



## Selkirk re-ignites the 2022 Manitoba 55+ Games June 7-9th

**March, 2022** – Active Aging in Manitoba (AAIM) is pleased to announce that Selkirk will act as the official host community for the Manitoba 55+ Games, June 7-9, 2022. Active Aging in Manitoba (AAIM) coordinates these annual games through partnerships with the provincial 55+ Games Committee and the Host committee from Selkirk, as a celebration of healthy living and proof that Manitobans of all ages can lead active, engaged, and healthy lives. The games emphasize recreational activities combined with social and cultural experiences.

Athletes from across the province will gather in Selkirk, MB to participate in the largest 55+ multi-sport event in Manitoba. Offering age-friendly competition in over 15 events ranging from Bowling to Pickleball and Slo-Pitch. The games are open to anyone 55 years of age or older, with many participants in their 80's and 90's.

Selkirk was onboard in 2020, but the 55+ Games had to be put on hold due to the pandemic. The community is excited to re-kindle the spirit of the Games and move forward with hosting the event this summer. With events and volunteers in place all set to go in 2020, Selkirk is re-grouping to ensure everything is in place for an exciting 3 days this June 2022.

The Selkirk host community has joined forces with the Gordon Howard Senior Centre to deliver the games. Gerry Hamm, Host Committee Chair states, "It's a tremendous honour to continue the tradition of the Games as the host city and we know the entire community is looking forward to welcoming athletes and visitors to Selkirk."

The Gordon Howard Executive Director, Lee Hanson says "These games will provide an excellent opportunity for Selkirk to strengthen its local economy as it showcases our city and its sport and recreation facilities to visitors and participants."

Safety is top of mind. AAIM and the Selkirk Host Committee will ensure a safe environment, making some adjustments to events and activities, abiding by the current public health guidelines

AAIM's Executive Director, Karin Whalen relays, "We were very impressed with the passion and continued commitment from the Selkirk Host Committee and the city of Selkirk, and we are confident that the fine people in the community will set the stage for a memorable experience in June!"

Last year was inception of the 55+ Virtual Games, a resounding success with over 45 communities taking part. On the heels of the in-person Games in Selkirk, a month long set of Virtual Games, June 10 – July 10, 2022, will take place for anyone interested in continued participation or just joining in; allowing for greater capacity, reach, inclusion, and needed motivation to move!

*Manitoba 55+ Games staff or former Games participants can be available for interview and photos.*

### [For details contact:](#)

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