

# Vogue Optical 55 + Winter Games take place on March 2010

Stratford, PEI's fastest growing town, hosts the Vogue Optical 55+ Winter Games from March 1st - 5th. Winter Games Host Committee Chairman Eugene MacDonald and his very active committee have been very busy getting venues finalized for 19 events expected to attract over 600 participants. Competition venues will be utilized in Charlottetown, Pownal, Brookvale, and Stratford throughout the 5 day event. In addition, event coordinators are now in place and volunteers are getting everything prepared for the busy week.

A new concept called Active Living 101 will be presented on Friday, March 5th from 11:30 til 12:30 at the Stratford Town Hall. Sessions will be presented on Stick Curling, Fitness Equipment Introduction, Yoga, Staying Active with Arthritis, and Swing into Spring Golf. These free sessions are introductory in nature aimed at giving participants a quick exposure and to create interest in participation in the future.

All competitions wrap up by noon Friday, March 5th. Shortly after, a free community concert will be held on Friday at 1 PM at Our Lady of Assumption Church in Stratford with performers coming from all over PEI. After the concert, the Vogue Optical 55+ Games Celebration Dinner will be held at 3:30 PM at the Stratford Town Centre gymnasium.

The Games are a great opportunity for the 55+ set to beat the March blahs, compete, socialize, and enjoy what is becoming a late winter highlight. All you have to do is get off the couch, check out a webpage, or make a phone call to get the ball rolling and become a participant, a performer, or a volunteer.

The Stratford Winter Games, along with the 2010 Cavendish Summer Games in June, serve as qualifiers for events that are common with the Canada Games. The 2010 Canada 55+ Games will be in Brockville, Ontario in late August.

You can pick up a participant registration form at many PEI locations including all 5 Vogue Optical locations, arenas, bowling lanes, curling clubs, senior clubs, Access PEI, and Sport PEI or phone Justin Dawson at 569-6922 in the Stratford Town Hall to have one sent to you. Call Justin as well if you wish to volunteer at any of the venues, or help with the concert or the Celebration Dinner.

Time is of the essence so don't snooze or you will lose out. All participant applications must be received by Monday, February 15th at either the 55+ Games Office at the Stratford Town Hall or at the PEI 55+ Games Society at Sport PEI on Enman Crescent in Charlottetown.

Visit the 55+ Games website at [www.pei55plusgamedsociety.ca](http://www.pei55plusgamedsociety.ca) or call Justin Dawson at 569-6922 for more information.