



**fit AND 50+**



## Did You Know?

Adults need 150 minutes of physical activity each week. It improves health, mood, & overall quality of life. And.....

**IT CAN BE FUN!!!**

Generations is partnering with the YMCA, Vincennes Parks & Recreation Department, Creole Lanes, and the Bicknell Country Club to promote fun and healthy family-friendly activities for little or no cost to adults 50 and over. More activities are being added.

## SCHEDULED EVENTS

- **Rainbow Beach:** \$1 entry for Adult 50+ & \$1 child— Weekends through Labor Day
- **Trailblazer 5k:** Aug. 12th at 8 a.m. Visit [www.trailblazer5k.com](http://www.trailblazer5k.com) for registration details.
- **YMCA:** Aug. 12th, free admission for 50+ with child or grandchild from 10 a.m. to 2 p.m. Swimming, basketball, racquetball, pickleball and track. PLUS, a chance to win a 3 month adult YMCA Membership
- **Bicknell Country Club:** Sept. 14th golf outing 6-8 p.m.; 50+ Adult & guest golf 9 holes with cart, complimentary goodie bag and a chance to win prizes for \$30 for two. Call 800-742-9002 to register.
- **Creole Lanes:** Oct. 24th from 6 p.m. to 8 p.m. 50+ Adult & guest bowl for \$10.
- And more events being announced in September!!



Thank you to Old National Bank for providing funding to promote these events!



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