



For Immediate Release
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Get Ready for Senior Sports Day in Portsmouth

The Department of Parks, Recreation & Leisure Services will host the Annual Senior Sports Day on Monday, May 15th, with the daily events continuing through Thursday, May 18th. The Portsmouth Senior Station and the Portsmouth Task Force on Aging are partnering to host this four-day event which is sure to be an inspiration to people of all ages to ***never stop moving!***

Individuals, ages 50 and older will be participating in activities and contests that will test their mental and physical abilities. Each day will consist of a different sport or game, with awards presented afterward.

The locations of the events are as follows:

Monday – Senior Station, 3500 Clifford Street

Tuesday – The Links at City Park, 140 City Park Avenue

Wednesday – I. C. Norcom High School, 1801 London Boulevard

Thursday – Senior Station, 3500 Clifford Street

The City of Portsmouth's Senior Sports Day is a competition that follows the tradition of the Virginia Recreation and Park Society's "Virginia Senior Games." Portsmouth's events will mirror some of the events of the Virginia games, and will give citizens an opportunity to have friendly competition.

For more information, contact Sandra Gail Burton at the Senior Station at 391-3241.

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Photos from previous Portsmouth Senior Sports Day events:



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