

THE FINISH LINE

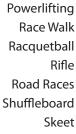
Arizona's Leader in Senior Fitness



THERE'S A CHAMPION IN YOU! Come be a part of the ARIZONA SENIOR OLYMPICS

February 17 - March 11, 2018

Alpine Skiing
Archery
Badminton
Basketball
Basketball Throw
Billiards
Bocce
Bowling
Cycling
Golf
Handball
Pickleball



Skeet Softball Sporting Clays Swimming Swim Relays Table Tennis Tai Chi

> Track & Field Trap Triathlon

Triathlon Volleyball

Tennis



We're making fitness and good health fun by giving you a reason to train and get ready for one of the most satisfying experiences of your life: the Senior Olympics!

You don't have to be a great athlete; you'll have a wonderful time just participating with people like yourself who want to remain active and able throughout their lives.

REGISTRATION IS NOW OPEN

For detailed information go to www.seniorgames.org

Check us out on FACEBOOK by searching 'Arizona Senior Olympics'

Office hours: Monday-Thursday,

9am-4pm

Phone: 602-274-7742



New ASO store open

Free shipping during the games

Arizona Senior Olympics is proud to announce the opening of our new store with a special offer of free shipping during the 2018 games. Our 2018 athlete shirt, as well as other fun shirts, are available, and in the weeks to come, other merchandise related to the Senior Games and fitness will be available. All profits that ASO gains from the store will go directly into our health and wellness programs for seniors, including the Annual Senior Olympic Games.



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Volunteer: We need your help

The Arizona Senior Olympic Games are coming up on February 17 and will run until March 11. Each year, Arizona Senior Olympics needs several hundred volunteers to make the events run well. Each sport requires people to help in various ways, and there is very little training required to do the job well. Your efforts as a volunteer will be appreciated by the athletes, and you will be making the Arizona Senior Olympics possible, helping hundreds of seniors to stay active and healthy.

Here are tasks with which we need help:

Track and field: Field assistants and those who can help to measure distances **Volleyball:** Scorekeepers and hospitality helpers

Basketball: Scorekeepers, timers and hospitality helpers

Basketball hot shot and free throw: Scorekeepers, timers and hospitality helpers

Swim relays: Timers

Road races: Timers, water station helpers **For all events:** Check-in clerks, result tabulators, hospitality helpers, award presenters, award announcers, award coordinators

If you have a minimum of five hours to give, we need you! You will receive a volunteer T-shirt and instructions for your task. For more information or to respond, please call the ASO office at 602-274-7742.



The Finish Line Newsletter is produced by Arizona Senior Olympics, founded by:



City of Phoenix

PARKS AND RECREATION DEPARTMENT

in partnership with the cities of Chandler, Glendale, Mesa, Peoria, Scottsdale, Tempe and the communities of Sun City, Sun City West and Sun City Grand

Arizona Senior Olympics

P.O. Box 33278, Phoenix, AZ 85067-3278 **602-274-7742 Follow u**

www.seniorgames.org

www.seniorgames.org



Overture Kierland sponsorship announced

Arizona Senior Olympics has recently announced that Overture Kierland has joined the Arizona Senior Olympics with a Blue Ribbon sponsorship.

A beautiful community for those 55 and better, Overture Kierland offers maintenance-free living, community activities, numerous amenities, and a resort-inspired "Soul" program – designed to encompass the vitality, luxury, relaxation, connection and culture you want in your home. Irene Stillwell, Arizona Lifelong Fitness Foundation Executive Director, said, "We are delighted to have our 2018 Arizona Senior Olympic Games sponsored by an organization that offers programs of wellness and fitness to their residents. We look forward to introducing this beautiful project to our athletes."

Athletes who are looking to transition to a home that is worry- and maintenance-free are invited to call 480-351-4817 or visit liveoverture.com/communities/Scottsdale.

7 DAY FORECAST NY WEATHER AUTHORITY MON TUE WED THU FRI SAT

A word about the weather

Anyone who has lived in Arizona for a while knows that the weather is sometimes unpredictable. Especially in recent years, we have been surprised by hot weather when it used to be cool and cold weather when it used to be hot. Although events have very seldom been rained out, we can never be sure about the weather during the time of the Games.

Here is some information you may need about the upcoming Annual Senior

Olympic Games. Events are not canceled due to bad weather unless it is unsafe for the athletes.

If there is bad weather and you are not sure if an event has been canceled, you can call our main phone line at 602-274-7742 and there will be a recorded message, or if there is time, an email will be sent out to inform all affected athletes.

Our weather in Arizona is wonderful in February and March, but when in doubt, call, and watch your email!

A healthy half-dozen

It's only February, so it's not too late to think about doing a better job of taking care of your health this year. Here are a half-dozen tips that will get you started and on your way to better health:

1: Add a dose of Vitamin D. The main function of this supplement is for those who don't get 15 minutes of direct sunshine every day. A good place to start is 500 mg a day.

2: Exercise even if you don't work out. Harvard Medical School recommends "heel lifts" as one of the best exercises to prevent falling. Just stand by the sink, a dresser or chair for balance and rise up on your toes and back down. Try to do 25 toe rises several times a day - like when you're watching TV!

3: Floss your teeth and rinse your mouth. Bacteria in the mouth are not just bad for your teeth and gums but can affect other areas of the body as well. After flossing, rinse with an anti-bacterial such as Listerine.

- 4: Keep your sleeping area dark. You know all those lights from small electronics (even your smart phone) can disturb your sleep. Take them out of your bedroom or cover them up.
- 5: Watch those leftovers! Leftovers should be consumed within four days or six days after cooking and be stored in a refrigerator that keeps them at 41 degrees or lower.
- 6. Enjoy a "brain game." Computer games, board games, crosswords, etc. have been shown to be beneficial in reducing the risk of developing dementia or cognitive decline.



King Crossword

answers												
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E	Α	Т		Α	F	Т		D	Е	Т	Ε	R
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Α	D	D	Т	0		Α	D	Α	М	Α	N	Т
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Т	0	Ν	G		S	Ε	Ε		D	Ε	Ν	Υ

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	×		×		+					
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[;	30		18		24					

SCRAMBLERS

solution

1. Dream; 2. Rescue; 3. Agile; 4. Thin

Today's Word

CALENDAR

Even Exchange

Patron, Patton

Angel, Anger

Berlin, Merlin

Tough, Touch Relax, Relay

Stride, Strive Cookie, Rookie

Blame Blare

Masked, Mashed

Crate, Crane