



June 9th - 14th



**MJRSC—THE
CARE NETWORK**

Regional Services
Area Agency on Aging
Call a Ride Services

MIFFLIN-JUNIATA AREA AGENCY ON AGING, INC.
25 ROTHERMEL DRIVE
YEAGERTOWN, PA 17099 · 717-242-0315

MIFFLIN-JUNIATA AREA AGENCY ON AGING, INC.
25 ROTHERMEL DRIVE
YEAGERTOWN, PA 17099

Thank you to our Sponsors, Senior Games Committee, and all our participants for making the Senior Games possible!

Eligibility:

Mifflin & Juniata County residents who are 55 years of age or older may participate in Senior Games. Eligibility is determined by your age as of June 9, 2025. Standard age categories for Senior Games events will be: 55-69, 70-79, and 80+.

Registration:

The non-refundable **\$10.00 Registration Fee is due by May 23, 2025**, and can be mailed or dropped off between 8AM-4PM at MJAAA, 25 Rothermel Drive, Yeagertown, PA 17099. Your payment may be made in cash (in the correct amount, please), or by check or money order made out to MJAAA, Inc.

General Information:

Rules and Regulations will be explained prior to the events. Participants must know how to play the card games prior to the start of the event. The Senior Games Committee reserves the right to consolidate or cancel any competition. There will be **NO RAIN DATES**. Breakfast and lunch will be served, please be considerate of others and take only one portion, unless we announce we have extra.

Senior Games Award Banquet: The banquet will be held at Cedar Grove Brethren Church, 287 Deerville, Rd., Mifflintown, on **Thursday June 26, 2025, at 11:30AM**. The cost is **\$15.00 per person**. **Deadline for reservations and payment is May 23, 2025. Payment for the banquet will be non-refundable.**

★ THANK YOU TO OUR 2025 SPONSORS! ★

PLATINUM

Encompass Health Rehabilitation Hospital of Nittany Valley
Geisinger Health System

SILVER

Celebration Villa of Reedsville
Standard Steel, LLC
Graybill Woodworking
Primary Health Network
Valley View Retirement Community

FRIEND

Twin Kiss
Koppy's Propane
Juniata Valley Bank

GOLD

The Nutrition Group
Body & Soul Community Center
Alltrista Plastics, LLC

BRONZE

Juniata Valley YMCA
Phoenix Physical Therapy
Register Chevrolet Inc.
Lewistown Elks Lodge #663
Central PA Dock & Door
Pennian Bank
J.P. Edwards Restaurant
MCS Bank
Route 333 Supplies, LLC
Greater Vision Eye Associates, LLC
First Quality

★ **SPECIAL THANKS** ★

to Body & Soul Community Center, YMCA, Lewistown Florist, McVeytown EMS, Lewistown Lanes, Melinda Meiser, Big Valley Prints & Co., Cedar Grove BIC Church, Brannon's Port-A-Pots, Mel's Country Catering, Hartley's Potato Chips, & **ALL** our Volunteers!

REGISTRATION FORM
39th ANNUAL SENIOR GAMES
JUNE 9-14, 2025

INSTRUCTIONS: Fill in **BOTH SIDES** of this form. Please sign and return it with the **\$10.00 registration fee, (plus the Banquet fee if attending)**. Payment can be cash (exact change only, please), check, or money order to: MJAAA, Inc., 25 Rothermel Dr., Yeagertown, PA 17099. **Deadline for registration is May 23, 2025.**

NAME: _____ **GENDER:** M _____ F _____
Last First Middle Initial

ADDRESS: _____
Street Town State Zip Code Township

TELEPHONE #: _____ **BIRTHDATE:** _____ **AGE AS OF 6/9/25:** _____

Email address: _____ **Did you receive this application in the mail?** _____

RELEASE AND WAIVER OF LIABILITY

I, the undersigned, do hereby release and discharge and agree to hold harmless, the Mifflin-Juniata Area Agency on Aging, Inc., Juniata Valley YMCA, Body and Soul Community Center and all organizations affiliated with this program. All demands, actions, causes of actions, judgments, executions, and claims of whatsoever kind and nature for any and all personal injuries, known or unknown, and an injury to, loss of or damage to property caused by, or arising out of the said Senior Games or my participation therein.

I, the undersigned, have read this release and liability wavier and understand all its terms.

I warrant and represent that I am in good physical health and condition and can compete in the events that I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events that I have selected.

The Senior Games Committee has my permission to have a physician attend to me if it is deemed necessary for my health, welfare and safety.

The Senior Games Committee strongly recommends that each participant consults his/her own doctor regarding practice, preparation, and competition in this program or similar activity.

Signature: _____ **Date:** _____ **Print Name:** _____

Allergies: _____

Medications: _____

Whom may we contact in case of an Emergency?

Name: _____ **Phone #:** _____

CONSENT TO BE PHOTOGRAPHED

I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, or other coverage of the MJAAA Senior Games in any manner incidental to my participation without compensation to me.



Signature: _____ **Date:** _____ **Print Name:** _____

》 The Senior Games Awards Banquet 《

Thursday June 26, 2025, at 11:30AM at the Cedar Grove Brethren Church 287 Deerville Rd., Mifflintown, PA 17059

Cost for the meal is \$15.00 per person. Deadline for reservations & payment for the banquet is May 23, 2025.

Office Use Only
PD \$ _____
Cash _____ Chk# _____

 PLEASE COMPLETE THE OTHER SIDE OF THIS FORM 
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Circle T-Shirt Size
S M L XL 2X 3X

 **BREAKFAST & LUNCH PROVIDED ON MONDAY; JUNE 9TH CHECK IF ATTENDING: _____**

PLEASE BE SURE TO CHECK ALL EVENTS YOU WISH TO PARTICIPATE IN
(EVENTS ARE SUBJECT TO CHANGE)

Basketball (YMCA)

- Foul Shooting
- Hot Shot

Bingo

Bocce

Lewistown Lanes

Bowling (SCORED ODD & EVEN)

- 10:00AM
- 1:00PM

Bucketball

Cornhole Toss

Darts

Five Crowns (Lewistown Sr Ctr)

Football Throw

Hand & Foot (4 Seasons SR Center)

Ladder Golf

Pinochle

Rummikub

Shuffleboard

Shuffle Puck (Lewistown Sr Ctr)

Soccer Kick

Softball

Hit The Barrel

Softball Throw

Walking

- 100 Meter
- 400 Meter

50 Yard Dash

Wii Bowling

- Lewistown Senior Center
- 4 Seasons Senior Center

Yahtzee

- Lewistown Senior Center
- 4 Seasons Senior Center

Yard Dice

Table Tennis (YMCA)

TEAM ACTIVITIES:

Cornhole Tournament
(OLD 4 Seasons SR Center)

Chair Volleyball
(OLD 4 Seasons SR Center)

Water Volleyball (YMCA)

Pickleball (YMCA)

- Beginners
- Intermediate

Puzzle Challenge
(Lewistown Senior Center)

BODY & SOUL ACTIVITIES:

Frisbee Golf

Billiards


Archery (Virtual)

Golf (Virtual)

Mile Hike

Skee Ball

Soccer Kick

PAINTING PARTIES BY JUDY! More info on the flyer included, please check if you will be attending one of the following events.  4 Seasons SR Center Lewistown SR Center

T-SHIRT PICK-UP

PLEASE INDICATE WHICH LOCATION AND DATE YOU WILL BE PICKING UP YOUR T-SHIRT:

4 Seasons Senior Center, 56 Jam House Rd, Mifflin

_____ Tuesday, June 3rd from 10AM-12PM

_____ Thursday, June 5th from 10AM-12PM

Lewistown Senior Center, 515B Knepp Avenue, Lewistown

_____ Tuesday, June 3rd from 9AM-11AM

_____ Thursday, June 5th from 9AM-11AM

If the above times will not work for you, T-shirts will also be available for pick-up on Opening Day at Body & Soul Community Center, 205 Chestnut Ridge Rd., McVeytown, PA on June 9th.

*T-SHIRTS WILL **NOT** BE AVAILABLE FOR PICK-UP AT THE MIFFLIN-JUNIATA AREA AGENCY ON AGING OFFICE, 25 ROTHERMEL DRIVE, YEAGERTOWN, PA 17099.

If you need transportation for the Senior Games, please contact Call-A-Ride Service (CARS) directly at least one day in advance!

Senior Game Participants aged 60 or older that are registered with CARS will ride at no cost to the events scheduled June 9th-14th, 2025. You must be registered with the CARS office prior to the Senior Games if you need transportation. CARS DIRECT NUMBER IS (717)242-2277.

PAINTING PARTIES BY JUDY

We will be hosting two different painting party opportunities as a part of this year's games. There is no additional cost! Please indicate if you are attending the general event checklist by selecting one of the following locations. Participants are welcome to choose whichever time or place is most convenient for them. The picture below is the template for both painting sessions. Step-by-step instruction is provided as part of the event! No art experience is needed to join in the fun!

_____ 4 Seasons Senior Center, 56 Jam House Rd, Mifflin on June 11th @ 10:00AM

_____ Lewistown Senior Center, 515 Knepp Avenue, Lewistown on June 13th @ 10:00AM



SCHEDULE OF EVENTS

Monday, June 9th

Opening Day at Body & Soul Community Center (205 Chestnut Ridge Rd., McVeytown, PA 17051)

8:30AM – 9:00AM	Breakfast
9:15AM	Opening Ceremony & Lighting of the Torch
10:00AM – 12:00PM	Health Fair (Gymnasium)
10:00AM – 11:00AM	Bingo (Cafe)
10:30AM – 3:00PM	Field Games
12:00PM – 1:00PM	Lunch
2:00PM – 3:00PM	Bingo (Cafe)

Tuesday, June 10th

9:00 AM – 11:00AM	Hand and Foot Game – 4 Seasons Senior Center, 56 Jam House Rd., Mifflin
9:00AM – 11:00AM	Pinochle – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
10:00AM	Bowling – Lewistown Lanes, 1101 W. 4th St., Lewistown
1:00PM	Bowling – Lewistown Lanes, 1101 W. 4th St., Lewistown
3:30PM	Yahtzee – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
3:30PM	Yahtzee - 4 Seasons Senior Center, 56 Jam House Rd., Mifflin
	Wii Bowling (throughout the day at Lewistown & 4 Seasons Senior Centers)

Wednesday, June 11th

8:00AM	Pickleball – Juniata Valley YMCA
9:00AM-1:00PM	Shuffle Puck – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
10:00AM	Painting Party by Judy – 4 Seasons Senior Center, 56 Jam House Rd., Mifflin
11:00AM-1:00PM	Puzzle Challenge – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
1:00PM	Table Tennis – Juniata Valley YMCA
3:00PM – 5:00PM	Rummikub – Lewistown Senior Center, 515 B Knepp Ave., Lewistown

Thursday, June 12th

8:00AM	Basketball – Juniata Valley YMCA
10:00AM – 12:00PM	Chair Volleyball – OLD 4 Seasons Senior Center, 47 CJEMS Ln., Mifflintown
12:30PM – 2:30PM	Cornhole Tournament – OLD 4 Seasons Senior Center, 47 CJEMS Ln., Mifflintown
	Wii Bowling (throughout the day at 4 Seasons Senior Center)

Friday, June 13th

9:00AM – 11:00AM	Shuffleboard – Little Valley Presbyterian Church, 1392 Vira Rd., Lewistown
10:00AM	Painting Party by Judy – Lewistown Senior Center, 515 B Knepp Ave., Lewistown
11:00AM	Darts – Lewistown Senior Center, 515 Knepp Ave., Lewistown
1:30PM	Water Volleyball – Juniata Valley YMCA
3:30PM	5 Crowns – Lewistown Senior Center, 515 B Knepp Ave., Lewistown

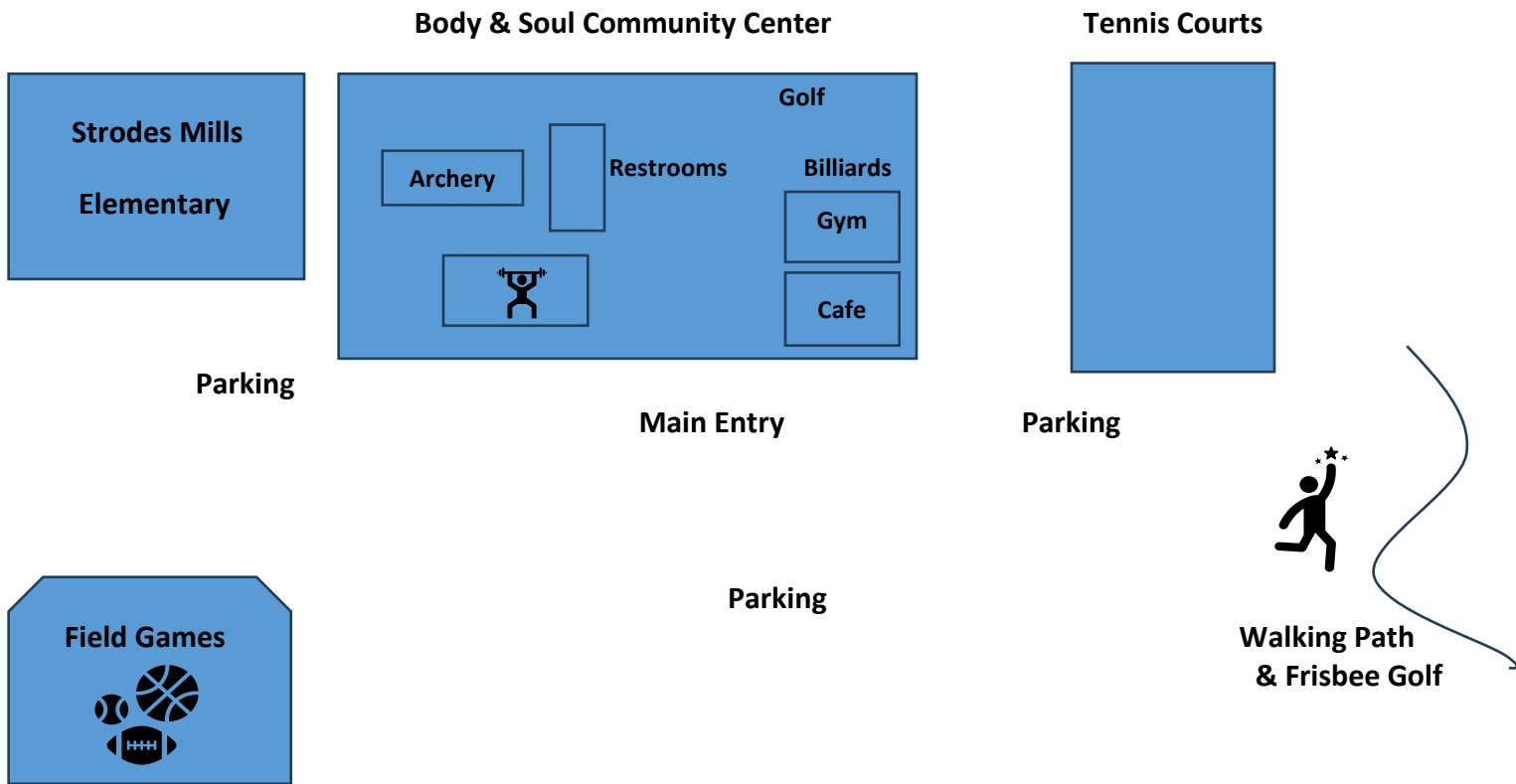
SATURDAY EVENTS

Saturday, June 14th

Body & Soul Community Center (205 Chestnut Ridge Rd., McVeytown, PA 17051)

8:00AM – 12:00PM Golf (Virtual), Archery (Virtual), Skee Ball, Mile Hike, Soccer Kick, Billiards, Frisbee Golf

- Bingo will be in the cafeteria; breakfast & lunch will be served in the cafeteria.
- Field games will be located at the field across from Strodes Mill Elementary School parking lot.
- Portable restrooms will be located by the fields and there are restrooms available inside the Body & Soul Community Center.
- Walking: 100 Meter, 400 Meter, and 50 Yard Dash, Cross Country, and the Mile Hike will be held on the walking paths.



THANK YOU FOR YOUR PARTICIPATION!



Please note that times, dates, and locations of some events change from year to year; we advise that you use this schedule for reference throughout the week.