



June 10<sup>th</sup> - 15<sup>th</sup>



**MJRSC--THE  
CARE NETWORK**  
Regional Services  
Area Agency on Aging  
Call a Ride Services

MIFFLIN-JUNIATA AREA AGENCY ON AGING, INC.  
25 ROTHERMEL DRIVE  
YEAGERTOWN, PA 17099 · 717-242-0315

MIFFLIN-JUNIATA AREA AGENCY ON AGING, INC.  
25 ROTHERMEL DRIVE  
YEAGERTOWN, PA 17099

**Thank you to our Sponsors, Senior Games Committee, and all of our participants  
for making Senior Games possible!**

**Eligibility:**

Mifflin & Juniata County residents who are 55 years of age or older may participate in Senior Games. Eligibility is determined by your age as of June 10, 2024. Standard age categories for Senior Games events will be: 55-69, 70-79, and 80+.

**Registration:**

The non-refundable **\$10.00 registration fee is due by May 24, 2024**, and can be mailed or dropped off between 8AM-4PM at MJAAA, 25 Rothermel Drive, Yeagertown, PA 17099. Your payment may be made in cash (in the correct amount, please), or by check or money order made out to MJAAA, Inc.

**General Information:**

Rules and Regulations will be explained prior to the events. Participants must know how to play the card games prior to the start of the event. The Senior Games Committee reserves the right to consolidate or cancel any competition. There will be **NO RAIN DATES**. Breakfast and lunch will be served, please be considerate of others and take only one portion, unless we announce we have extra.

**Senior Games Award Banquet:** The banquet will be held at Cedar Grove Brethren Church, 287 Deerville, Rd., Mifflintown, on **Thursday June 27, 2024, at 11:30AM**. The cost is **\$15.00 per person**. **Deadline for reservations and payment is May 24, 2024. Payment for the banquet will be non-refundable.**

**THANK YOU TO OUR 2024 SPONSORS!**

**PLATINUM**

Encompass Health Rehabilitation Hospital of Nittany Valley  
Geisinger Health System

**SILVER**

Celebration Villa of Reedsville  
PRN Medical Staffing  
Route 333 Supplies, LLC

**FRIEND**

Johnston & Zagurskie, PC  
Koppy's Propane  
The Standard Steel Foundation  
JVB Bank  
Dick's Homecare  
Register Chevrolet  
Twin Kiss

**GOLD**

MAC'S CLOTHING  
Valley View Retirement Community  
The Nutrition Group  
Alltrista Plastics, LLC  
In Home Services of Central PA Home Care Agency

**BRONZE**

The Old Country Store  
Juniata Valley YMCA  
Phoenix Physical Therapy  
The Lake Car Dealerships  
Heller's Gas  
Central PA Dock & Door  
Pennian Bank  
J.P. Edwards Restaurant  
MCS Bank

Special thanks to Body & Soul Community Center, YMCA,  
Lewistown Florist, Dunkin' Donuts, McVeytown EMS, Brannon's  
Port-A-Pots, Mel's Country Catering and Hartley Potato Chips

## SCHEDULE OF EVENTS

**Opening Day at Body and Soul Community Center — Monday, June 10<sup>th</sup>**

**Address: 205 Chestnut Ridge Rd., McVeytown, PA 17051**

8:30AM – 9:00AM	Breakfast
9:15AM	Opening Ceremony & Lighting of the Torch
10:00AM – 12:00PM	Health Fair (Gymnasium)
10:00AM – 11:00AM	Bingo (Cafe)
10:30AM – 3:00PM	Field Games
12:00PM – 1:00PM	Lunch
2:00PM – 3:00PM	Bingo (Cafe)

### **Tuesday, June 11<sup>th</sup>**

9:00 AM – 11:00AM	Hand and Foot Game – 4 Seasons Senior Center, 47 CJEMS Ln., Mifflintown
9:00AM – 11:00AM	Pinochle – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
9:00AM – 11:00AM	5 Crowns – Milroy Senior Center, 283 Broad St., Milroy
10:00AM	Bowling – Lewistown Lanes, 1101 W. 4th St., Lewistown
1:00PM	Bowling – Lewistown Lanes, 1101 W. 4th St., Lewistown
3:30PM	Yahtzee – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
3:30PM	Yahtzee - 4 Seasons Senior Center, 47 CJEMS Ln., Mifflintown
	Wii Bowling (throughout the day at Lewistown and 4 Seasons Senior Centers)

### **Wednesday, June 12<sup>th</sup>**

8:00AM	Pickleball – Juniata Valley YMCA
9:00AM-1:00PM	Shuffle Puck – Milroy Senior Center, 283 Broad St., Milroy
10:00AM	Painting Party by Judy – 4 Seasons Senior Center, 47 CJEMS Ln., Mifflintown
11:00AM-1:00PM	Puzzle Challenge – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
1:00PM	Table Tennis – Juniata Valley YMCA
3:00PM – 5:00PM	Rummikub – Lewistown Senior Center, 515 B Knepp Ave., Lewistown

### **Thursday, June 13<sup>th</sup>**

8:00AM	Basketball – Juniata Valley YMCA
10:00AM – 12:00PM	Chair Volleyball – 4 Seasons Senior Center, 47 CJEMS Ln., Mifflintown
12:30PM – 2:30PM	Cornhole Tournament – 4 Seasons Senior Center, 47 CJEMS Ln., Mifflintown
4:00PM	Horseshoes – Derry Twp. Senior Center, 15 W. Mill St., Yeagertown
	Wii Bowling (throughout the day at 4 Seasons Senior Center)

### **Friday, June 14<sup>th</sup>**

9:00AM – 11:00AM	Shuffleboard – Derry Twp. Senior Center, 15 W. Mill St., Yeagertown
10:00AM	Painting Party by Judy – Lewistown Senior Center, 515 Knepp Ave., Lewistown
11:00AM	Darts – Lewistown Senior Center, 515 Knepp Ave., Lewistown
1:30PM	Water Volleyball – Juniata Valley YMCA
3:30PM	5 Crowns – Lewistown Senior Center, 515 Knepp Ave., Lewistown

## SATURDAY EVENTS

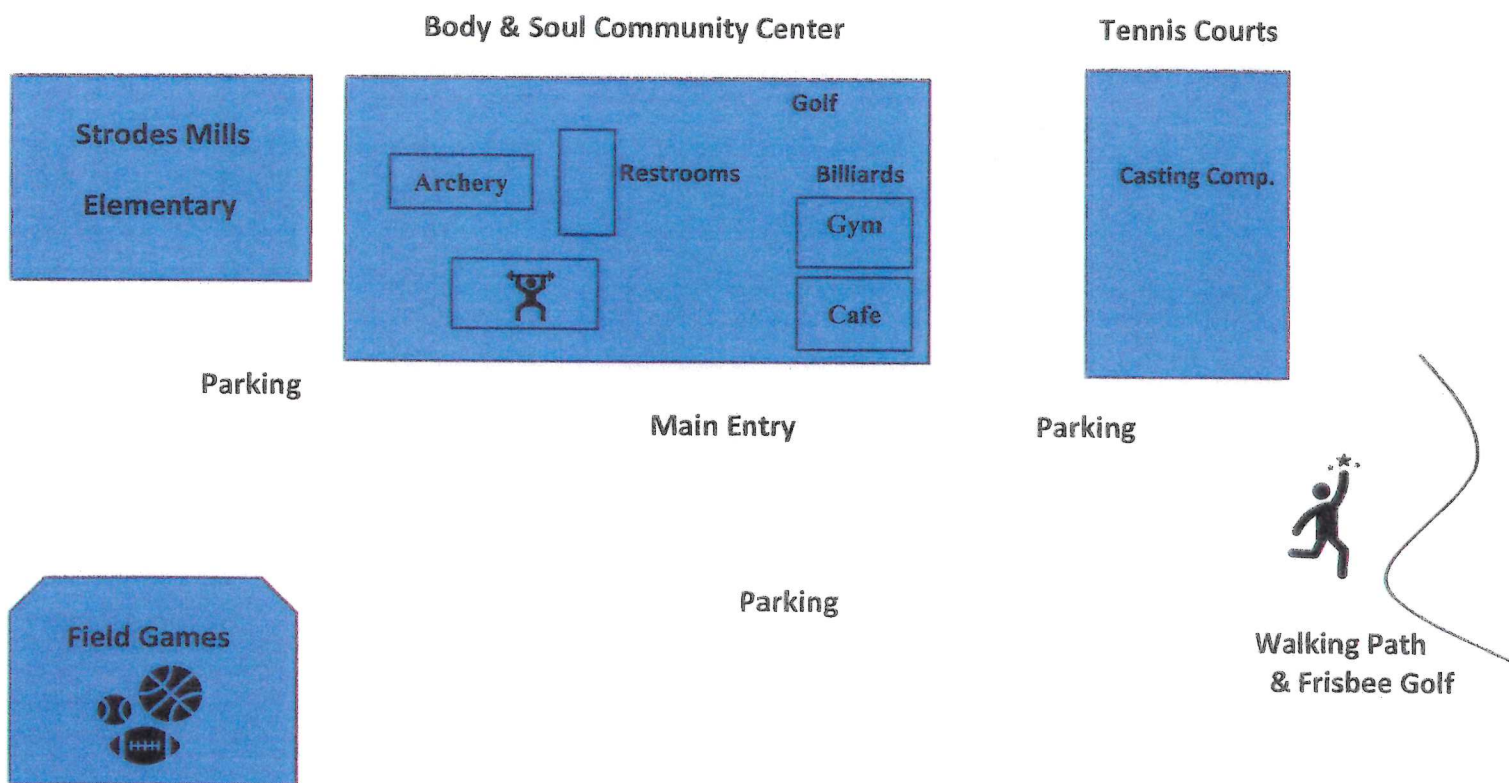
Saturday, June 15<sup>th</sup> at Body and Soul Community Center

Address: 205 Chestnut Ridge Rd., McVeytown, PA 17051

8:00AM – 10:00AM	Billiards
10:00AM – 12:00PM	Weight Lifting
12:00PM – 1:00PM	Virtual Archery
1:00PM – 3:00PM	Virtual Golf

Throughout the day – Frisbee Golf, Mile Hike, Casting Competition, Scavenger Hunt, Cross Country Walk.

- Bingo will be in the cafeteria; breakfast & lunch will be served in the cafeteria.
- Field games will be located at the field across from Strodes Mill Elementary School parking lot.
- Portable restrooms will be located by the fields and there are restrooms available inside the Body & Soul Community Center.
- Walking: 100 Meter, 400 Meter, and 50 Yard Dash, Cross Country, and the Mile Hike will be held on the walking paths.



THANK YOU FOR YOUR PARTICIPATION! Please note that times, dates, and locations of some events change from year to year; we advise that you use this schedule for reference throughout the week.

**REGISTRATION FORM**  
**38<sup>th</sup> ANNUAL SENIOR GAMES**  
**JUNE 10-15, 2024**

**INSTRUCTIONS:** Fill in **BOTH SIDES** of this form. Please sign and return it with the **\$10.00 registration fee, (plus the Banquet fee if attending)**. Payment can be cash (in correct amount, please), check, or money order to: MJAAA, Inc., 25 Rothermel Dr., Yeagertown, PA 17099. **Deadline for registration is May 24, 2024.**

**NAME:** \_\_\_\_\_ **GENDER:** M \_\_\_\_\_ F \_\_\_\_\_  
Last First Middle Initial

**ADDRESS:** \_\_\_\_\_  
Street Town State Zip Code Township

**TELEPHONE #:** \_\_\_\_\_ **BIRTHDATE:** \_\_\_\_\_ **AGE AS OF 6/10/24:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**RELEASE AND WAIVER OF LIABILITY**

I, the undersigned, do hereby release and discharge and agree to hold harmless, the Mifflin-Juniata Area Agency on Aging, Inc., Juniata Valley YMCA, Body and Soul Community Center and all organizations affiliated with this program. All demands, actions, causes of actions, judgments, executions, and claims of whatsoever kind and nature for any and all personal injuries, known or unknown, and an injury to, loss of or damage to property caused by, or arising out of the said Senior Games or my participation therein.

I, the undersigned, have read this release and liability waiver and understand all its terms.

I warrant and represent that I am in good physical health and condition and am able to compete in the events that I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events that I have selected.

The Senior Games Committee has my permission to have a physician attend to me if it is deemed necessary for my health, welfare and safety.

The Senior Games Committee strongly recommends that each participant consult his/her own doctor in regard to practice, preparation, and competition in this program or similar activity.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Print Name:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

**Medications:** \_\_\_\_\_

**Whom may we contact in case of an Emergency?**

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**CONSENT TO BE PHOTOGRAPHED**

I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, or other coverage of the MJAAA Senior Games in any manner incidental to my participation without compensation to me.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Print Name:** \_\_\_\_\_

**The Senior Games Awards Banquet:**

**Thursday June 27, 2024, at 11:30AM at the Cedar Grove Brethren Church 287 Deerville Rd., Mifflintown, PA 17059**  
**Cost for the meal is \$15.00 per person. Deadline for reservations & payment for the banquet is May 24, 2024.**

**Office Use Only**

PD \$ \_\_\_ Cash \_\_\_ Chk# \_\_\_\_\_

Received T-shirt \_\_\_\_\_

PLEASE COMPLETE THE OTHER SIDE  
OF THIS FORM

**Circle T-Shirt Size**

S M L XL 2X 3X

**BREAKFAST & LUNCH PROVIDED ON MONDAY, JUNE 10<sup>TH</sup> Check here if attending: \_\_\_\_\_**

**PLEASE BE SURE TO CHECK ALL EVENTS YOU WISH TO PARTICIPATE IN:  
(EVENTS ARE SUBJECT TO CHANGE)**

- |  |  |                                    |
|--|--|------------------------------------|
| <b>Basketball (YMCA)</b>               | <b>___ Football Throw</b>                        | <b>Walking</b>                     |
| <b>___ Foul Shooting</b>               |  | <b>___ 100 Meter</b>               |
| <b>___ Hot Shot</b>                    | <b>___ Hand &amp; Foot (4 Seasons SR Center)</b> | <b>___ 400 Meter</b>               |
| <b>___ Bingo</b>                       | <b>___ Ladder Golf</b>                           | <b>___ 50 Yard Dash</b>            |
| <b>___ Bocce</b>                       | <b>___ Pinochle</b>                              | <b>Wii Bowling</b>                 |
| <b>Lewistown Lanes</b>                 |  | <b>___ Lewistown Senior Center</b> |
| <b>Bowling (Scored odd &amp; even)</b> | <b>___ Rummikub</b>                              | <b>___ 4 Seasons Senior Center</b> |
| <b>___ 10:00AM</b>                     |  |                                    |
| <b>___ 1:00PM</b>                      | <b>___ Shuffleboard</b>                          | <b>Yahtzee</b>                     |
| <b>___ Bucketball</b>                  | <b>___ Shuffle Puck (Milroy SR Center)</b>       | <b>___ Lewistown Senior Center</b> |
|  |  | <b>___ 4 Seasons Senior Center</b> |
| <b>___ Cornhole Toss</b>               | <b>___ Soccer Kick</b>                           | <b>___ Yard Dice</b>               |
| <b>___ Darts</b>                       | <b>___ Softball</b>                              |                                    |
|  | <b>___ Hit The Barrel</b>                        |                                    |
| <b>Five Crowns</b>                     | <b>___ Softball Throw</b>                        |                                    |
| <b>___ Lewistown Senior Center</b>     |  |                                    |
| <b>___ Milroy Senior Center</b>        | <b>___ Table Tennis (YMCA)</b>                   |                                    |
- 

**TEAM ACTIVITIES:**

- |  |   |  |
|--|---|--|
| <b>___ Cornhole Tournament<br/>(4 Seasons SR Center)</b> | <b>___ Chair Volleyball<br/>(4 Seasons SR Center)</b>     | <b>___ Horseshoes<br/>(Derry Twp. SR Center)</b> |
| <b>Pickleball (YMCA)</b>                                 | <b>___ Puzzle Challenge<br/>(Lewistown Senior Center)</b> | <b>___ Water Volleyball (YMCA)</b>               |
| <b>___ Beginners</b>                                     |   |  |
| <b>___ Intermediate</b>                                  |   |  |
- 

**BODY & SOUL ACTIVITIES:**

- |                                |                               |                           |
|--------------------------------|-------------------------------|---------------------------|
| <b>___ Archery (Virtual)</b>   | <b>___ Billiards</b>          |                           |
| <b>___ Casting Competition</b> | <b>___ Cross Country Walk</b> |                           |
| <b>___ Frisbee Golf</b>        |                               |                           |
| <b>___ Golf (Virtual)</b>      | <b>___ Mile Hike</b>          | <b>___ Scavenger Hunt</b> |
| <b>___ Skee Ball</b>           | <b>___ Soccer Kick</b>        | <b>___ Weightlifting</b>  |
- 

**Sign Up here for Painting Parties by Judy! More info is included on a separate flyer, please check here if you will be attending one of the following events: \_\_\_ 4 Seasons SR Center \_\_\_ Lewistown SR Center**

## T-SHIRT PICK-UP

PLEASE INDICATE WHICH LOCATION AND DATE YOU WILL BE PICKING UP YOUR T-SHIRT:

### **4 Seasons Senior Center, 47 CJEMS Lane, Mifflintown**

\_\_\_\_\_ Tuesday, June 4<sup>th</sup> from 10AM-12PM

\_\_\_\_\_ Thursday, June 6<sup>th</sup> from 10AM-12PM

### **Lewistown Senior Center, 515B Knepp Avenue, Lewistown**

\_\_\_\_\_ Tuesday, June 4<sup>th</sup> from 9AM-11AM

\_\_\_\_\_ Thursday, June 6<sup>th</sup> from 9AM-11AM

If the above times will not work for you, T-shirts will also be available for pick-up on Opening Day at Body & Soul Community Center, 205 Chestnut Ridge Rd., McVeytown, PA on June 10th.

\*T-SHIRTS WILL **NOT** BE AVAILABLE FOR PICK-UP AT THE MIFFLIN-JUNIATA AREA AGENCY ON AGING OFFICE, 25 ROTHERMEL DRIVE, YEAGERTOWN, PA 17099.

If you are in need of transportation for the Senior Games, please contact Call-A-Ride Service (CARS) directly at least one day in advance! Senior Game Participants aged 60 or older that are registered with CARS will ride at no cost to the events scheduled June 10th-15th, 2024. You must be registered with the CARS office prior to the Senior Games if you need transportation. CARS DIRECT NUMBER IS (717)242-2277.

## PAINTING PARTIES BY JUDY

We will be hosting two different paint party opportunities as a part of this year's games. There is no additional cost! Please indicate if you are attending on the general event checklist by selecting one of the following locations. Participants are welcome to choose whichever time or place is most convenient for them. The below picture is the template for both paint sessions. Step-by-step instruction is provided as part of the event! No art experience is needed to join in the fun.

\_\_\_\_\_ 4 Seasons Senior Center, 47 CJEMS Lane in Mifflintown June 12th @ 10:00AM

\_\_\_\_\_ Lewistown Senior Center, 515 Knepp Avenue in Lewistown June 14th @ 10:00AM

