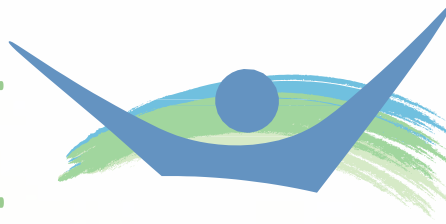


Manitoba 55+ Games 2021

EXTENDED to August 31, 2021



Manitoba 55+

PRESENTED BY  **PLAYNOW**

Virtually June 14 - August 31, until we can meet

Count yourself in. Be a participant.

Do your thing, your way.

Join us virtually June 14 – August 31, 2021

What are the 55+ Games and how do I participate?

The Manitoba 55+ Games have been in existence since 1983, encouraging older adults to participate, try new activities and have fun. Amid a pandemic, hosting a large-scale in-person event was not possible. AAIM has pivoted and re-focused the Manitoba 55+ Games virtually for 2021.

Safety is our top priority; we are bringing the games to you, close to home. We have our key 'core' Game events for you to choose from; in addition, we have expanded beyond the 'core' Game events, allowing you to choose other activities that you are able to do safely within our communities and individual 'bubbles' while abiding by the current public health orders.

Featured Core Games Events & More:

- 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
- Arts & Craft
- Horseshoes
- Bocce Ball
- Tennis
- Badminton
- Pickleball
- Cribbage
- Whist
- Scrabble



WE'VE EXPANDED beyond the 'CORE' Games events.
Example: Kayaking, Canoeing, etc., anything that can be done safely.



When: Monday, June 14 – Friday, August 31, 2021. You have an entire month to participate!

Where: Close to home, safely in your community with the people in your 'bubble.'

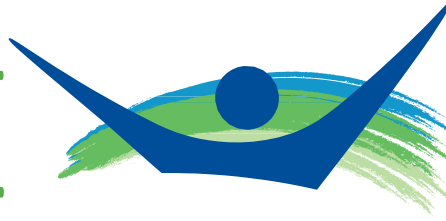
Registration is FREE!

*Registration is required to be eligible for prizes
Register any time between June 14 - August 31, 2021



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Be part of something GREAT! Commit to a healthier, more active YOU this summer and COMMIT TO PARTICIPATE with these 3 easy steps:

1. REGISTER

Select which Virtual Games event or activity that you would like to enjoy during June 14 - August 31, 2021 from the enclosed list.

Fill out the attached registration form with your information and send it to the MB 55+ Games office:

By Mail:

Active Aging in Manitoba (AAIM)
1075 Leila Avenue, Winnipeg MB R2P 2W7

Email:

manitoba55plusgames@gmail.com

You can also call us at the MB 55+ Games office (204-261-9257 or toll-free at 1-866-202-6663) and let us know that you are taking the pledge.

2. TRACK

Keep track of your event or activity during **June 14 – August 31, 2021** with the enclosed activity tracker. Count yourself in. Celebrate your personal achievements!

3. SHARE

After the participation period (June 14 - August 31) share your personal participation story with us and be entered to WIN some amazing prizes! Email or mail us a story, photo or video of you participating and tell us about your experience! Please see the contact information listed above.

You don't need to be an athletic superstar to participate.

Our 55+Games are all about participation, fun and engagement. Check out the Games Event guide for more information about how to play an activity or event. There is something for everyone!

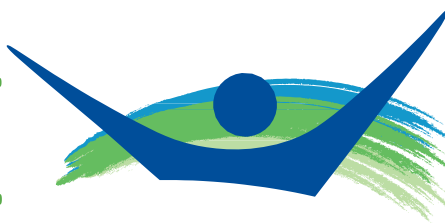
For more information:

- Check out our Frequently Asked Questions (FAQ) sheet
- Contact our games office at 204-261-9257
- Email Games Coordinator: manitoba55plusgames@gmail.com
- Visit the Active Aging in MB website: www.activeagingmb.ca



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We want to know how you are staying active!

Register with us and your name will be entered in a draw for some active aging prizes. You could win a set of Urban Poles (walking poles), T-Shirts, Exercise bands or gift certificates.

Fill out this registration form and send it to Active Aging in Manitoba:

By mail: Active Aging in Manitoba (AAIM)
1075 Leila Avenue
Winnipeg, Manitoba R2P 2W7

By email: manitoba55plusgames@gmail.com

My name is (please print):

(First Name)

(Last Name)

Mailing address:

(Apt/Street #)

(Street)

(Town/City)

(Postal Code)

Phone number:

Email address:

(Optional) Birthdate:

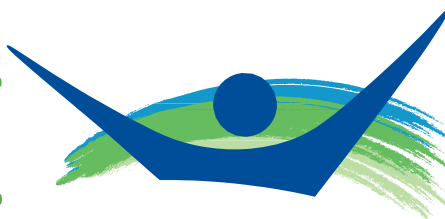
(Month / Day/ Year)

What 55+ Games event(s) are you participating in to help you stay active and connected?



Manitoba 55+ Games 2021

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Manitoba 55+ Games

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Share your experience with us!

Congratulations

You did it! Now, tell us about your experience. After the participation period (June 14 - August 31) share your personal participation story with us and be entered to WIN some amazing prizes!

Along with your completed Activity Tracker, email or mail us a **story, photo or video** of you participating and tell us about your experience.

By mail: Active Aging in Manitoba (AAIM)
1075 Leila Avenue
Winnipeg, Manitoba R2P 2W7

By email: manitoba55plusgames@gmail.com

Reflection - some thoughts to get you started:

- What event/activity did you enjoy?
- How did it make you feel?
- What did you discover?
- Were there any obstacles you had to overcome?

Tell us about your Virtual Games experience:

(Please use other side if you need more space)

How to share your digital pictures

1. Find the picture you want to share on your cellular phone, tablet, or digital camera.
2. If you are using a digital camera, you can print your picture or download it to a computer.
3. Attach the photos you wish to share to an email along with your story and activity tracker and send to: manitoba55plusgames@gmail.com



**If you need assistance, please give us a call at the Games office at (204) 261-9257*