs participate in this year's events.

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"Senior Olympics would not be possible without the dedicated commitment of recreation staff who serve as game officials and help with the events," said Kay Joshua, Administration Manager for HPARD's Recreation Division. "The staff is always enthused and excited to work with the events and athletes from year to year and showcase their expertise in the recreation profession."

For program inquiries, please contact Kay Joshua at (713) 845-1000. For additional information on the **Houston Area Senior Olympics**, or the Houston Parks and Recreation Department call 713-845-1135 or visit our web site at www.houstonparks.org

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