

The Good Life

Travel, Leisure & Fun for South Valley Adults 50+

September / October 2015 • Volume 2, Number 5

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2015 Visalia Senior Games Likely to Exceed Expectations

By Steve Pastir

Response to the 2015 Visalia Senior Games, the first event of its kind for seniors in the South Valley, has been “real good,” according to Allison Lambert, recreation supervisor for the Visalia Parks and Recreation Department. “Right now (as of September 4), we have just under 100 athletes registered.”

When they started, members of the Senior Games committee had no idea how many seniors

would participate in the first year of the event. “The feedback we got was 50 would be great for the first year,” said Lambert. “I think now our dream number is 300.”

That dream number could become a reality, now that the event was announced statewide on August 31. “There's already been a big influx of phone calls and emails,” said Lambert.

Although the committee refers to those who register in the



games as “athletes,” they explained that “participants” is a more accurate term. “The word ‘athlete’ can be intimidating, and you don't have to be a retired pro to be able to come out,” said Lambert.

“We welcome participants of all abilities and all levels,” added Recreation Supervisor Jason Glick.

The 2015 Visalia Senior Games are open to all men and women 50 and over. The nine areas of competition are archery, bowling, golf, horseshoes, pickleball, softball, table tennis, tennis and the 5K/10K road race. Competition in each sport will be divided into age groups, and most of the games will be held at Plaza Park.

So far, the sport with the most registrants is pickleball, “hands down” according to Glick. Next is tennis, followed by the 5K/10K road race.

To register for the games – or for more information – visit www.visaliaseniorgames.com. There is a \$25 registration fee for all participants, with individual entry fees for the competitions ranging from \$10 for horseshoes to \$75 for golf. The deadline to register is Thursday, October 8.

“Every athlete will receive an event T-shirt and if they place (first, second or third), they get a medal,” said Lambert, who added that spectators are welcome at all events. “They can come out to support the participants. We're happy to have them to cheer them on.”

Free healthy snacks and water will be available to all participants. The committee is currently lining up vendors to offer food and beverages for sale to spectators.

See Senior Games on page 8



Softball is one of the nine sports in the 2015 Visalia Senior Games.

Tulare County Walk to End Alzheimer's Set for October 3

The 2nd Annual Alzheimer's Association Walk to End Alzheimer's will be held Saturday, October 3 at Mooney Grove Park in Visalia. Close to 500 people from throughout the Tulare and Kings County area are expected to participate in this event to raise awareness and funds to fight the disease.

In addition to a 5K route, the event will include entertainment, food, awards and a family festival with a KidZone. Walkers who raise \$100 receive a commemorative T-shirt, and there are prizes for top fundraising teams and individuals. Onsite registration opens at 9 a.m., opening ceremonies begin at



The Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research.

10 a.m. and the walk begins at 10:30 a.m.

The Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in hundreds of communities across the country, this inspiring event calls on volunteers of all ages to

become “Champions” and raise funds in the fight against Alzheimer's, the nation's sixth leading cause of death. Champions include those living with the disease, families, caregivers, and corporate and community leaders who actively support the Walk to End Alzheimer's.

To start a team, make a

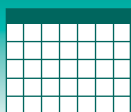
donation or volunteer, contact the Alzheimer's Association at www.alz.org/socal or (323) 930-6228.

All Walk to End Alzheimer's donations benefit the Alzheimer's Association, the world's leading voluntary health organization in Alzheimer's care, support and research. The mission of the association is to

eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

For more information about the Alzheimer's Association, visit www.alz.org/socal or call 1-800-272-3900.

Calendar of Events



Around the South Valley

September 25-27 – 14th Annual Visalia Home Expo

This annual event, held at the Visalia Convention Center, features more than 250 booths showcasing a variety of home products and services, many offering demonstrations and opportunities to talk to industry experts, along with chances to win prizes such as a queen size sleep system or framed cowboy art. For more information, visit www.showcaseevents.net or call 1-800-700-7469.

Saturday, September 26 - The Red Carpet Masquerade Ball

Porterville Adult Day Services will present this fundraising event from 5:30-10 p.m., featuring both a live and silent auction. PADS' mission is to provide continuing supportive services for caregivers and to serve those adults who cannot stay home alone safely, including those with Alzheimer's disease and other related forms of dementia, in order to prevent premature long-term placement. For more information, call (559) 783-9815.

Saturday, October 3 – Walk to End Alzheimer's

The Alzheimer's Association will host this fundraising event at Mooney Grove Park beginning at 8 a.m. (See page 1 for more information.)

Saturday, October 3 – Sierra Village Car Show

Sierra Village Christian Retirement & Assisted Living Community will host this event, featuring classic cars and trucks, and an opportunity to tour the grounds and see some of the home interiors, from 8 a.m. to 2 p.m. at 1 Molenstraat in Visalia. For more information, call 739-8330.

Saturday, October 3 – Tulare County Symphony Presents 'Celebración!'

Old and new favorites of Latin American orchestral music will shine with the romantic rhythms of Central and South America.

Tickets for the 7:30 p.m. performance are \$30 - \$39.50. For tickets or more information, visit www.foxvisalia.org or call 625-1369.

October 5, 7 & 8 – AARP Driver Safety Courses

A two-day, eight-hour AARP Driver Safety class is scheduled for 1-5 p.m. on October 7, and 1-5 p.m. on October 8 at the Lemoore Senior Center, 789 S. 18th Ave., Lemoore. This course teaches seniors how to adjust driving in response to age-related physical changes. It assists with rules of the road, local driving problems and safety tips. This class is offered for a fee of \$15 for AARP members, and \$20 for non-members. Anyone 50 years of age or older may attend. A four-hour Renewal Course will be offered from 1-5 p.m. on October 5 for seniors who have taken an eight-hour class within the last four years. To register or for more information, call 852-2828.

Tuesday, October 6 – Healthy Living & Information Faire

The City of Tulare will present this event for seniors, families and caregivers, at the Tulare Senior Community Center, 201 North F St., Tulare, from 9 a.m. to noon. Local vendors will provide information on health, fitness, medical facilities, alternative medicine, specialists, pharmacies, financial assistance and funeral assistance. There will also be raffle prizes and refreshments. For more information, call 685-2330.

Saturday, October 10 – Free Abdominal Aortic Aneurysm Screening

Kaweah Delta Health Care District will host a free screening for abdominal aortic aneurysms from 8 a.m. to noon at Kaweah Delta Imaging Center, 4949 W. Cypress Ave., Visalia. Those who are 60 years or older and have high blood pressure, high cholesterol, emphysema or obesity should be screened, along with men and women 50 years and older with a family history of the condition. Advance registration is required by calling 625-4118.

Saturday, October 17 – 4th Annual Classic Car Show at Westgate Gardens

Westgate Gardens Care Center will host this free event, which features a free lunch, raffle prizes, live music and fun for the kids, on their grounds at 4525 W. Tulare Ave. in Visalia. Free registration for all classic cars. For more information, call 733-0901.

Thursday, November 19 – 'A Festival of Trees' in Three Rivers

St. Anthony's Retreat and Santa Teresita Youth Conference Center will host this fundraising event to benefit many local nonprofits. The event features wine tasting from local wineries, hors d'oeuvres from the chefs at The Retreat

Veteran's Corner



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Direct service connection will meet all three of the above conditions. If you injured your knee while in the service and sought treatment for it, the treatment was documented in your medical record. Upon discharge, your knee problem may have continued, and you sought treatment from your personal doctor. In this case, two of the requirements for the VA are now met. The last item can come from your personal doctor making the link with a

statement that the current injury is "more likely than not" related to the original injury sustained in the service. Just the fact that you have sought further treatment can serve as evidence of a chronic disability.

Presumptive service connection refers to disabilities that may relate to health conditions from possible exposures while in service. For example, a Vietnam veteran exposed to Agent Orange (AO) may have a recognized disability. Exposure to AO itself not considered a disability, but studies suggest that exposure can be linked to some disabilities, which may make them service-connected. When filing this claim, there is no requirement that your doctor link the two; the VA will presume that your exposure caused the disability.

The VA requires your first claim be filed on a specific form in order for it to be considered legal; our office can help you complete the correct form and submit it to the VA to get the process started.

Ken Cruickshank, retired Navy Master Chief Petty Officer, is the Veterans Services Officer for Tulare County. Send your questions to the Veterans Service Office, 205 N. L St., Tulare, call (559) 684-4960 or kcruicks@tularehhsa.org.

Center, and a no-host cocktail bar. A silent auction with many beautiful and handmade items starts at 6 p.m. Small but beautifully adorned trees will go up for auction beginning at 7 p.m. Tickets are \$25 per person and include a commemorative wine glass. For more information or to purchase tickets, visit www.stanthonyretreat.org or call 561-4595.

For more events, go to our website www.TheGoodLifeSV.com

To submit events to the calendar, mail to Kast & Company Communications, P.O. Box 7173, Visalia, CA 93290, or e-mail to Editor@TheGoodLifeSV.com. Submissions must be appropriate for The Good Life readership of 50-and-over, and be received by the 15th of the month prior to publication.

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14 Million Americans in Incidents Caused by Elderly Drivers Last Year

Approximately 14 million Americans ages 18-64 years old were involved in an accident or near-accident caused by an elderly driver (ages 65 and older) in the past 12 months, according to a new Caring.com survey. Millennials (Americans ages 18-29) were the most likely to have been involved in an incident with an elderly driver.

While elderly drivers may have a bad reputation on the road, they are not widely perceived as more dangerous than drunk drivers, teen drivers or distracted drivers. Surprisingly, however, Americans ages 65 and older are one of the groups most likely to think that elderly drivers are more dangerous than drunk drivers.

Driving can be a sore topic for many older Americans.

"Driving is often associated with independence and freedom, which is why many senior citizens are reluctant to give up their car keys," said Andy Cohen, CEO of Caring.com.

While senior citizens may dread losing their driving privileges, their family members typically dread having the conversation about driving just as much. In fact, according to a past Caring.com and National Safety Council survey, 40% of Americans said they are not comfortable speaking to their parents about driving and would rather discuss funeral arrangements or selling their home.

In terms of who should determine whether an elderly



driver is no longer fit to drive, Americans are split between a doctor/caretaker (29%), family (25%) and the DMV or government (23%). Just 16% of Americans think the driver should make the decision for themselves.

Nearly one-third of Americans 65 years old and older (30%) actually prefer their family to determine whether or not they should still have a driver's license. Twenty-six percent of those 65 and older prefer to make the decision themselves, while 21% would like their doctor or caretaker to make the decision. Only 10% of senior citizens think the DMV or government should be able to make that decision.

"No one wants to be the one to take away Mom or Dad's keys, but sometimes it can be crucial for their safety," said Cohen. "Plus, many seniors would actually prefer to hear it from a family member than from a police officer on the road. There are numerous online resources that people can use to make the conversation go as smoothly as possible."

The survey was conducted by Princeton Survey Research Associates International and can be read at www.caring.com/research/senior-driving-data-2015.

Study Shows Increased Depression among Former Drivers

Older adults who have stopped driving are almost two times more likely to suffer from depression and nearly five times as likely to enter a long-term care facility than those who remain behind the wheel, according to a new report released by the AAA Foundation for Traffic Safety and Columbia University.

The study examined older adults who have permanently given up driving and the impact it has on their health and mental well-being. The importance of understanding the effects this lifestyle change has on older adults is essential, as the number of drivers aged 65 and older continues to increase in the United States with nearly 81% of the 39.5 million seniors in this age group still behind the wheel.

"This comprehensive review of research confirmed the consequences of driving cessation in older adults," said Peter Kissinger, president and CEO of the foundation. "The decision to stop driving, whether voluntary or involuntary, appears to contribute to a variety of health problems for seniors, particularly depression as social circles are greatly reduced."

The AAA Foundation's report, Driving Cessation and Health Outcomes for Older Adults, examined declines in general health and physical, social and cognitive functions in former drivers. With the cessation of driving, the study found:

- Diminished productivity and low participation in daily life activities outside of the home
- Risk of depression nearly doubled
- 51% reduction in the size of social networks over a 13-year period
- Accelerated decline in cognitive ability over a 10-year period
- Former drivers were five times as likely to be admitted to a long term care facility.

"Maintaining independence by continuing to drive safely is important to overall health and well-being," said Kissinger. "When the decision is made to relinquish the keys, it is vital to mitigate the potential negative effects through participation in programs that allow seniors to remain mobile and socially connected."

As a leading advocate for senior driver safety, AAA provides many programs and resources for senior drivers including Roadwise Review Online, a free and confidential screening/self-assessment tool developed by AAA to help older drivers measure certain mental and physical abilities important for safe driving. In as little as 30 minutes, users can identify and get further guidance on the physical and mental skills that need improvement – all in the privacy of their own home.

For more information on the free resources AAA offers to older drivers, visit SeniorDriving.AAA.com.

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News

2015 White House Conference on Aging Covers Range of Topics

The 2015 White House Conference on Aging (WHCOA) was held at the White House over the summer. In addition to the older Americans, community leaders and advocates in attendance, there were more than 700 watch parties, representing every state of the Union.

Speakers and audience participants discussed a wide range of topics from caregiving to financial security to technology and more. The 2015 White House Conference on Aging highlighted the importance of supporting the aging population in the United States. The Obama



President Obama delivers remarks in the East Room of the White House

Administration announced a number of key deliverables to help empower Americans as

they age.

President Barack Obama, who delivered his remarks in

the East Room of the White House, noted that one of the best measures of a country is how it treats its older citizens. He said that some of this country's greatest triumphs are Medicare, Medicaid and Social Security, created by Congress in 1965 and 1935, respectively.

"Together we declared that every citizen of this country deserves a basic measure of security and dignity," Obama said. "That choice saved millions upon millions of our people from poverty, and allowed them to live longer and better lives."

See Aging on page 7

September is National Fall Prevention Awareness Month

The 2015 White House Conference on Aging marked the 50th anniversary of Medicare, Medicaid and the Older Americans Act, sparking conversation on how to tackle various issues surrounding aging Americans. One of these issues was fall prevention, an

important component to Healthy Aging, which was one of the four major themes of the conference.

September is National Fall Prevention Awareness Month and BrightStar Care, a national home care franchise, is seeking to educate Americans on risk factors that can

contribute to these deadly falls. The company is actively providing educational advice on fall prevention and working as a clinical ally to both clients and families looking to identify a loved one's risk of falling.

With one out of three adults aged 65 and over suffering a fall each year, Sharon Roth Maguire, MS, RN, chief clinical quality officer of BrightStar Care, offers the

See Fall Prevention on page 7



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Springville	35800 Hwy. 190
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History

Dusting Off History with Terry Ommen



The Phantom Tulare Lake

Beginning about two million years ago, our valley was home to a huge freshwater lake. For hundreds – perhaps thousands – of years, it provided native people with food, and for a much shorter time, it was used by European settlers for fishing and hunting.

For much of its life, the lake was a substantial body of water, however, the lake's size was dependent on the rivers, creeks and sloughs that fed it with Sierra Nevada runoff. When the water deposits were generous, it reportedly spread to about 30 miles wide and 50 miles long. During drought years and periods of little mountain snow, the lake would nearly go dry. But despite its dramatic size fluctuations, in its heyday Tulare Lake was called the largest freshwater lake west of the Great Lakes.

Fortunately, one pioneer, James W. A. Wright, chronicled

his lake experiences, giving us a glimpse of what this interesting body of water was like. Wright's Tulare Lake adventure began in Flap Jack Canyon on the road to Mineral King in 1881. While watering his horse, Wright met a man who had two freshly cut poles on his wagon. The man was T. J. Conley and when asked about the poles, he explained they were for the new masts for his schooner on Tulare Lake. The two men made plans for a future sail.

On May 15, 1882, Wright left his Hanford home to begin his six-day adventure. He boarded the 32' sailing ship called the "Water Witch," anchored near Lemoore. Captain Conley had rescued the boat and rebuilt it after finding it stuck in the mud at the mouth of the Kings River in 1880.

The next morning, they set sail on a gentle breeze. From

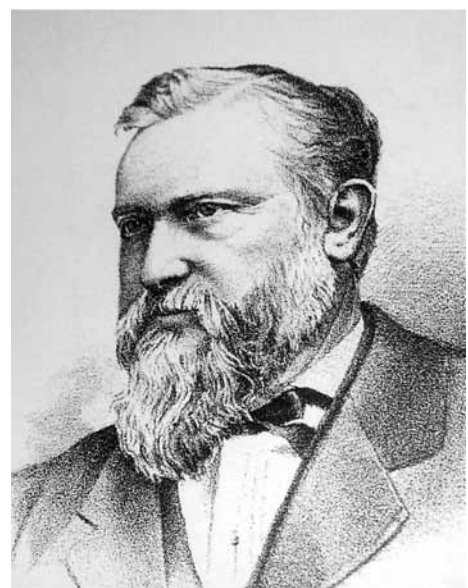


A map created by Augusta Mitchell, Jr. shows the Tulare Lake as it appeared in 1860.

time to time, the ship would pass large clumps of floating waterweeds that attracted lots of fish and terrapins (turtles). Fish jumped out of the water, and the heads of the small terrapins popped through the surface. Wright learned that the terrapins were the highly prized main ingredient in turtle soup, enjoyed in the fancy restaurants of San Francisco. Birds like cormorants, pelicans, grebes, swans, geese, seagulls and ducks dotted the shoreline and filled the air.

From time to time, the Water Witch would pass close to shore and coyotes were seen and heard. Cattle that had become mired in the boggy mud were easy prey for these aggressive carnivores.

The lake had several islands, two of which were Pelican Island and Gull Island, both nearly a mile long and from 10' to 60' wide. The larger Skull Island was made up of sand dunes with considerable salt grass. Many human bones could be seen sticking out of



James William Abert Wright as he appeared in Wallace Elliott's History of Tulare County, 1883

the sand and Wright concluded that it was an old burial ground used by native people. Atwell Island was a large sandbar with considerable vegetation, about seven to eight miles long and one to two miles wide. It was located where the town of Alpaugh is today.

The excursion was very pleasant, however, one night proved to be rather frightening. They had retired for the evening, and at about 10 p.m. an unexpected storm rolled in. The ship began to rock violently and Captain Conley quickly lifted the anchor and headed to the safety of Gordon's Point near the mouth of the Kings River.

Wright, a Princeton graduate and former captain in the Confederate Army, documented his trip and sensed the lake was dying. He was correct, and today Tulare Lake is gone because of water diverted elsewhere. Shortly after Wright's voyage, the Water Witch too was gone, destroyed in a storm on the lake.



Water Witch, the schooner that sailed the Tulare Lake, circa 1883



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Health

Seniors with Low Vision Can Decrease Reliance on Others

A significant obstacle for maintaining self-reliance for older people is low vision. A common condition for this age group, low vision can make everyday activities seem impossible, require the assistance of loved ones and caregivers and increase the risk of falls and mental health issues. The American Academy of Ophthalmology has provided tips to help older persons with low vision – and their loved ones – enhance the use of their remaining sight and maintain self-sufficiency at home.

By definition, low vision occurs when a person only has partial sight that cannot be corrected by glasses, contact lenses, medicine or surgery. It is characterized by blurred vision, blind spots or tunnel vision and often caused by age-related eye diseases such as glaucoma and age-related macular degeneration. Currently, more than 2.5 million Americans age 65 and older have low vision, but this number is projected to increase to 7 million by 2050 due to the growing aging population. While people with low vision disorders may depend on the support of loved ones and caregivers to help provide assistance at home,



ophthalmologists say there are ways to lessen this dependency for those with less severe forms of low vision.

"Having low vision can be challenging, but it doesn't have to mean giving up your independence," said Charles P. Wilkinson, M.D., chair of EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology that provides eye care to medically underserved seniors. "Just a few adjustments around the house can make a big difference in maintaining comfort and strengthening your ability to accomplish your normal daily activities with partial sight."

Here are some tips from the academy:

- **Set the scene** - Place furniture in small groupings so less distance vision is required during a conversation. Avoid upholstery and rugs with patterns, which can create visual confusion. Instead, find furniture with texture, which provides tactile clues for identification.

- **Increase contrast and color** - Set brightly colored accessories around the home to help with locating the items around them. Use contrasting colors to clearly define doorknobs, steps, doorframes, switch plates, outlets or stairway landings to help decrease risk of missteps and falls.

- **Make it bright** - Brighter lighting can help with reading and activities such as sewing or cooking. Provide plenty of floor lamps and table lamps to enhance overhead lighting. Remove mirrors that reflect lights to create a glare. Use window coverings that can allow natural light through.

- **Embrace technology** - There are a variety of technology-based tools for smartphones and tablets designed to aid people with low vision. One example is Spotlight Text, which can be configured to help people with particular patterns of low vision read with greater comfort.

- **Get rid of hazards** - Use non-glare products to clean floors instead of wax. Tape down area rugs and remove electrical cords from pathways to decrease risk of falling and injury.

- **Keep up with eye exams** - Several diseases that cause low vision, such as macular degeneration and glaucoma, are progressive and can get worse without proper monitoring and treatment. During a comprehensive eye exam, an ophthalmologist can identify both the type and severity of vision loss, and in some cases refer patients to low vision rehabilitation.

Qualifying seniors may be eligible for a comprehensive eye exam and up to one year of treatment often at no out-of-pocket cost through EyeCare America. For over 30 years, the program has helped more than 1.8 million older Americans maintain their independence by providing information resources and eye care through its corps of over 6,000 ophthalmologist volunteers.

For more information, visit www.eyecareamerica.org.



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Fall Prevention

from page 4

Following preventative measures that seniors and their families can take to actively combat the main causes of falling amongst seniors:

- Take the proper home safety measures and modifications to reduce home hazards that may attribute to falls
- Store important items in lower shelves/cabinets
- Clear all cords and wires out hallways and doorways
- Install ramps or sturdy handrails on indoor/outdoor staircases
- Install handrails and non-slip mats in the bathroom

- Be educated on both the prescription and nonprescription medication that a loved one is taking
- Falling is a common adverse effect of some medications
- Be sure to ask your pharmacist if medications associated with falls can be reduced or switched to a safer alternative
- Shift educational messages on falling to be positive and focused on healthy living/wellness
- Promote physical mobility and exercise to both support independent living and reduce falling
- Make sure to have the proper help



• Certain chronic conditions, such as Parkinson's or heart disease, can increase the risk of falling. Make sure a loved

one is properly cared for and that their treatment plans are being followed.

Aging

from page 4

Obama made a key announcement related to planning for retirement: the Labor Department is going to make it easier for state-based retirement savings initiatives to help workers who don't currently have access to a 401(k) at work save for retirement.

The president also touched on the many initiatives throughout the federal government that support older Americans. The life of the Medicare Trust Fund, for example, has been extended by 13 years since the Affordable Care Act was signed into law in 2010. As a result of the act, nine million seniors have received significant discounts on their prescription drugs, and

more than 40 million people on Medicare have received free preventive services. The president also talked about ways to combat elder abuse.

Department of Health and Human Services Secretary Sylvia Burwell highlighted the new steps her department is taking to improve the quality and safety of nursing homes, and shared a video recapping

the five WHCOA regional forums.

The agenda also included panel discussions on "Caregiving in America," "Financial Security at Every Age," "The Power of Intergenerational Connections," "Healthy Aging," "Elder Justice in the 21st Century" and "Technology and the Future of Aging."

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Alzheimer's Association Offers Helpline for Tulare County Residents

Imagine that you or a loved one is having memory problems. Is it normal aging, or is it something more? How can you tell?

What if someone you care about is having mood or personality changes? Could it be Alzheimer's disease or



THE BRAINS BEHIND SAVING YOURS:

dementia? What are the treatment choices? How can you prepare?

Even with a diagnosis, your doctor might not be able to answer every question. With

each passing day, your concerns and the issues grow.

Fortunately, there is help. The Alzheimer's Association has a toll-free Helpline for residents of Tulare County that operates 24/7, every day of the year at (800) 272-3900. No matter if it is day or night, or what your concern is, if it relates to Alzheimer's, dementia or memory loss, the Helpline can help you.

The Helpline uses knowledgeable staff and trained volunteers to answer questions and concerns of family members, caregivers, health care professionals and the general public. Some of the topics they are trained to help with are:

- Understanding memory loss, dementia and Alzheimer's
- Medications and treatment choices
- General information about aging and brain health
- How to develop skills to provide quality care and how to find the best care from professionals
- Legal, financial and living-arrangement decisions
- Referrals to local community

programs, services and ongoing support

The Helpline is available to anyone with a question or concern about Alzheimer's disease or dementia. A free translation service offers help in more than 140 languages and dialects. You call the Helpline toll-free, seven days a week from anywhere in the United States at (800) 272-3900 or visit www.alz.org/socal.

Senior Games

from page 1

The Opening Ceremony Celebration at 4 p.m. on Wednesday, October 21 at Riverway Sports Park, 3611 N. Dinuba Blvd., Visalia, will kick off the inaugural Visalia Senior Games. The ceremony will feature comments by local VIPs, and be followed by a parade of athletes, community booths, a barbecue, entertainment and a torch lighting. The event is free for registered athletes, \$10 for non-athletes.

The competition schedule starts at 9 a.m. on Thursday, October 22 with men's singles tennis, bowling, table tennis, horseshoes and softball. The Friday events include women's singles tennis, horseshoes, softball, women's doubles

pickleball, table tennis and a Friday Evening Social at Garden Street Plaza at 7 p.m. Archery, the 5K/10K road race, golf and men's doubles pickleball are set for Saturday. Sunday wraps up the Senior Games with archery, golf and mixed doubles pickleball.

Volunteers are needed before, during and after the games. "We are looking for volunteers for specific events, for setting up tables and chairs, setting up nets and taking them down, and for setting up refreshment tables," said Glick. He added that volunteers are also needed before the event to prepare packets.

For information about becoming a volunteer, a vendor or a participant, visit www.visaliaseniorgames.com or call 713-4365.



**Next Issue:
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Registration 8:00am
Opening Ceremony 9:30am
Walk Begins 10:00am

START A TEAM | alz.org/walk | 800.272.3900

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