



THE FINISH LINE

Arizona's Leader in Senior Fitness



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METABOLIC PROGRAM

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Looks like a home run!

(Special to Lovin' Life After 50)

California teams sweep 2017 tourney but Arizonans hit home

Fourteen enthusiastic women's softball teams descended on Peoria's Rio Vista Sports Complex on March 4th and 5th for what turned out to be one of the most exciting tournaments in Arizona Senior Olympics history. The teams represented three age groups, and each of those groups included a team from the California Spirit organization.

The first day of competition involved round robin play, with some of the younger teams mixing it up with older teams to provide the smaller bracket with some variety in their competitors. Sportsmanship (or it would it be sportswomanship?) abounded as players appreciated the opportunity to not only play, but to also watch others and cheer.

The record of the teams from the first day were used to place them in a double-elimination bracket on the second day. The smallest bracket, 70-plus, was decided early, with the gold medal going to California Spirit 70.

In the 60 bracket, the California Spirit team cruised through the winners' side of the bracket to the championship game, but was trailing by four runs in the bottom of the final, seventh inning. The lead had changed three times throughout the game, and California Spirit started a comeback of two runs. Then, with two runners on base, a walk-off run completed the come back and secured the gold medals for the out-of-state team. As is always the case at Arizona Senior Olympics events,

huge smiles and great sportsmanship were in abundance as congratulations were exchanged for a well-fought tournament.

The event was a challenge for Arizona Senior Olympics, as it was our tournament director's first weekend on the job. In a wonderful show of helpfulness, a group of players from Arizona met with him and ASO's executive director a couple weeks later to provide constructive suggestions and concrete offers of assistance for growing the softball tournament in the future. New dates, a larger facility, and some discount hotel arrangements for teams are all being explored. The 2018 tournament promises to be bigger, better and even more fun! ■

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



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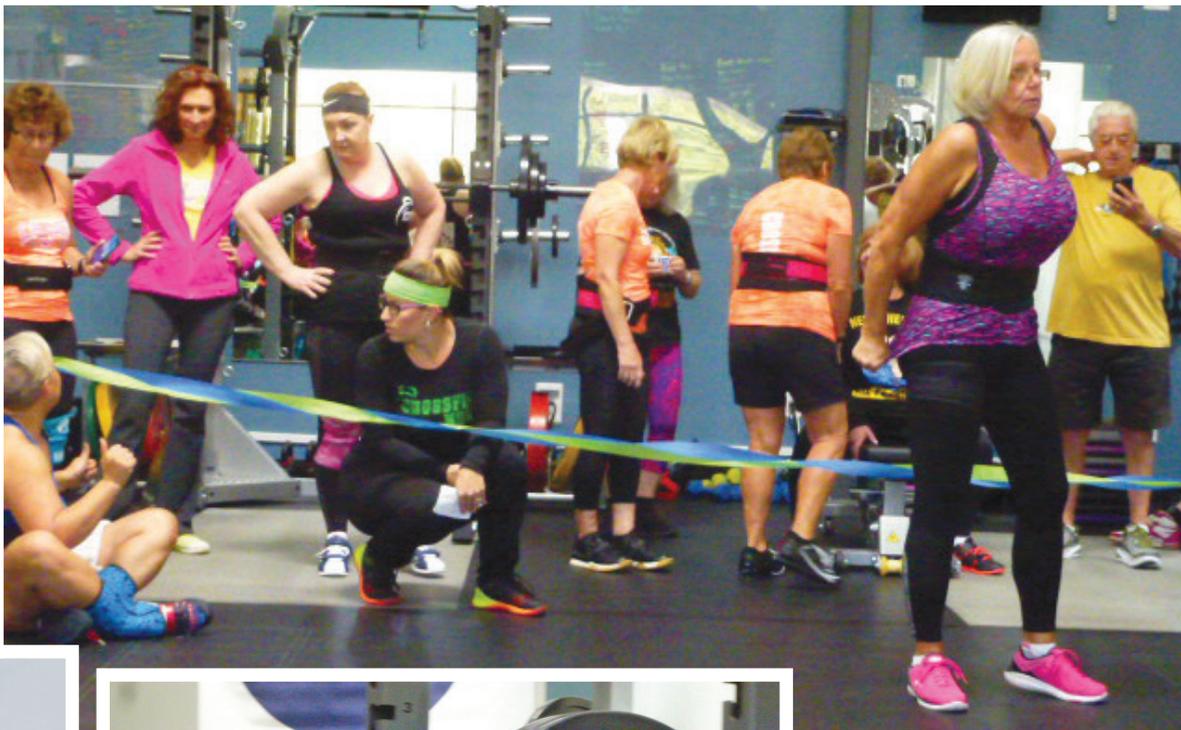
The 2017 Arizona Senior Olympic Games are over, but not quite

The 2017 Arizona Senior Olympic Games ended with the Triathlon on March 26th, with only one event incomplete. The Annual Fall Pickleball Tournament will once again be in October.

This year's games were, as always, filled with wonderful stories. Everywhere you looked seniors were smiling, greeting old friends, and working to perform at their "personal best." They have learned through the years that the motivation of competition helps them to stay active, fit and strong.

It is hoped that the pictures in this issue will inspire you to follow their example and begin an exercise program or go back to a sport that you once loved. Either way, you will be healthier for the effort.

The camaraderie of sports will inspire you, and Arizona Senior Olympics is ready to help you begin. ■



(Special to Lovin' Life After 50)
Power lifters share their techniques.



(Special to Lovin' Life After 50)

A vaulter clears the bar while clouds loom.



(Special to Lovin' Life After 50)
Months of training pay off.



(Special to Lovin' Life After 50)
A happy power lifter celebrates.



(Special to Lovin' Life After 50)

Dueling it out in doubles handball.



www.seniorgames.org

Give a triathlon a try

The Arizona Senior Olympics Triathlon will be the last sport in the games until the Pickleball Tournament in October.

Triathlons have been a part of American amateur sports for many years. It's an opportunity for senior athletes to test themselves in swimming, cycling and running. The ASO Tri is a sprint with distances of a 400-meter swim, 12-mile cycling course and 3-mile run.

The event is held in conjunction with the Anteater Tri-Family Racing Tri held each year in Goodyear. The facility is beautiful, the course is challenging and the people are friendly. This is a great tri to "try" if you are a first-timer. It's a multi-generational triathlon with a place for everyone. Awards for Senior Olympians are given separately and the fee includes a T-shirt. ■



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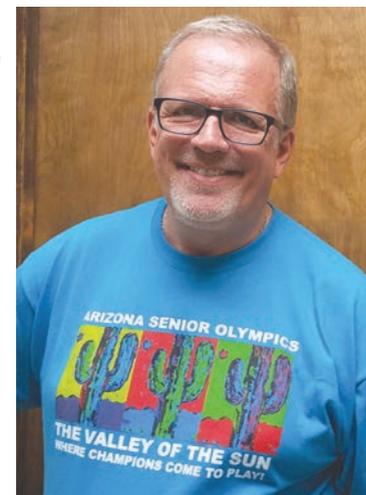
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HOW MANY? _____ SIZE(S) _____

Puzzle Answers ...from page 38

King Crossword — Answers

G	L	I	B	D	A	M	S	M	O	G	
L	O	C	I	I	G	O	T	I	D	E	
A	G	O	G	P	A	S	U	N	I	T	
M	E	N	T	A	L	S	T	A	I	N	S
		O	R	O		A	R	M			
R	A	M	P	M	I	N	U	T	I	A	E
E	L	I		A	K	A		Z	I	G	
M	I	N	I	S	T	E	R	B	E	R	G
		E	M	U		R	I	O			
S	E	R	A	P	H	A	N	N	A	L	S
C	R	A	G	A	P	T	M	O	A	T	
O	G	L	E	L	E	O	O	N	C	E	
T	O	S	S	E	A	R	T	E	E	M	

Even Exchange answers

- | | |
|-------------------|--------------------|
| 1. Lotion, Potion | 6. Hoover, Hooper |
| 2. Arbor, Ardor | 7. Trust, Crust |
| 3. Sundae, Sunday | 8. Baker, Biker |
| 4. Twirl, Twill | 9. Raffle, Waffle |
| 5. Audio, Audit | 10. Planet, Planes |

SCRAMBLERS

solution

1. Near; 2. Musk;
3. Entrap; 4. Smear

Today's Word
MAKEUP

Weekly SUDOKU

Answer

4	2	6	9	5	3	1	8	7
3	7	9	4	1	8	2	6	5
5	8	1	7	2	6	3	4	9
7	1	4	5	8	2	9	3	6
8	6	3	1	9	4	5	7	2
2	9	5	6	3	7	8	1	4
9	4	2	8	6	1	7	5	3
1	3	7	2	4	5	6	9	8
6	5	8	3	7	9	4	2	1

Go Figure!

answers

7	-	3	x	5	20
x		x		x	
4	+	6	x	2	20
-		+		+	
8	x	4	-	9	23
20		22		19	

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Reveal The Advantages And Rewards Of A Reverse Mortgage From Sun American Mortgage Company

10 Facts That Are Bound To Surprise You...

Sun American Mortgage Company established their role in Arizona over 25 years ago, educating and helping people enhance their retirement lifestyle with a Reverse Mortgage. In fact, Terry Turk, President of Sun American Mortgage Company, wrote the first Reverse Mortgage in Arizona in 1989.

With current interest rates near an all time low, this is the absolute best time to consider a Reverse Mortgage. Most homeowners over the age of 62, with equity in their home, are eligible for a Reverse Mortgage. The benefits are plentiful. Just to list a few, explore the following 10 possible usages of your HECM Reverse Mortgage:

1. Pay off your forward mortgage to reduce your monthly expenses.
2. Re-model your home to accommodate aging limitations.
3. Cover monthly expenses and hold on to other assets while their value continues to grow.
4. Pay for health insurance during early retirement years until Medicare eligible at 65.
5. Pay for your children's or grandchildren's college or professional education.
6. Maintain a "standby" cash reserve to get you through the ups and downs of investment markets and give you more flexibility.
7. Combine proceeds with sale of one home to buy a new home without a forward mortgage and monthly mortgage payments.
8. Pay for long-term care needs.
9. Fill the gap in a retirement plan caused by lower than expected returns on your assets.

10. Pay for short-term in-home care or physical therapy following an accident or medical episode.

Sun American's mortgage experts, licensed CPAs, and financial planners are eager to help people get the most out of their retirement. When asked why they continue to do Reverse Mortgages, Terry simply stated "We do this because a Reverse Mortgage can really make a significantly positive difference in our clients' retirements, and in their lives! The security and peace of mind people gain when a Reverse Mortgage is done correctly is immense, and it will help them sleep at night."

For more information, just call Parker Turk or Rex Duffin at Sun American Mortgage Company

(480) 832-4343
or toll-free at 1(800) 469-7383

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Se habla Español

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