

Senior
Games
30
YEARS

**THERE'S SOMETHING
FUN FOR EVERYONE!**



**30 YEARS OF
GOOD TIMES**

**THAT NEVER
GET OLD!**



Edward A. Diana,
Orange County Executive

Ann Marie Maglione,
Director, Office for the Aging
www.orangecountygov.com

Richard L. Rose Jr.,
Commissioner, OC Parks
www.orangecountynyparks.com



2013

Welcome to the 30th Annual Orange County Senior Games

The Orange County Senior Games began thirty years ago as a one-day event brainstormed by Mary Lou McCarville, then Senior Citizens Program Coordinator for the Office for the Aging, (OFA), Parks Commissioner Graham Skea, and Sally Hummel, Orange County Stone House Senior Center Director. The impetus was to bring sports and recreation to individuals who were currently active and athletic but also to those who were somewhat sedentary.

The day was held at Valley Central High School in Montgomery and included a golf tournament at Stony Ford, Hot Shot Basketball, the one- mile walk and run around the track, bocce, shuffleboard tournaments and other drop ins. Over the years, and with the help of generous sponsors and our dedicated Senior Games Committee, the Games have grown to a two-week event including social and cultural activities, as well as athletics. This growth goes hand-in -hand with the mission of OFA which is to enhance the quality of life for older adults. The Senior Games will continue to introduce participants to the many recreational, cultural, historic, and scenic riches that make Orange County the best place to live, work, play, and raise your family!

General Information

1. Compete within your age group for some events:
55-59 60-64 65-69
70-74 75-79 80-84 85+
2. The Orange County Senior Games is a collaboration between the Office for the Aging, and the Parks and Recreation Department. The Games are funded by registration fees, sponsorships from local businesses, school systems, donations from generous individuals and other in-kind support.
3. We reserve the right to realign age groups or cancel events based on enrollment.
4. Please remember to mark your event selections - we have provided you a calendar so you can mark your events. (You will NOT be sent a confirmation.)

**KEEP
THIS BOOKLET
RETURN ONLY
THE
APPLICATION
FORM**

IN THE EVENT OF INCLEMENT WEATHER ON THE DAY OF THE EVENT...



Call 845-457-4949 or
check the website:
www.orangecountynyparks.com for
information on cancellations or postponements.

For other questions,
please call the Office for the Aging (845) 615-3700 or
Tom Quinlisk at Orange County Parks (845) 457-4910,
or tquinlisk@orangecountygov.com

SUMMER SENIOR GAMES EVENTS YOU'LL ENJOY:

Mon., June 24: **Bocce/Shuffleboard**

Wed., July 17: **Historic Scavenger Hunt**

Wed., July 31: **ShopRite Event**

Sun., Aug. 25: **Trap Shooting/Archery**

SEPTEMBER 2013 SENIOR GAMES ACTIVITIES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		2	3	4	5	6	7
8		9	10	11	12	13	14
15		16 Opening Ceremony & Games Day Arboretum Event	17 Rafting on the Delaware	18 Nature Walk Storm King Art Center Tour Wheezers & Geezers 4-Mile Race	19 Miniature Golf & Batting Cages Bingo	20 Sterling Forest Hikes	21 Spelling Bee & Trivia Contest
22	Track & Field Horseback Riding	23 Orienteering Bowling	24 Hikes at Bellvale Community Afternoon on the Farm	25 Treasure Hunt at Woodbury Common	26 Golf Tournament D&H Canal Park Visit	27 Downing Film Center Movie Closing Ceremony/ Art Show	28
29		30	31				

Monday, June 24

Bocce/Shuffleboard Tournament

Glen Arden, 46 Harriman Dr., Goshen

Indoor activities available for inclement weather. Lunch courtesy of Glen Arden. Full day event.

845-291-7800 for directions.

10:00 am – mid-afternoon

Wednesday, July 17

Historic Scavenger Hunt

Museum Village, Route 17M, Monroe

Learn about life long ago while finding clues as you tour this fascinating village of period buildings and collections. Morning activities/scavenger hunt in the afternoon. Coffee and lunch will be served.

845-782-8248 for directions.

10:00 am

Wednesday, July 31

Shop Rite Event

Route 32, Vails Gate

Play the Price is Rite, enjoy a nutrition program, prizes and giveaways from ShopRite, our major Senior Games sponsor.

845-863-1051 for directions

4:00 pm

Sunday, August 25

Trap Shooting and Archery

*Monroe-Chester Sportsmen Club Inc.
Gibson Hill Rd. Chester*

Beginners welcome! Trap Shooting and Archery competitions with prizes. Professional Instruction provided for beginners. If you have never tried either sport, but always wanted to give it your best "shot," here's your chance! Coffee and Lunch Courtesy of Monroe-Chester Sportsmen Club Skeet and Trap Committee

845-258-8825 for directions.

9:30 am check-in

10:00 am events begin



Monday, September 16

Senior Games Day

*Thomas Bull Memorial Park Boathouse
211 Route 416, Montgomery*

8:30 am Check-in

9:00 am Opening Ceremony

9:30 am Muriel Kniffen
One Mile Walk

10:30 am Horse Drawn
Carriage Driving

Drop-in events:

Holey Board

Softball Hit and Throw

Darts/Disc Golf

...and many more!

12:30 Lunch Served

1:30 pm Awards Ceremony
after lunch

845 - 457 - 4949 for directions.

Arboretum Afternoon

Join Master Gardener Dora Wright for a walking tour of the spectacular gardens and a gardening demonstration.

Refreshments Served

845-457-4949 for directions

3:30 pm



Tuesday, September 17

Rafting on the Delaware

*Silver Canoe and Raft Rentals
37 South Maple Avenue, Port Jervis*

Enjoy spectacular fall foliage as you float down the Delaware River. Limited Registration. Picnic lunch provided.

845-856-7055 for directions.

9:00 am \$20.00

Wednesday Sept. 18

Nature Walk

*Hudson Highlands Nature Museum
100 Muser Drive off Angola Road,
Cornwall on Hudson*

Meet at the Farmhouse for coffee. Naturalist guided walk focusing on local plants, animals and ecology. Lunch is served.

845-534-5506 for directions.

9:00 am

Storm King Art Center

Old Pleasant Hill Road, Mountainville

Meet at the Museum building, tour the galleries and learn about the sculptures around the building from a knowledgeable docent. Next you'll board a tram to tour the breathtaking grounds.

Refreshments will be served.

845-534-3115 for directions.

12:30 pm

Wednesday Sept. 18

Wheezers & Geezers 4 Mile Race

Chadwick Lake Park, Rte. 300, Newburgh

Registration is exclusive to senior walkers and runners. Hard packed trail around lake. Complimentary light refreshments.

5:00 pm Check-in \$10.00

5:30 pm Walkers start

6:00 pm Runners start

Race Director Tom Quinlisk

845-457-4910

TQuinlisk@orangecountygov.com

Friday, September 20

Sterling Forest Hikes

*Sterling Forest State Park
116 Old Forge Road, Tuxedo*

Meet at Visitors' Center for an orientation, then a 4 mile moderate hike around gorgeous Sterling Lake or a guided tour of historic mines on rough ground. Indoor activity available for inclement weather. Bring lunch and water. Dress to hike.

845-351-5908 for directions.

10:00 am

Thursday, September 19

Miniature Golf and Batting Cages

*Pitch 'n Putt, 94 Hudson Road,
Washingtonville*

No fee in honor of 30th Anniversary!
Compliments of Jim Bisaccia, Owner!
Free ice cream cone!

845-496-6418 for directions.

9:00 am

Bingo Tournament

*Blooming Grove Senior Dining Site
Rte 94 at 2 Horton Rd, Washingtonville*

2:00 pm

Optional lunch served at 12:00 noon by reservation only. Suggested lunch contribution of \$3.50. Pay at the door. Reserve your lunch at least 2 business days in advance by calling 845-496-4411. NO EXCEPTIONS.

Saturday, September 21

Spelling Bee & Trivia Contest

*Newburgh Free Library
124 Grand St., City of Newburgh*

Compete for great prizes and medals!
Coffee will be served.

845-563-3600 for directions

10:00 am



Sunday, September 22

Track and Field

*Newburgh Free Academy
South St. & Fullerton Ave., Newburgh*

Competitive Events. Enter as many as you like!

8:30 am Check In

9:00 am - Noon:

Standing Broad Jump 100M Race

Shot Put 200M Race

Discus 1600M Race

Light refreshments.

845-563-5400 weekdays only
for directions.

Horseback Riding at Juckas Stables

Route 302, Bullville

Never ridden before? This is your chance to try horseback riding in a safe, supervised and beautiful environment. More challenging ride is offered for experienced riders. 117 acres of scenic trails. Registration is limited. Helmets provided. No open-toed shoes.

845-361-1429 for directions.

1:30 pm Beginner Riders

2:30 pm Experienced Riders

\$15.00

Monday, September 23

Orienteering

*Hudson Highlands Nature Museum
100 Muser Rd off Angola Rd., Cornwall*

Give your body and mind a workout. Instructions will be given for beginners. More challenging courses are available for experienced orienteers. Co-sponsored by Hudson Valley Orienteering. Wear hiking attire. Bring water. Lunch provided.

845-534-5506 for directions.

9:00 am

Bowling

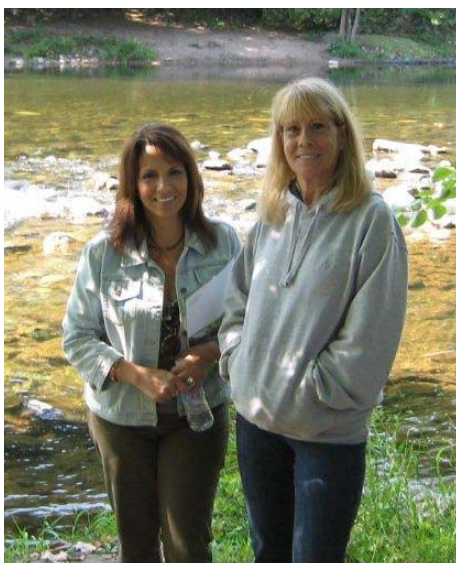
*Tarsio Bowling Lanes
115 South Plank Road,
Town of Newburgh*

Bowl three games. Refreshments served.

845-565-5250 for directions

2:00 pm

\$4.00



Tuesday, September 24

Hiking

*The Bellvale Community
359 Bellvale Road, Chester*

Meet in the parking lot. Three separate hikes to choose from. Bring water and snacks. Non-hiking visitors welcome! Indoor activities available for inclement weather. Lunch courtesy of The Bellvale Community.

845-572-3400 for directions.

9:00 am

Afternoon on the Farm

*Pennings Orchard & Farm Market
Route 94 & Warwick Tpke., Warwick*

Enjoy stunning fall scenery on the hayride, compete in the beanbag toss, or just browse the farm market. Cider and doughnuts served.

845-986-1059 for directions

1:30 pm

Wednesday, September 25

Treasure Hunt

*Woodbury Common Premium Outlets
Route 32-498 Red Apple Court,
Central Valley*

Exciting new games! Lovely prizes and coffee courtesy of Woodbury Common Premium Outlets participating retailers. Limited to 150 entrants. Meet at Food Court. Refreshments courtesy of Woodbury Common.

845-928-4000 for directions.

9:30 am

Thursday, September 26

Golf Tournament at Stony Ford

*Stony Ford Golf Course
211 Route 416, Hamptonburgh*

18-holes with cart included. Gross division / all age groups. Closest-to-the-pin, longest drive, accuracy drive contests with prizes to winners. Register as a group or individually. (individual players will be paired up). Golf Putting Contest. Continental breakfast.

845-457-4949 for directions.

Shotgun Start 8:30 am \$20.00

D&H Canal Park Visit

*Neversink Area Museum
58 Hoag Road (off Route 209),
Cuddebackville*

Learn about early film-making in Orange County, see some of those films. Visit the actual locations during a canal walk that will also illuminate the important role the D&H Canal played in our history. Meet at the Visitors Center. Bring a bag lunch.

845-457-4949 for directions.

9:30 am



Friday, September 27

Downing Film Center

19 Front Street, Newburgh

Movie for Senior Games participants in a very special setting. Includes a cup of coffee or tea. Limited registration.

845-561-3686 for directions.

10:00 am

Lunch at Billy Joe's Ribworks (on your own)

26 Front Street, Newburgh

Wear your Senior Games Shirt to Billy Joe's Ribworks for a 20% discount!
Offer good for 9-27-13 Lunch ONLY!



Closing Ceremony

Mount Saint Mary College
Desmond Campus,
6 Albany Post Rd., Newburgh.

New!

End our 30th Games with a special program, the Fine Arts Exhibition and Awards. Music by *King C and the Slippermen*. Refreshments courtesy of Mount Saint Mary College.

Call 845-845-2076 for directions.

2:00 pm



**IN THE EVENT OF INCLEMENT
WEATHER ON THE DAY OF
THE EVENT...**

Call 845-457-4949 or check
www.orangecountynyparks.com
for information on cancellations or postponements.



WHEEZERS & GEEZERS 4-MILE RACE

Wednesday, September 18,
Chadwick Lake Park, Town of Newburgh

- ◆ Age groups: 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85+
- ◆ Walkers and runners divisions:
5:00 p.m. Check-in for all participants
5:30 p.m. Walkers start
6:00 p.m. Runners start
- ◆ 1st, 2nd, 3rd place medallions for men & women runners in each age group
- ◆ Medallions to top (5) men & women walkers
- ◆ Trophy to overall winner (men & women)
- ◆ Refreshments after race
- ◆ Course follows a well-groomed and hard-packed trail around Chadwick Lake
- ◆ Total fee of **\$20** (\$10 Mandatory Registration fee, and \$10 Race fee)

845 - 564 - 7815 for directions.

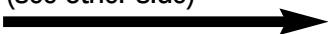
Race Directors:

Tom Quinlisk: 845 - 457- 4910 TQuinlisk@orangecountygov.com

Spero Chumas: 845 - 895 - 2760 scny42@aol.com



APPLICATION FORM (Please Print)

- ◆ Complete one registration form per person
- ◆ Complete all the information on *both sides* of this registration form
- ◆ Please check (✓) the events you will attend (see other side)
- ◆ Sign the waiver (below) 
- ◆ Enclose a check or money order for all fees made payable to: HVLSA

Mail payment and this registration form to:

Orange County Department of Parks
Orange County Senior Games
211 State Route 416, Montgomery, NY 12549



Name _____

Age (as of 8/25/13) _____

Mailing Address _____

City _____

State _____

Zip _____

Phone _____

Email Address _____

T- Shirt Size _____

___ Male ___ Female

Person to
contact in an
emergency:

Name _____ Phone: _____

WAIVER: I know that there is a risk in any program involving physical exercise or competition. I certify that I am physically fit to participate in Senior Games, events and competitions. I agree to assume all responsibility for all risk, damage, or injury that may occur to me as a participant in the Senior Games.

I hereby consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement, or exclusive television coverage of the Senior Games, without compensation to me.

I hereby, for myself, my heirs, executors and administrators release and discharge the County of Orange, its employees, agents, agencies and sponsors and all persons associated with the Senior Games from all claims, damages, rights of action, present or future, which might arise in connection with my participation in the Senior Games.

Signature: X _____ Date: _____

Please Check (✓) All Events You Are Entering:



- ☐ Bocce/Shuffleboard
- ☐ Historic Scavenger Hunt
- ☐ ShopRite event
- ☐ Trap Shooting/Archery
- ☐ Opening Ceremony/Games Day/Arboretum event
- ☐ **Rafting on the Delaware** (ADDITIONAL FEE)\$20
- ☐ Nature Walk
- ☐ Storm King Art Center Tour
- ☐ **Wheezers & Geezers Race** (ADDITIONAL FEE)\$10
- ☐ Miniature Golf
- ☐ Bingo
- ☐ Sterling Forest Hikes
- ☐ Spelling Bee & Trivia Contest
- ☐ Track & Field
- ☐ **Horseback Riding** ☐ Beginner ☐ Experienced
(ADDITIONAL FEE)\$15
- ☐ Orienteering
- ☐ **Bowling** (ADDITIONAL FEE)\$ 4
- ☐ Hikes at Bellvale Community
- ☐ Afternoon on the Farm
- ☐ Treasure Hunt
- ☐ **Golf** (ADDITIONAL FEE)\$20
- ☐ D&H Canal Park Visit
- ☐ Movie
- ☐ Art Exhibition
- ☐ Closing Ceremony

MANDATORY REGISTRATION FEE **\$10**

Donation:

TOTAL ENCLOSED \$

Enclose a check or money order for all fees made payable to: **HVLSA**

FINE ARTS EXHIBITION

Friday, September 27 845 - 565 - 2076 for directions

Mount St. Mary's College Desmond Campus, 6 Albany Post Rd., Newburgh

- ◆ Any medium, as long as the piece can be safely exhibited. One piece per artist.
- ◆ All two-dimensional work must be ready to hang. The Senior Games Committee cannot frame your work. 3-D artists must provide pedestals.
- ◆ You may sell your work, no commission will be taken and you will be put in touch with your buyer.
- ◆ All work must be original...no reproduction prints.
- ◆ The Senior Games Committee reserves the right to reject any piece for any reason.
- ◆ Your work will be judged by a jury and awards will be presented on 9/27.
- ◆ All work must be clearly marked with the artist's name, title, medium and contact information including name, phone and e-mail.
- ◆ Please submit a one page BIO to be included in the Artists' Book.
- ◆ Your work will be handled by experienced art professionals. However, the Committee assumes no liability for theft or damage either during installation or exhibition.
- ◆ All Art Pieces (with Entry Tags) Must Be Submitted to the Orange County Park Administration Offices by September 5, 2013!! **NO EXCEPTIONS.** The Park Administration offices are located at the Stony Ford Golf Lodge in Thomas Bull Memorial Park, 211 Route 416, Montgomery.
- ◆ You may pick-up your art at the conclusion of the Closing Ceremony on 9/27 or at the Park Administration Offices by 9/30/13.

Questions to Anne Coon at 845-615-3705 or aconon@orangecountygov.com



Please complete BOTH tags, and attach them to your artwork

FINE ARTS EXHIBITION ENTRY TAG	FINE ARTS EXHIBITION ENTRY TAG
Name _____	Name _____
Phone _____ Email _____	Phone _____ Email _____
Title of Piece _____	Title of Piece _____
Medium _____ Size _____	Medium _____ Size _____

Sponsors as of Publication

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Senior Gazette

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SPONSORING LOCATIONS

Bellvale Community
Blooming Grove Senior Center
Chester Monroe Sportsmen Club, Inc.
Desmond Campus, MSMC
Downing Film Center
Glen Arden/ Elant, Inc.
Hudson Highlands Nature Museum
Juckas Stables
Museum Village
Neversink Area Museum
Newburgh Free Academy
Newburgh Free Library
Orange County Parks
Pennings Orchard and Farm Market
Sterling Forest State Park
Storm King Art Center
Tarsio Bowling Lanes
Town of Newburgh Recreation Dept.
Woodbury Common Premium Outlets

THANK YOU TO OUR VOLUNTEERS

Hudson Valley Federal Credit Union
Spero Chumas
Hudson Valley Orienteering
NFA Elite Track Team:
Malcolm Burks, Coach
M Sgt. Mary Kay Messenger, Musician
Dora Wright, Friends of the Arboretum
Rob Patterson, Musician
Doc Bayne, Historian

