

# Manitoba 55+ Games 2021

*Virtually, until we can meet again.*



## Manitoba 55+ Games

PRESENTED BY **PLAYNOW**

Virtually June 14 - July 16, until we can meet again.

## Virtual Games Events List:

- Walk or run at your own pace
- Cycle at your own pace
- Bocce Ball
- Nordic Pole walk at your own pace
- 9 Hole Golf or 18 Hole Golf
- Bocce Ball
- Horseshoes
- Arts & Crafts
- Pickleball
- Badminton
- Tennis
- Cribbage
- Whist
- Scrabble



*There is something for everyone!*

### Walk or Run at Your Own Pace

Plan your walk or run by thinking about a manageable distance and turn around point or by determining the length of time you feel you can comfortably do. Map out a safe route in your neighbourhood and lace up some comfy shoes! Keep track of the length of distance or time you have walked each day. Challenge yourself to walk a bit farther or for a few more minutes as you feel able.

For an additional challenge, predict the time you think it will take you to walk or run the route you have planned. Mark down your predicted time on a piece of paper. Get to know your comfortable pace: check your watch at the start – but do not look at your watch again until you have completed your walk or run. Compare your predicted time to your actual time and see how close you are! Throughout the virtual MB 55+ Games, make adjustments to get closer and closer to your predicted time.

### Nordic Pole Walk at Your Own Pace

Using walking/hiking poles can add to your walking experience by enhancing balance and stability, as well as adding a bit of spring to your step. Follow the same activity guidelines as described in the Walk or Run at Your Own Pace Event (above) using walking/hiking poles.

### 9 Hole Golf & 18 Hole Golf

Tee off at your favourite local course or take a day trip and discover a new green! Games played on the course can be as simple as a fun match against a friend or family member or a full-out day of competition for those life-long golfers. Golf is a great social activity and a good excuse to get outside and get active!

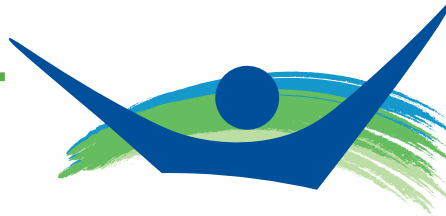
### Cycle at Your Own Pace

Plan your cycle by thinking about a manageable distance or by determining the length of time you feel you can comfortably do. Map out a safe route in your neighbourhood, make sure to bring along some water and always wear a bicycle helmet when cycling!



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### Cycle at Your Own Pace (continued)

Keep track of the distance or time you have cycled each day. Challenge yourself to cycle a bit further or for a few more minutes as you feel able.

For an additional challenge, predict the time you think it will take you to cycle the route you have planned. Mark down your predicted time on a piece of paper. Get to know your comfortable pace: check your watch at the start – but do not look at your watch again until you have completed your cycle. Compare your predicted time to your actual time and see how close you are! Throughout the virtual MB 55+ Games, make adjustments to get closer and closer to your predicted time.

### Bocce Ball

Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. Two people can play against each other in this game. You will need a set of bocce balls consisting of eight bocce balls and a smaller “object ball” called a pallino. The playing surface should be reasonably flat and level. It can be made of packed dirt, fine gravel or short grass. The objective of the game is to get the bocce balls as close as possible to the pallino which will result in points for each player. The first team to reach 12 points wins the game (must win by 2). A match typically consists of 3 rounds.



### Horseshoes

Horseshoe pitching has been popular for a long time both as a recreational and competitive sport. Each player takes turns pitching horseshoes toward a metal stake that is 40 feet away for Men (30 feet for Women). Points are scored for shoes landing closest to the stake. The winner is the player who first scores 21 points. Each round, in which each player pitches two shoes, is called an “end” or an “inning”.

A horseshoe playing area is 50 x10 feet with one-inch metal stakes placed 40 or 30 feet apart. The stakes are centered in a 6 x 6 ft pitchers sand box. Many community parks and/or community centres have maintained horseshoe pits available to the public – contact your local centre for more information.

### Racket Sports:

Racket sports are a great way to stay active this summer! They can help with hand-eye coordination and overall dexterity. This is especially important as we get older, since these skills are required for many daily activities like eating or driving. These exercises also help with balance which is essential to maintain to help avoid falls.

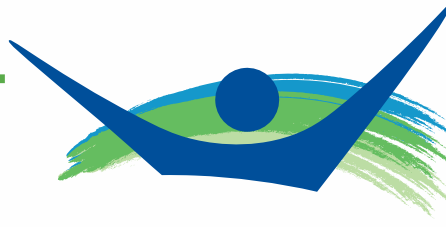
### Pickleball

Pickleball is one of the fastest growing sports among older adults and a fun way to stay active. You can play against a single partner or double up and play on a team. Pickleball can easily be played on outdoor court or inside at recreational or gymnasium facilities (if permitted). It combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles to hit a perforated ball, much like a whiffle ball, over a net. The basic rules of the game are simple and easy and that is what makes Pickleball so fun to play.



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## **Racket Sports (continued):**

### **Pickleball (continued):**

The sport shares features of other similar sports: the dimensions and layout of a badminton court, and a net and rules somewhat similar to tennis, with several modifications. Many community centres have maintained courts available to the public – contact your local centre for more information.

### **Badminton**

Badminton is another fun, low impact sport that can help promote balance, flexibility and strength. It can easily be played as a casual outdoor activity in a yard or on a beach. Badminton is played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a court that is divided by a net. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court. Many community centres have maintained courts available to the public – contact your local centre for more information.

### **Tennis**

Game, set, match! The game of Tennis can be enjoyed by players of practically any level of skill, a test of both shot making and stamina. Tennis is a sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). Each player will need a tennis racket to strike the tennis ball over or around a net and into the opponent's court. Many community centres have maintained courts available to the public – contact your local centre for more information.



## **Brain Games:**

Card and board games are a great way to connect, socialize and exercise your brain. These types of games can help to improve memory, stimulate and enhance overall brain function. This type of stimulation is especially important as we age. Keeping your mind active is just as important as keeping the body active!

### **Cribbage**

Cribbage is a card game in which the object is to form combinations that traditionally are scored by moving pegs on a cribbage board. The game is usually played by two players (but can be played by four) and remains one of the most popular of all card games. Although it may seem intimidating at first, the basic game is very easy to learn and play. If you have a cribbage board (or pen and paper) and a deck of cards, you're ready!

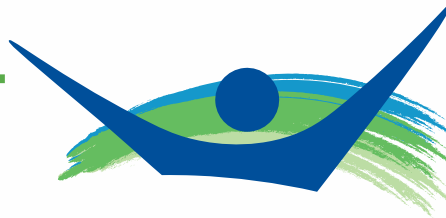
Cribbage is a game of numbers. You collect points by combining cards together to make runs, or scoring combinations. The mathematics is simple, but cribbage is a game of strategy and tactics. Sometimes you try to score points, sometimes you try to stop your opponent from scoring; every game is different. Cribbage is also a fast game; experienced players can complete a game in 10 or 15 minutes.





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### **Brain Games continued:**

#### **Whist**

Whist is a game designed for 2 or 4 players. In its original form it's a fun game of strategy and communication between four players. All you need to play Whist is a deck of cards.

In Whist, the aim is to win the most tricks. A trick is scored after each of the four players has played one of their cards into the centre of the table and the player winning the most tricks will win the round. Before the game begins, players can specify a point threshold. The player then reaching the point threshold first across multiple rounds wins the game.

#### **Scrabble**

This is a great game for building and maintaining mental sharpness and dexterity. It challenges players to recollect the correct spelling of words, but to also use their language abilities in a creative way. You will need a Scrabble game board that comes with 100 letter tiles (and possibly a dictionary!).

Anywhere from two to four players can enjoy a game. The object when playing is to score more points than other players. As words are placed on the game board, points are collected and each letter that is used in the game will have a different point value (this will depend on how rare the letter is and how difficult it may be to play that letter). The strategy is to play words that have the highest possible score based on the combination of letters.

### **Featured Activity: Arts & Crafts**

Show us your creative side by letting us know what you have been making, sewing or painting! Creating art keeps your mind stimulated and can help to improve mental health. Be sure to send us a photo or video of your creations!

#### **Examples of your work might include:**

- *Knitting*
- *Crochet*
- *Needlework*
- *Quilting*
- *Photography*
- *Fine arts & painting*
- *Woodworking*
- *Pottery & Ceramics*
- *Miscellaneous items such as jewelry, leather work, folk art etc.*



**\*The basic playing rules and demonstration videos of any of these featured activities can be found online with a simple Google search.**

