



Message From Your Coordinator

By Karen Reardon

2024 brought out our second highest total of athletes for the Maine Senior Games and only one postponement due to, of all things, an osprey nest causing a power outage! That of course happened just as we were ready to start the mixed doubles part of the pickleball tournament with 108 players ready to go. We were able to reschedule for July, a big thank you to Maine Pines Racquet and Fitness and owner Rob Manter for accommodating us with the make-up date. This year brought out our largest Pickleball tournament to date and we are going to go to a three-day tournament in 2025 with singles happening on Friday afternoon/evening (start time TBA, depending on number of entries) Men's & Women's Doubles on Saturday, and Mixed Doubles on Sunday.

Basketball was back at a new venue, X-L Sportsworld in Saco with 23 Men's & Women's teams and a new format for the Shooting Skills Competition: 3 Point shooting from five designated spots and Foul Shooting, best out of 25. Over 20 players competed, and it is one of the new open events at the National Senior Games this coming summer in Des Moines!

Another new event for Nationals this summer that had a great turnout here in Maine was the Golf Scramble. This was held in conjunction with the Individual Golf Qualifying Tournament at Biddeford Saco Country Club in Saco and 10

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teams turned out to compete in our first ever Scramble event. Sunshine helped make it a great day on the course.

Our numbers were up in Candlepin Bowling too as we switched to a spring date, at the conclusion of the winter season. We will be back at the Big 20 Lanes on May 7th for our 2025 event so mark your calendar to come out and play.

Records were set in many disciplines, which is a testament to the efforts of all the athletes, both the ones who set the record and the ones who helped push them across the finish line.

Congratulations to all and a big pat on the back to everyone who participated this year! Whether you were trying to qualify for Nationals or trying the Maine Senior Games for the very first time, we salute you. You are a doer, an active adult, working to keep yourself healthy and fit as you hopefully have fun with your fellow athletes. Yes, you are an athlete! One of the things I enjoy the most about being your coordinator is "game day" – seeing everyone do their thing. It is always very exciting and inspiring to see everyone in all the different sports. Some I want to jump right into and others I say, no way, I will be a supporter of the event.

Supporters of course can not be overlooked in looking back on our 2024 season. The volunteers, coaches, board members, event coordinators, officials, families, and friends who come out to help, cheer, set-up, and clean-up cannot be

forgotten. Without all their assistance our Games would not happen. One point I would like to make to all athletes is that you are more than welcome to come and volunteer in another sport, we can always use the help. Many of you do, but we can always use more help, so please consider signing up for an event this coming season. Our sign-up genius will be up on the website in March with a list of all the positions we need for each sport. Check it out and see what works for you, I think you will discover it to be quite rewarding and fun – and then you can come to our Volunteer Appreciation Day! Stay tuned for details on the 2025 version.

Some of you may know that I was a Physical Education teacher and coach for 40 years prior to taking over as Coordinator. When people ask me what I am doing now, I tell them I am an Athletic Director for Adults, which is what this is - Athletics for Adults. We start at age 45 and go as far as you want to go. As you meet with friends and family throughout the winter, spread the word, and help eliminate the discomfort some have with the "senior" part of the name. Athletics for Adults: don't be left on the sideline!

Thank you for all your support this year and I look forward to a great 2025 season. Keep an eye out for information on National Senior Games Week and Maine's special kick off event on March 18, 2025 in Augusta.



Benefits of Volunteering

It would be fair to say that most of us volunteer for reasons that we haven't even considered as beneficial to us. Many of us have entered the world of volunteerism because we have recently retired or have become empty nesters and need "something" to do to fill the void.

Consider the following benefits of volunteering:

1. Volunteering gives one a sense of purpose.
2. Emotional well-being and improved mental health can be boosted by volunteering – it helps you maintain a positive outlook on life making you feel happier – volunteering may also help lower your risk for dementia and other health related issues.
3. Social isolation and loneliness can be combated by participating as a volunteer.
4. New friendships are often made by building social connections with other volunteers. Are you new to a community and looking to meet folks in your area? If so, volunteering is a great way to do that!
5. Folks who volunteer with a spouse, child or other family members may help strengthen that relationship and can create meaningful memories.
6. Volunteering helps promote healthy living through increased physical activity – staying physically and mentally active is important to our overall health and helps one to remain independent as we age. Keeping our brains active is important.
7. Volunteering is a great way to try new things you've never done before and affords you the opportunity to learn new skills – you may develop a passion you never knew you had!
8. Giving back to the community is a way to make a difference and make a meaningful contribution to your neighbors.

Volunteers are the backbone of many organizations. Without the dedication, skills and valuable contributions of volunteers many organizations may not exist.

Maine Senior Games values our many volunteers, and we are so appreciative of all you have done for our organization. THANK YOU FOR ALL YOU DO!!

MAINE SENIOR GAMES Volunteer of the Year Award

The Maine Senior Games is proud to announce that our Volunteer of the Year Award will now be known as the Claudia Lackee Volunteer of the Year Award, in honor of the late Claudia Lackee, a beloved and tireless supporter of the Maine Senior Games.

Claudia was a cornerstone of our volunteers and embodies the spirit of service and commitment to the Maine Senior Games. She was the first person that most athletes saw and spoke with at registration. The cycling event in Brunswick was the last event that Claudia attended.

Renaming this award is a small but heartfelt way to recognize Claudia's incredible contributions and ensure her legacy lives on. Each year, this award will honor a volunteer who, like Claudia, gives selflessly of their time and energy to make the Maine Senior Games a success.



Claudia Lackee, eponym of the Volunteer of the Year Award

Volunteer Appreciation Day

On September 28th we held a Maine Senior Games Volunteer Appreciation Day at Pineland Farms. We offered S'mores making, a chance to meet and greet our ambassadors and recognized our volunteers with a token of appreciation.

Several of the attendees tried disc golf for the very first time and enjoyed the challenge of a new activity. Disc golf will be offered as an open event at the 2025 National Senior Games.

It was an enjoyable day at Pineland Farms with our volunteers and we look forward to continuing this tradition again next year.

2024 National Senior Games Week Kicked Off with Celebration of Health, Fitness, and Community

The 2024 National Senior Games Week, held from March 18-22, began with an exciting kickoff event at the South Portland Community Center on March 18 attracting 50 athletes and supporters. The event was a celebration of active lifestyles, encouraging participants to try new sports, reconnect with fellow athletes, and get inspired for the 2024 Maine Senior Games.

The day featured a variety of fun and engaging activities for all participants, including an introduction to pickleball, led by Tracy Burke, Jody Capelutti, and other pickleball athletes. This popular event provided attendees with a chance to learn the basics of the game and improve their skills, with expert instruction available throughout the day. Additional activities included a cornhole competition, an outdoor running event, an indoor power walk, and basketball shooting. Athletes also had a chance to swim or try Tai Chi, each offering an opportunity to explore different fitness approaches.

One of the key highlights of the event was the lively participation of attendees, many of whom took part in multiple events throughout the day. Many activities were livestreamed on Facebook, giving an opportunity for friends, family, and fellow athletes to cheer on their loved ones virtually.

Karen Reardon, the Maine Senior Games Coordinator, kicked off the event with a warm welcome, recognizing the athletes who earned medals at the 2023 National Senior Games in Pittsburgh. She also outlined the various events participants could look forward to during the week. Former Coordinator Jo Dill read aloud Governor Janet Mills' Proclamation, officially declaring the week of March 18, 2024, as Senior Games Week in Maine, further emphasizing the state's commitment to fostering fitness and community among older athletes.

The day's festivities centered around celebrating the spirit of The Games—encouraging people to try new activities, jumpstart their training, and most importantly, reconnect with one another. It was a day filled with positive energy, as athletes of all levels embraced the chance to enjoy being active and celebrated their role as athletes.



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Looking Ahead: 2025 National Senior Games Week

Mark your calendars for the upcoming 2025 National Senior Games Week:
March 17-21, 2025.

We will be holding a special event in **Augusta on March 18**, to highlight Maine Senior Athletes and encourage fitness, fun, and camaraderie. Stay tuned for more details and get ready for another exciting year of athletic competitions!



2024 Celebration of Athletes

On May 3rd Maine Senior Games held its annual Celebration of Athletes event at the Elks Club in Portland. Ninety-six athletes, volunteers and guests enjoyed an evening of camaraderie, recognition and good food.

The following awards were presented throughout the evening:

Female Athlete of the Year:

Tracy Burke - Pickleball standout

Male Athlete of the Year:

Charlie Cary - Cyclist, Track & Field competitor

Hall of Fame Inductees:

The Maine Pioneers Women's Basketball Team: Linda Hunt, Jo Dill, Marcia Chute, Claudia Lackee, Rita Perron, Pam Bowen, Beverly MacLean, Eve Abreu, Donna McNelly, Sue Weatherbie and Coach Biz Houghton

Volunteer of the Year:

Robin Kessler - a former board member, Robin is an active volunteer for many Maine Senior Game events

Jo Dill Spirit Award:

William (Bill) Preis, Jr. - The Jo Dill Spirit Award highlights people who exhibit enthusiasm, sportsmanship, dedication, joy, and leadership in the world of Maine Senior Games. Bill embodies all these qualities as he promotes the game of table tennis for Maine Senior Games.

Congratulations to the above individuals who have gone above and beyond in the athleticism and support of the games.

A photo booth, designed to look like a gold medal, provided a nice backdrop for individual and group photos throughout the evening.

The Celebration of Athletes event is not only a recognition of accomplishments from the prior year but is also a kick-off to the new season. Maine Senior Games acknowledges all the athletes, volunteers and supporters who help make Maine Senior Games successful.

A huge thank you goes out to all who helped coordinate this event!



Maine Pioneers, Women's Basketball Team

MAINE SENIOR GAMES: Honored to be a 2024 Maine Marathon Funds Recipient

Each year, the dedicated volunteer organizers of the Gorham Savings Bank Maine Marathon select a group of charitable organizations to receive a portion of the proceeds from the race. The Maine Senior Games (MSG) is proud to announce that it has been chosen as one of the recipients for the 2024 Maine Marathon funds.

Starting in 2024, MSG will begin receiving proceeds, which will help further its mission to promote fitness and wellness among Maine's senior population. This funding will enable MSG to continue supporting athletes, organizing events, and offering opportunities for seniors to stay active.

A Weekend of Engagement and Connection

At this year's Maine Marathon, MSG had a strong presence, thanks to the dedication of board members and volunteers. At packet pick-up, an MSG informational table was set up to connect with the community, and it was thanks to the efforts of Cyndi Bona, Deb Smith, Hans Brandes, and Ginny Ketch that the table was staffed and running smoothly.

Their efforts reaped benefits, as MSG made valuable connections with over 25 new potential volunteers and athletes – and these are just the individuals who provided their contact information – a promising sign for the growth of our organization in the coming year.

Volunteers at the Heart of the Event

Maine Senior Games is deeply grateful for the physical labor contributed by volunteers throughout the event. The day before the race a team of dedicated volunteers helped set up the finish line athlete food and water area, and vendor tables.

The team that worked tirelessly to ensure everything went smoothly included Deb Smith, Suzanne Lacroix, Cindy Scott, Jess LeBlanc, Pam Dutremble, Mariellen Sheridan, Robin Kessler,



Noelle St. Hillaire, and Carolyn Clark. Their efforts helped create a welcoming environment for race participants.

Generous Donations and Check Presentation

On race day, board members returned for a special moment: the check presentation. Maine Senior Games was thrilled to receive a generous check for \$10,350 from the Maine Marathon. This donation, combined with additional funds from the event, brings the total amount raised to nearly \$12,000.

These contributions underscore the community's support of Maine Senior Games and its mission.

A Heartfelt Thank You

Maine Senior Games extends its deepest gratitude to the Maine Marathon organizers and all the race volunteers who made this incredible donation possible. The hard work and dedication of the volunteers were crucial in achieving the funds raised, and the organization is excited to put these resources toward supporting the health and well-being of Maine's senior athletes.

With the funds from the Maine Marathon, MSG looks forward to expanding its reach, hosting even more events, and continuing to inspire seniors to lead active, fulfilling lives. Thank you to everyone who played a part in making this donation a reality!

Healthy Cheesy Crackers

(Recipe From the Food Network)

- 1 large egg, separated
- 1 tablespoon cider vinegar
- 1 1/4 cups all-purpose flour, plus more for dusting
- 3/4 teaspoon kosher salt, plus more for sprinkling
- 1/2 teaspoon dry mustard
- 1/2 teaspoon paprika
- 1/4 teaspoon turmeric
- 6 tablespoons unsalted butter, cut into small pieces
- 1/2 cup shredded Cheddar
- 1/2 cup grated Parmesan

1. Whisk together the egg white, vinegar and 3 tablespoons water in a small bowl; set aside. Refrigerate the egg yolk in a small bowl, covered, until ready to use.
2. Pulse the flour, salt, mustard, paprika and turmeric in a food processor to combine. Add the butter, Cheddar and Parmesan, and pulse until the butter is completely broken up. Pour in the egg white mixture and pulse until the dough comes together in a ball. (It's OK if it's a little wet.)
3. Place the dough on a large piece of plastic wrap, and pat it into a 1/2-inch-thick square. Wrap it up, and refrigerate to chill and firm up the dough, about 1 hour.
4. Position 2 oven racks at the top and bottom thirds of the oven, and preheat to 350° F. Line 2 baking sheets with parchment.
5. Roll the dough out on a large piece of parchment (to keep it from sticking to the counter) into a 10-inch square about 1/8 inch thick. (Dust the dough with flour if you find it too sticky.) Trim the edges to straighten the square, then cut it into 1-inch squares (a pizza cutter works great).
6. Whisk 2 teaspoons water into the egg yolk. Brush the mixture over the tops of each cracker. Sprinkle each with the tiniest pinch of salt.
7. Bake the crackers, 2 baking sheets at a time, until they are deep golden brown on the bottom, about 20 minutes, rotating the sheets about halfway through. Let the crackers cool on the baking sheet for a few minutes, then transfer to a cooling rack to cool completely.
8. Store the crackers at room temperature in an airtight container for up to 2 days, or freeze them for up to 1 week.



Fundraiser at Buck's Naked BBQ + Studio Bar

A fundraiser was held on October 24th at Buck's Naked BBQ + Studio Bar in Freeport. Owners Jarron Conti and DJ Peterson generously donated 15% of total food sales, for the day, to Maine Senior Games. This will become an annual fundraising event for Maine Senior Games.

Thank you to those who came to support MSG and please plan to join us again next time!



NSGA announces sites for the 2027 and 2029 National Senior Games

2027 National Senior Games
Tulsa, Oklahoma

2029 National Senior Games
Birmingham, Alabama

Why Volunteer for a Maine Senior Games Committee?

Volunteering for a Maine Senior Games committee is a meaningful way to make a difference while connecting with an incredible community of athletes, supporters, and like-minded individuals.

Committees meet virtually throughout the year and occasionally in person. Here is a list of committees: Fund development, Wellness, Games, and Marketing. If interested please email Karen for a description of each committee and their responsibilities. Our committees are the backbone of the Maine Senior Games, shaping events, that celebrate the strength, determination, and camaraderie of our athletes. Your unique skills and ideas can help us reach even great heights.



Top 5 Reasons to Volunteer for the Maine Senior Games

Whether you're looking for an easy way to get involved with our Maine Senior Games community or you are a current Maine Senior Games athlete willing to help out at an event, we offer many volunteer opportunities to support Maine athletes in their Golden Years! Here are the top 5 reasons our volunteers say **you** should consider volunteering for the **Maine Senior Games:**

Thanks to our fantastic volunteers, we have been able to put on The Games and provide Maine seniors with a healthy, active lifestyle.

MAINE SENIOR GAMES

For more information on upcoming volunteer opportunities, please visit our website at www.maineseniorgames.org/volunteer

1. Connect with your community



A rewarding aspect of the Maine Senior Games is the community that exists both on and off the field. Volunteering allows you to be involved and support our community of senior athletes.

2. Learn new skills



Volunteering for the Maine Senior Games may expose you to new tasks. You might even find interest in a sport you've never considered playing before! Our volunteers are educated of their tasks and responsibilities before the event.

3. Stay active



Some volunteer opportunities require physical activity and give you a chance to get moving while having fun and supporting Maine senior athletics!

4. Reconnect with former peers



Nothing brings people together quite like athletics! The Maine Senior Games has over 600 participants over the age of 45 across the state of Maine - volunteering allows for a likely reunion with former peers!

5. Witness greatness!



The Maine Senior Games has many athletes across several sports that currently hold National Senior Games records. Our athletes know how to show up, compete, and have fun in their Golden Years. Volunteering gives you a front row seat!

National Senior Games Annual Meeting

This year's National Senior Games Annual Meeting was held in Des Moines, Iowa from November 13th – 15th. In attendance was Maine Senior Games Board Chair, Deb Smith and MSG Coordinator, Karen Reardon. One of the highlights of the meeting was a facility tour around the Des Moines area. While we did not see every venue, we got a good look at several, starting the day off with a drive to Ames to visit the Track & Field venue at Iowa State University. Everything will be in one place this year with an outstanding throwing area in a field adjacent to the backstretch and the jumping pits. It takes about 45 minutes to get to Ames from Des Moines.

Other highlights were the Basketball facility, Prairie Trail Sports Complex, and the Rec Plex that will be the Athlete's Village and check-in – everyone registers there prior to their competition. This facility will also host several events such as Cornhole, Table Tennis, Soccer, and the new sport of Power Lifting. We also visited the Wellmark YMCA right in downtown Des Moines that will host Swimming and Racquetball. This venue looks well prepared to handle both sports well. We went by but did not stop in at the Pickleball venue, the Iowa Events Center, not too far from the Wellmark YMCA. There are all sorts of pedestrian bridges in downtown Des Moines that allow you to go from

one building to another above the streets and indoors. Videos of every place we visited are posted on the Maine Senior Games Facebook page. We will post more facility information in the coming weeks as all the plans for each sport are finalized for the summer games.

While at the NSGA annual conference State Coordinators had the opportunity to attend these informational sessions:

- Regional meeting with state reps from New England
- A meeting with state reps with similar number of participants
- Ambassador program
- FuseSport updates
- 2025 Games update
- Team Travel agency for booking hotels
- Grant writing
- SAFE Assessment

Having the opportunity to interact with Coordinators from around the county and get a sense of how they handle various issues from the above list as well as others is very helpful in improving what we are doing in the Maine Senior Games. A very informative and insightful trip, oh and be prepared for long expanses of fields if you traveling to Des Moines this summer.



Join Our Board Join Our Mission!

We're seeking passionate, thoughtful, and dedicated individuals to join the Maine Senior Games board. Shape the future, drive change, and be a vital part of sustaining the Maine Senior Games. Your expertise matters – inquire about the rewarding role of a board member today! Board members play a vital role, ensuring that the Maine Senior Games will stay true to its purpose and are accountable to Maine athletes ages 45+.

Contact Board Chair Deb Smith at
N2Ldeb@yahoo.com or

Games Coordinator, Karen Reardon at
maineseniorgames2020@gmail.com



2025 National Senior Games Des Moines, Iowa July 24 - August 4, 2025

QUALIFYING SPORTS

Must Qualify at a State Senior Games in 2024

- Archery
- Badminton
- Basketball
- Bowling
- Non-Ambulatory Bowling
- Cycling
- Golf
- Pickleball
- Race Walk
- Racquetball
- Road Race (5K & 10K)
- Shuffleboard
- Non-Ambulatory Shuffleboard
- Softball
- Swimming
- Table Tennis
- Tennis
- Track & Field
- Triathlon
- Volleyball



OPEN SPORTS & EVENTS

*Open to Any Athlete Age 50+ by
December 31, 2024*

- Basketball Shooting Skills
- Beach Volleyball
- Billiards
- Cornhole
- Non-Ambulatory Cornhole
- Recumbant Cycling (Time Trials)
- Disc Golf
- Golf Scramble
- Non-Ambulatory Pickleball (Singles)
- Powerlifting
- Power Walk
- Road Race (1 Mile)
- Soccer
- Tai Chi
- Triathlon Relay

Maine Senior Games Ambassador Program

Maine Senior Games has recently started an Ambassador Program whose mission is to inspire and engage individuals, communities, and organizations to promote healthy aging through active participation in the Maine Senior Games. Our goals are to increase athlete participation, increase volunteers and find potential venues.

To reach these goals our ambassadors will reach out and make connections to sport specific sports clubs, 50+ communities and senior living places. If possible, they will present and or display MSG at community events and recreation centers that offer events for seniors. Possibly telling your own story as to how you got involved or what MSG means to you.

Each of the ambassadors will receive information sheets, posters, business cards and other documents to help them spread the word.

A special thanks to the following who have stepped up to be an ambassador and help spread the word. Our ambassadors and the county they represent are as follows:

- Elly Atwood (Oxford)
- Sharon Longley (Hancock)
- Don Gleason (Lincoln)
- Richele Sipiora (Cumberland)
- Jackie Belanger (York)
- Mary Brandes (Cumberland)
- Dave Witham (Penobscot)
- Chris Standefer (Aroostook)
- Kelly Ryan (Kennebec)
- Cheryl Monat (Androscoggin)

If you or someone you know might be interested in becoming an ambassador, please [CLICK HERE](#) and fill out a brief survey.



IN MEMORIAM

This past year we lost some of our Maine Senior Games athletes and we want to take some time to recognize them.

Richard Fortin

Horseshoes, Cornhole

David MacMillan

Track & Field, 2018 Hall of Fame

Eugene Reynolds

Track & Field

Catherine Hayden

Bowling

Christy Marquis

Bowling

Claudia Lackee

*Basketball, Buoy Toss,
Candlepin Bowling, Cornhole*

While we are probably missing some other deceased Maine Senior Games athletes, our hearts go out to all the families who lost loved ones this past year in our Maine Senior Games family. Each and every one of them brought something special to the Games. You have our sympathies.

Maine Senior Games 2025 Schedule

EVENT	DATE	TIME	VENUE	TOWN
NSGA Week Kickoff Event	March 18	Noon	Statehouse & UMaine Augusta	Augusta
Swimming	May 3	10 am	Bangor YMCA	Bangor
Candlepin Bowling	May 7	10 am	Big 20 Lanes	Scarborough
Buoy Toss	May 17	10 am	Sanford YMCA	Sanford
Road Races-5K/ 1 mile Run/Pwr. Walks	May 17	9 am	Sanford YMCA	Sanford
Celebration of Athletes	June 6	4:30 pm	Portland Elks Lodge	Portland
Pickleball	June 20 - 22	3 pm / 9 am	Maine Pines Racquet	Brunswick
Track/Field	June 28	10 am	St. Joseph's College	Standish
Cornhole	July 12	9:30 am	Sanford YMCA	Sanford
Archery	July 13	9 am	Lakeside Archery	North Yarmouth
National Senior Games	July 24 - Aug. 4		Des Moines, Iowa	
Table Tennis	August 23	10 am	Bridgton Town Hall	Bridgton
Cycling-20K Road Race /10K Time Tr.	August 24	9 am	Brunswick Landing	Brunswick
Golf/Golf Scramble	September 3	8 am	Biddeford Saco CC	Saco
Tennis	Sept. 6 - 7	9 am	Maine Pines Racket	Brunswick
Basketball-3 on 3 Team Tournament	September 14	8 am	X-L Sportsworld	Saco
Basketball 3 Pt. Shot/ Foul Shooting	September 14	11 am	X-L Sportsworld	Saco
Ten Pin Bowling	September 28	10 am	Interstate Bowling	Hallowell

Meet Mary DiSanto, MSG Marketing Intern



MSG Board Chair Deb Smith, Marketing Intern Mary DiSanto, and Games Coordinator Karen Reardon

This year we welcomed Mary DiSanto, our Marketing Intern to the Maine Senior Games. Mary, pictured with Board Chair Deb Smith and Games Coordinator, Karen Reardon, is a Marketing/Management graduate of Thomas College. She has done a terrific job promoting the Maine Senior Games since July and bringing attention to all your great exploits. Mary continues to work for us as she pursues her master's degree this year at Thomas and completes her final year of eligibility as the top Thrower on the Thomas College Women's Track & Field Team. You may have noticed an upgrade in many of our social media posts the last few months, that is thanks to Mary! We will continue to work with her as we prepare for a great 2025 season. Thank you Mary.