

‘Give it a try’, you might just like it

55+BC Games encourages residents to be more active

(Penticton, BC – May 29, 2018) – The City of Penticton Recreation Department is teaming up with the 55+BC Games and the Regional District Okanagan Similkameen (RDOS) to have the community ‘give it a try’ at some different recreational activities this Thursday, May 31st. “Give it a Try!” is a free, one-day session where people over 55 are given the opportunity to sample a number of sports and activities that are related to the 55+ BC Games.

“The annual 55+ BC Games have proven to be incredibly successful in encouraging the 55+ population to live a physically active and socially engaged life,” says Kelsey Johnson, Recreation Business Supervisor. “There is no doubt that getting involved in the activities and competitions help build a sense of community, and increase physical, mental and social well-being. Whether you have plans to compete at the 55+ Games or not, this free event is an opportunity for people to try something new that’s available in their own community.”

Registration has been open since April of this year but there are still spaces available. You can register for any of the activities below until May 31st. For more information visit www.pentiction.ca/recreation and click the ‘Give it a try’ logo.

	Pickleball	Floor Curling	Bridge & Cribbage
Time	10:00 – 11:00am 11:00am – 12:00pm	10:00am – 12:00pm	10:00am – 12:00pm
Location	Penticton Community Centre Gym, North	Penticton Community Centre Gym, South	Penticton Seniors Centre
Registration	250-490-2426	250-490-2426	250-493-2111

We gratefully acknowledge the funding and support from the BCRPA, BC Seniors Games Society, the Province of British Columbia and the Government of Canada.

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