

**Seniors Age
50+**



DEKALB COUNTY
RECREATION, PARKS & CULTURAL AFFAIRS
SENIOR OLYMPICS
MAY 1-12 2023

REGISTER TODAY!
EARLY REGISTRATION ENDS APRIL 14TH
Online registration available at
www.dekalbcountyga.gov/parks





DEKALB COUNTY
RECREATION, PARKS & CULTURAL AFFAIRS
SENIOR OLYMPICS

REGISTRATION DEADLINE & FEES

We are proud to be able to help promote healthy lifestyles for adults, particularly seniors of 50 years and older. It's no secret that baby boomers have entered their golden years and are becoming more conscious about health and the way they age. Staying fit and active is the best answer to aging.

The Senior Olympic Games provide an excellent way to maintain or improve physical and mental condition as well as coordination, while enjoying some friendly competition. Plus, you meet new friends, engage the whole family in the fitness mode and you can become a volunteer, too!

The Department of Recreation, Parks & Cultural Affairs invites all men and women 50 years of age and older to come and participate in this wonderful senior athletic event. There are individual and team events offered.

Our mission is to promote healthy lifestyles for seniors through fun, fitness, and play.

We are looking forward to having you join us in May 2023.

ONLINE REGISTRATION

An electronic version of this entry form is available on the DeKalb County Recreation, Parks & Cultural Affairs website at www.dekalbcountyga.gov/parks. If you have questions regarding on-line registration, contact 404-371-2711.

REGISTRATION DEADLINES

EARLY REGISTRATION DEADLINE - FRIDAY, APRIL 14

DeKalb County Senior Olympics is not responsible for delays involving the United States Postal Service.

Send or Deliver Entry Forms to:

Porter Sanford III Performing Arts Center & Cultural Affairs Community Center

ATTN: DeKalb County Senior Olympics - LaShanda Davis

3181 Rainbow Drive, Decatur, GA 30034

Liability Waiver MUST be signed and turned in with the Official Entry Form.

REGISTRATION FEES

The **NON-REFUNDABLE** and **NON-TRANSFERABLE** General Registration Fee must be included with the entry form.

Checks should be made payable to "DeKalb County Recreation, Parks & Cultural Affairs". The fee is \$15 for entries received on or before April 30 and \$25 after April 30. Both partners in doubles events and all team members in team events must register and pay indicated fees. Bowling, Golf and the Closing Event: Black Tie & Tennis Shoes requires an additional fee. Registration allows an individual to participate in all events, only where a time conflict does not occur.

Registered participants will receive a Senior Olympic T-shirt which must be picked up on opening day.

If you need special assistance, please let us know when you register. Special accommodations will only be available with prior arrangements. To make arrangements for special assistance regarding transportation, please call 404-848-5389 for MARTA Mobility application information.

AWARDS

Gold, Silver, and Bronze medals will be awarded to 1st, 2nd, and 3rd place winners in each event. DeKalb County Senior Olympics reserves the right to combine age groups or to cancel any event due to insufficient registration, inclement weather, and unusual or extenuating circumstances.

WEEK I MAY 1 - MAY 5, 2023

DATE	EVENT	TIME	LOCATION
MONDAY, MAY 1	SENIOR OLYMPICS & OLDER AMERICANS MONTH KICK- OFF WELLNES EXPO	9AM - 10AM	Exchange Recreation Center 2771 Columbia Drive Decatur, GA 30034
	SENIOR OLYMPIC CEREMONY	10AM - 11AM	
	HORSESHOE	11AM - 1PM	
	WII BOWLING	1PM - 3PM	
TUESDAY, MAY 2	CARD TOURNAMENT	10AM - 2PM	South DeKalb Neighborhood Center 1931 Candler Road Decatur, GA 30032
WEDNESDAY, MAY 3	SWIMMING (STYLE OF SWIMMING NEEDED)	TIME NEEDED	Beulah Community Family Life Center 2340 Clifton Springs Road Decatur, GA 30034
THURSDAY, MAY 4	BILLIARDS	11:30AM - 3PM	Mr. Cues II Billiards 3541 Chamblee Tucker Road Atlanta, GA 30341
FRIDAY, MAY 5	GOLF & TENNIS TOURNAMENT	10AM	Sugar Creek Golf & Tennis Club 2706 Bouldercrest Road Atlanta, GA 30316

WEEK II MAY 8 - 12, 2023

DATE	EVENT	TIME	LOCATION
MONDAY, MAY 8	BOWLING TOURNAMENT	10AM - 3PM	Stars & Strikes Family Entertainment Center 1741 Mountain Industrial Boulevard Stone Mountain, GA 30083
TUESDAY, MAY 9	FREE THROW	10:30AM	Gresham Recreation Center 3113 Gresham Road, SE Atlanta, GA 30316
	3 ON 3	11AM	
	TABLE TENNIS	6PM	Decatur Recreation Center 231 Sycamore Street Decatur, GA 30030
WEDNESDAY, MAY 10	PICKLE BALL	10AM	Ebster Recreation Center 105 Electric Avenue Decatur, GA 30
THURSDAY, MAY 11	TRACK & FIELD	9AM	Godfrey Stadium 2817 Clifton Springs Road Decatur, GA 30034
FRIDAY, MAY 12	SENIOR OLYMPICS CLOSING & LINE DANCE SHOWCASE	10AM	Tobie Grant 593 Parkdale Drive Scottdale, GA 30079

2023 DeKalb County Senior Olympics

Individual & Team Events

Week 1 May 1 - 5

- ☐ **May 1 - Opening Ceremony Torch Lighting & Health Expo** (9am-10am)
 - ☐ **Horsehoes** (11am-1pm)
 - ☐ **Wii Bowling** (1pm-3pm)

☐ **May 2** - Card Tournament (10am-2pm)

- ☐ **May 3** - Swimming (?)
 - ☐ 50 M Freestyle
 - ☐ 100 M Freestyle
 - ☐ 50 M Breast Stroke
 - ☐ 100 M Breast Stroke
 - ☐ 50 M Backstroke
 - ☐ 50 M Butterfly

☐ **May 4** - Billiards (11:30am-3:30pm- Additional Fee \$15)

☐ **May 5** - Golf & Tennis Tournament (10am- Lunch Available for Purchase)

Week 2 May 8 - 12

☐ **May 8** -Bowling (10am-3pm - Additional Fee \$10)

☐ **May 9** - Basketball Free Throw (10:30am)

- ☐ 3 on 3 (11am)
- ☐ Table Tennis (Singles & Doubles (6pm- Team roster required)

☐ **May 10** - Pickle Ball (10am)

☐ **May 11** - Track & Field (9am))

- | | |
|--|---|
| <input type="checkbox"/> Softball Throw | <input type="checkbox"/> Shot Put |
| <input type="checkbox"/> Running Long Jump | <input type="checkbox"/> Football Toss |
| <input type="checkbox"/> 25 Y Dash | <input type="checkbox"/> Standing Long Jump |
| <input type="checkbox"/> 220 Y Dash | <input type="checkbox"/> 50 Y Dash |
| | <input type="checkbox"/> 1/2 M Walk |

☐ **May 12** - Senior Olympics Closing Event & Line Dance (10am)





2023 DeKalb County Senior Olympics Official Entry Form



Participant Information

Last Name _____ First Name _____ MI _____

Mailing Address _____ City _____ ST _____ ZIP _____

Phone # () _____ Alt. Phone # () _____

Birthdate _____ Age _____ Gender ☐ Male ☐ Female

E-mail Address _____

Emergency Contact

Name _____ Phone # _____

Relationship _____

Participant Specifics

I participated in the 2019 DeKalb County Senior Olympics _____ Yes _____ No

I am a new participant _____ Yes _____ No

If yes, how did you hear about the Games? _____

T-Shirt Size: ☐ Medium ☐ Large ☐ X-Large ☐ 2X-Large ☐ 3X-Large

ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE

Registration Fees

General Registration	\$15 if registered by Friday, April 14	\$ _____
Late Registration	\$25 if registered after Friday, April 14	\$ _____
Onsite Registration		

Additional Fees (Extra with Registration)

Non-residence	\$20	\$ _____
Bowling	\$10	\$ _____
Billiards	\$15	\$ _____
		\$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Form of Payment: _____ Money Order _____ Cashier's Check _____ Credit/ Debit Card

Credit/Debit Card payments available only for walk-in and on-line participants

Entry Form will not be processed unless the waiver is signed and fees are included.





2023 DeKalb County Senior Olympics **Waiver/Release**

THE DEKALB COUNTY SENIOR OLYMPICS AND ITS PARTNERS STRONGLY RECOMMEND THAT EACH PARTICIPANT CONSULT HIS/HER DOCTOR IN REGARD TO PRACTICE, PREPARATION AND COMPETITION IN THIS PROGRAM.

STATEMENT OF PHYSICAL CAPABILITY

I warrant and represent to DeKalb County that:

I have prepared for the event which I have entered by practicing the same prior to my participation in the DeKalb County Senior Olympics;

I am in good physical health and condition and am physically able to compete in the events I have selected;

I know of no physical restriction whatsoever which would prohibit my participation in the events that I have selected. I have been advised by DeKalb County that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the DeKalb County Senior Olympics; and I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could activate any unrecognized pre-existing cardiovascular disorder which I may have, thereby resulting in serious or life threatening physical harm to me.

RELEASE FOR PERSONAL PROPERTY I acknowledge and agree that the Department of Recreation, Parks & Cultural Affairs and DeKalb County Government shall not be liable for any loss or theft of personal property and I release the Department of Recreation, Parks & Cultural Affairs for any liability for loss or theft of any personal property in connection with the DeKalb County Senior Olympics.

CONSENT TO MEDICAL TREATMENT The Department of RPCA has my permission to have a physician treat me if needed during my participation in the Senior Olympics. I hereby consent to any first aid, medication, medical treatment or surgery deemed necessary. I release all claims for injuries or damages incurred by me in the connection with the delivery of such care in good faith. This release is also a condition of participation in the Senior Olympics.

PUBLICITY CONSENT I authorize the DeKalb County Senior Olympics and the Department of RPCA to use or publish my likeness in any form. I waive any right to inspection or for any compensation.

OTHER RELEASES This release is intended to supplement any other releases that I have previously signed with the DCRPCA and is not intended to amend, modify or revoke any other release now existing between the DCRPCA and me.

SIGNATURE REQUIRED TO PARTICIPATE

I indemnify and hold harmless DeKalb County and/or the Department of Recreation, Parks and Cultural Affairs, the organizers of the activity, sponsors, hosting facilities and its employees, supervisors, and any and all of them, all of which are hereinafter referred to as "releasee", from and against all claims, damages, actions, judgments, decrees, penalties, and/or liability and expenses in connection with loss of life, bodily and/or personal injury caused or alleged to be caused in whole or in part by the negligence of the releaser or otherwise. I have prepared myself for the events which I have entered by practicing prior to the games. To the best of my knowledge and belief, I have no physical restrictions which should prohibit my participation in the games. I have read the above waiver/release, and understand that I have given up substantial rights by signing it and I sign it voluntarily.

Name _____ Date _____

Signature _____

This page must be completed and mailed back to process registration

DEKALB COUNTY OLDER AMERICANS MONTH & SENIOR OLYMPICS REGISTRATION CENTERS DIRECTORY

SENIOR CENTERS

DeKalb/Atlanta Senior Center
25 Warren Street
Atlanta, GA 30317
404- 370-7297

Lithonia Senior Center
2484 Bruce Street,
Lithonia, GA 30058
770- 482-0402

North DeKalb Senior Center
5238 Peachtree Road
Chamblee, GA 30341
770- 455-7602

South DeKalb Senior Center
1931 Candler Road
Decatur, GA 30032
404- 284-4865

Lou Walker Senior Center
2538 Panola Road
Stonecrest, GA 30058
770-322-2900

Central DeKalb Senior Center
1346 McConnell Dr
Decatur, GA 30033
770- 492-5461

RECREATION CENTERS

Exchange Recreation Center
2771 Columbia Dr.
Decatur, GA 30034
404- 687-3430

Gresham Recreation Center
3113 Gresham Rd.
Atlanta, GA 30316
404- 244-4890

Hamilton Recreation Center
3263 Chapel St.
Scottdale, GA 30079
404- 508-7565

Lucious Sanders Recreation Center
2484 Bruce St.
Lithonia, GA 30058
770- 482-0408

N. H. Scott Recreation Center
2230 Tilson Rd.
Decatur, GA 30032
404- 687-4071

Mason Mill Recreation Center
1340 McConnell Dr.
Decatur, GA 30033
404- 679-1349

Midway Recreation Center
3181 Midway Rd.
Decatur, GA 30032
404- 294-3150

Redan Recreation Center
1839 Phillips Rd.
Lithonia, GA 30058
770- 492-5434

Tobie Grant Recreation Center
593 Parkdale Dr.
Scottdale, GA 30079
404- 508-7594



DEKALB COUNTY
RECREATION, PARKS & CULTURAL AFFAIRS
SENIOR OLYMPICS

The mission of **DeKalb County Department of Recreation, Parks and Cultural Affairs** is to provide safe parks and facilities, enhance the quality of life as a provider of recreation and cultural experiences, and ensure a customer focused parks system. The Department works together with nationally recognized consultants, community, business and government leaders, as well as citizens of DeKalb County, to create signature parks and recreational facilities that will enhance the image of DeKalb County and its park system.

Our Community Partners



Applications may be picked up from the following locations:

DeKalb County Recreation, Parks & Cultural Affairs
Administrative Office
1950 West Exchange Place, Suite 400
Tucker, GA 30084

All DeKalb County Public Libraries

Decatur Recreation Center
231 Sycamore St.
Decatur, GA 30030

Lou Walker Senior Center
2538 Panola Rd.
Lithonia, GA 30038

Mr. Cues Billiards II
3541 Chamblee Tucker Rd.
Atlanta, GA 30341

South DeKalb Senior Center
1931 Candler Road
Decatur, GA 30032

Stars and Strikes
1741 Mountain Industrial Blvd.
Stone Mountain, GA 30083

DEKALB COUNTY RECREATION CENTERS

Exchange
2771 Columbia Dr.
Decatur, GA 30034

Gresham
3113 Gresham Rd.
Atlanta, GA 30316

Hamilton
3263 Chapel St.
Scottdale, GA 30079

Lucious Sanders
2484 Bruce St.
Lithonia, GA 30058

N. H. Scott
2230 Tilson Rd.
Decatur, GA 30032

Mason Mill
1340 McConnell Dr.
Decatur, GA 30033

Midway
3181 Midway Rd.
Decatur, GA 30032

Redan
1839 Phillips Rd.
Lithonia, GA 30058

Tobie Grant
593 Parkdale Dr.
Scottdale, GA 30079

www.dekalbcountyga.gov/parks



@dekalbrpca



AGING UNBOUNDED

DEKALB COUNTY GOVERNMENT
OLDER AMERICANS MONTH



HumanServices
DEKALB COUNTY GOVERNMENT



DEKALB
COUNTY
PUBLIC
LIBRARY
a place to grow

TUESDAY, APRIL 27

PROCLAMATION CELEBRATION

9AM

Maloof Auditorium
1300 Commerce Drive
Decatur, GA 30030

MONDAY, MAY 1

SENIOR OLYMPICS & OLDER AMERICANS MONTH KICKOFF

WELLNESS EXPO @9AM

CEREMONY @10AM

HORSESHOES @11AM

WII BOWLING @1PM

Exchange Recreation Center

2771 Columbia Drive

Decatur, GA 30034

*(Registration Required for
Senior Olympic Tournaments)*

TUESDAY, MAY 2

CARD TOURNAMENT

(Senior Olympics Registration Required)

10AM - 2PM

South DeKalb

Neighborhood Center

1931 Candler Road

Decatur, GA 30032

WEDNESDAY, MAY 3

SWIMMING TOURNAMENT

(Senior Olympics Registration Required)

9AM

Beulah Community

Family Life Center

2340 Clifton Springs Road

Decatur, GA 30034

MUSIC & MEMORY CARE

11AM - 12PM

Decatur Library

215 Sycamore Street

Decatur, GA 30030

Registration required

dekalblibrary.org/events

THURSDAY, MAY 4

BILLIARDS

(Senior Olympics Registration Required)

11:30AM - 3PM

Mr. Cues II Billiards

3541 Chamblee Tucker Road

Atlanta, GA 30341

FRIDAY, MAY 5

GOLF & TENNIS TOURNAMENT

(Senior Olympics Registration Required)

10AM

Sugar Creek Golf &

Tennis Club

2706 Bouldercrest Road

Atlanta, GA 30316

SATURDAY, MAY 6

CHEROKEE BASKET WEAVING

Presenter: Elisabeth Schreibfeder

10AM - 1PM

Toco Hill - Avis G. Williams

1282 McConnell Drive

Decatur, GA 30033

Registration required

dekalblibrary.org/events

MONDAY, MAY 8

BOWLING

(Senior Olympics Registration Required)

10AM - 3PM

Stars & Strikes

1741 Mountain Industrial Boulevard

Stone Mountain, GA 30083

TUESDAY, MAY 9

FREE THROW @10:30AM

3 ON 3 @11AM

(Senior Olympics Registration Required)

Gresham Recreation Center

3113 Gresham Road, SE

Atlanta, GA 30316

TABLE TENNIS

6PM

(Senior Olympics Registration Required)

Decatur Recreation Center

231 Sycamore Street

Decatur, GA 30030

TUESDAY, MAY 9

BE YOUR OWN TRAVEL GUIDE

6PM

Decatur Recreation Center

231 Sycamore Street

Decatur, GA 30030

Registration required

dekalblibrary.org/events

WEDNESDAY, MAY 10

PICKLE BALL

(Senior Olympics Registration Required)

10AM

Ebster Recreation Center

105 Electric Avenue

Decatur, GA 30030



AGING UNBOUNDED 2023



WEDNESDAY, MAY 10 NORTHLAKE ON THE LAWN CONCERT

1PM - 2PM

Northlake-Barbara Loar Library
3772 LaVista Road
Tucker, GA 30084

Additional Dates: May 17th & 24th

THURSDAY, MAY 11 TRACK & FIELD

(Senior Olympics Registration Required)

9AM

Godfrey Stadium
2817 Clifton Springs Road
Decatur, GA 30034

CHAIR EXERCISE

1PM - 2PM

Stone Mountain-
Sue Kellogg Library
952 Leon Street
Stone Mountain, GA 30083
Registration required
dekalblibrary.org/events

JOB SEARCH ASSISTANCE

10:30 AM - 11:30AM

Hairston Crossing Library
4911 Redan Road
Stone Mountain, GA 30088
Registration required
dekalblibrary.org/events

THURSDAY, MAY 11 PORCHFEST

10AM - 1PM

North DeKalb Senior Center
3393 Malone Drive
Chamblee, GA 30341
*Registration Required/
Members Only*

FRIDAY, MAY 12 SENIOR OLYMPICS CLOSING & LINE DANCE SHOWCASE

(Senior Olympics Registration Required)

10AM

Tobie Grant
593 Parkdale Drive
Scottdale, GA 30079

TUESDAY, MAY 16 FITNESS WITH LISA GRAY

12:30PM - 1:30PM

Central DeKalb Senior Center
Great Room
1346 McConnell Drive
Decatur, GA 30033

WEDNESDAY, MAY 17 SENIORS UNBOUND DAY PARTY

10AM - 2PM

South DeKalb
Neighborhood Center
1931 Candler Road
Decatur, GA 30032
*Registration Required/
Membership Only*

THURSDAY, MAY 18 DANCING IS GOOD FOR THE HEART

10AM - 12:30PM

DeKalb Atlanta
Neighborhood Center
25 Warren Street, SE
Atlanta, GA 30317
*Registration Required/
Members Only*

WEDNESDAY, MAY 24 TURNING ORDINARY DAYS INTO AN EXTRAORDINARY RETIREMENT

11AM

Presenter: Rachel Fiore
Zoom Meeting:
<https://us02web.zoom.us/j/82937298640>

DRAMA PRESENTATION

1PM

Lou Walker Senior Center
Victory Room
2538 Panola Road
Stonecrest, GA 30058

THURSDAY, MAY 25 FASHION & TALENT SHOWCASE

11AM - 12:30PM

East DeKalb
Neighborhood Center
2449 Bruce Street
Lithonia, GA 30058
*Registration Required/
Members Only*

