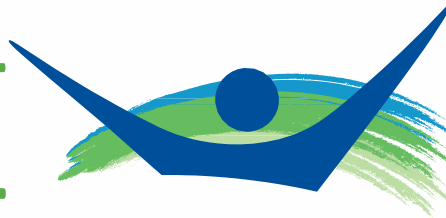


# Manitoba 55+ Games 2021

EXTENDED to August 31, 2021



## Manitoba 55+ Games

PRESENTED BY **PLAYNOW**

Virtually June 14 - August 31, until we can meet again.

## Frequently Asked Questions:

### Why are these Games being presented virtually?

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 re-focused the Manitoba 55+ Games virtually for 2021.

### When will these games run from?

From JUNE 14 to AUGUST 31, 2021. You have an entire month to participate!

### How many people are expected to participate in these virtual games?

We expect that anywhere from 800 -1000 55+ Manitobans will participate.

### What event/activities can I participate in?

- 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
- Horseshoes
- Arts & Crafts
- **WE'VE EXPANDED** beyond the 'CORE' Games events.
- Pickleball
- Badminton
- Tennis
- Cribbage
- Whist
- Scrabble

Example: Kayaking, Canoeing, etc., anything that can be done safely.



### Who can I participate with?

These featured events and activities can be done on your own, with a partner/spouse or with a friend that is in your "bubble", while taking into consideration the current public health orders.

### Does it cost anything to participate in the MB 55+ Virtual Games?

It's FREE to register and participate! We recommend that you register prior to June 14th; however, you can register at any time throughout the month too. It's never too late to join in on the fun.

### This sounds great! How do I get started?

Visit our website ([www.activeagingmb.ca](http://www.activeagingmb.ca)) and click on the Games page. From there, you can download the virtual games info booklet (with registration information), activity tracker and an events guide.

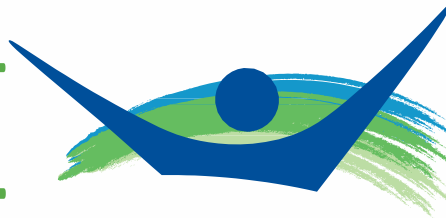
### How do I participate safely?

Safety is our top priority; we are bringing the games to you, close to home. Events have been selected based on what we are able to do safely within our communities and individual 'bubbles' while still abiding by the current public health orders.



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*Virtually, until we can meet again.*



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## How often should I participate in my event/activity?

It's entirely up to you! You can try out a few activities for a few days a week/month or try to challenge yourself and stick with a daily activity. Do your thing, your way.

Keep track of your event or activity during June 14 - August 31, 2021 with the activity tracker. Celebrate your personal achievements!

## Can I do multiple events/activities?

YES! Pick one or pick five - it's up to you!

## When do I submit my activity tracker/story/pictures to AAIM?

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.

## What will happen to my submission?

Your virtual games submission will be entered into a draw for some great prizes! We will contact you if you are a winner.

## Do I need to send a submission to AAIM to be eligible for prizes?

YES - we want to hear about your virtual games experience!

## How will my story/pictures be shared after I submit them to AAIM?

The AAIM office will be creating a storyboard with the entries we receive. Pictures will also be used for general active aging promotional purposes.



## Who do I contact if I have questions or need help with my submission?

You can call or email us at the MB 55+ Games office:

**Email:** manitoba55plusgames@gmail.com

**Phone:** 204-261-9257 or toll-free: 1-866-202-6663



## For more information:

- Contact our games office at 204-261-9257
- Email Games Coordinator: [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com)
- Visit the Active Aging in MB website: [www.activeagingmb.ca](http://www.activeagingmb.ca)

