

GAMES REGIONS / REPRESENTATIVES

Norman East (1)
AAIM. 1-866-202-6663

Norman West (2)
Linda Buchanan 204-623-2506

Parkland (3)
Dave Todd 204-447-2483

Westman (4)
Denny Quigley. 204-741-8104

Interlake (5)
Vic Savage 204-642-7738

Central Plains (6)
Marion Single 204-386-2768

Pembina Valley (7)
Lois Dudgeon 204-822-6207

Eastman (8)
Jim Ticknor 204-268-3254

Winnipeg
AAIM. 204-261-9257

City Centre/Fort Rouge (9)

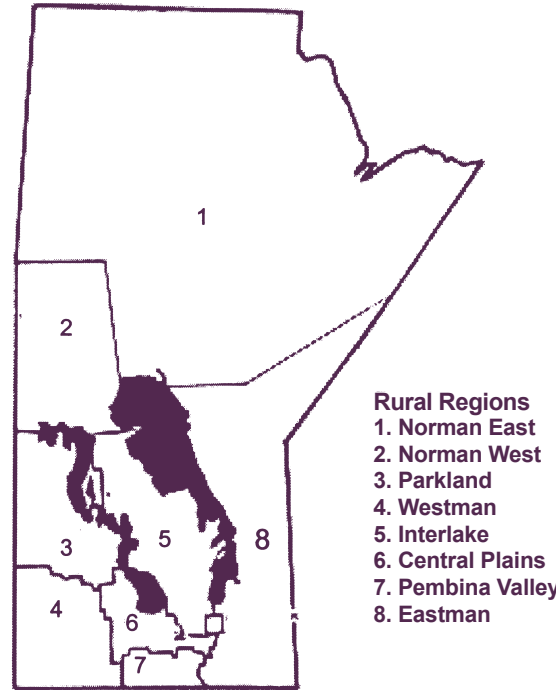
Lord Selkirk/W. Kildonan (11)

East Kildonan/Transcona (12)

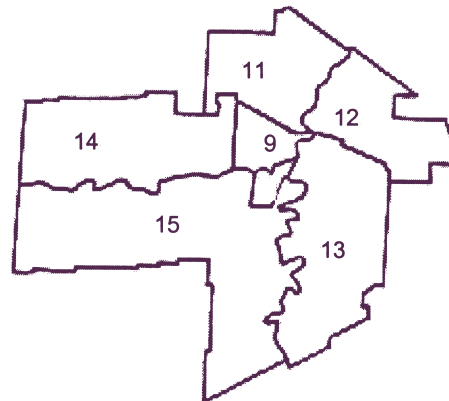
St. Boniface/St. Vital (13)

St. James/Assiniboia (14)

Assiniboine Park/Fort Garry (15)



Rural Regions
1. Norman East
2. Norman West
3. Parkland
4. Westman
5. Interlake
6. Central Plains
7. Pembina Valley
8. Eastman



Winnipeg Regions
9. City Centre/Fort Rouge
11. Lord Selkirk/W. Kildonan
12. East Kildonan/Transcona
13. St. Boniface/St. Vital
14. St. James/Assiniboia
15. Assiniboine Park/Fort Garry

PRESENTING SPONSOR



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Winnipeg Free Press



Be sure to check out the AAIM website – www.activeagingmb.ca and click on 55+ Games

Keep up to date with all that AAIM has to offer and find out info about the 55 Plus Games in Manitoba.



Supported by:



2022



Selkirk, MB
June 7, 8 & 9
2022

& Virtually June 10th - July 10th



Active Aging in Manitoba (AAIM)
1075 Leila Ave • Winnipeg, MB, R2P 2W7
Games office phone: 204-261-9257
AAIM toll-free: 1-866-202-6663
Email: manitoba55plusgames@gmail.com
Website: www.activeagingmb.ca

2022



WHO CAN TAKE PART?

The Games are open to Manitobans who are 55 or older by Dec. 31, 2022. Check the AAIM Games website, contact our office or contact your regional representative for more information.

ENTRY DEADLINE

Deadline to register for all events is **Friday, May 13, 2022**

Deadline for slo-pitch is **Friday, May 20, 2022**

Registration Fees (NOTE: early bird pricing up to April 29th 2022):

- ALL Participants:** \$35 per event (increases after April 29th)
- \$15.00 for each additional event
- 9 Hole Golf:** additional \$20 surcharge
- 18 Hole Golf:** additional \$30 surcharge
- Arts & Crafts:** \$15 entry fee, \$1 per each additional item entered

VISIT US ONLINE!

Visit www.activeagingmb.ca and click on 55+ Games for more information on how to register.

RULES

Event Rules are available to view on the MB 55+ Games website at www.activeagingmb.ca.

THINK GREEN

Participants are encouraged to bring their own water bottle to use during the Games.

EVENTS

To Register: visit www.activeagingmb.ca and click on 55+ Games to download a registration form or contact your Regional Games Representative (see last page).

3KM PREDICTED WALK/RUN

(Selkirk High School)
Individual: 55+

1KM NORDIC POLE PREDICTED TIME WALK

(Selkirk High School)
Individual: 55+

5 PIN BOWLING

(Selkirk Bowling Alley)
Individual: Men's and Women's
Team: teams of 5: 55+, 65+, 75+

9 HOLE GOLF

(Gross & Scramble)
(Selkirk Golf Course)
Individual: Women's and Men's
55+, 65+, 75+ & 80+

18 HOLE GOLF (NET & GROSS)

(Selkirk Golf Course)
Individual: Women's and Men's
55+, 65+, 75+ & 80+

ARTS & CRAFTS

(Selkirk United Church)
Many categories – see separate registration form

BOCCE BALL

(Selkirk Legion)
Team event: 55+

DARTS

(Selkirk Legion)
Team event: 55+

FLOOR CURLING

(Gordon Howard Centre)
Teams of 4: Cues & Non-Cues, 55+

FLOOR SHUFFLEBOARD

(Selkirk Legion)
Partner competition: 55+, 70+

HORSESHOES

(Selkirk Legion)
Individual: Men's & Women's, 55+

LAWN BOWLING

(St Johns Lawn Bowling - 1199 Main St, Winnipeg)
Partner competition: 55+: Men's, Women's & Mixed

PICKLEBALL

(Selkirk Community Church & Selkirk Recreation Complex)
Partner competition: Various age and skill categories

SLO-PITCH

(Selkirk Recreation Complex)
Team event: 55+

SNOOKER & 8 BALL

(Gordon Howard Centre)
Individual & team: 55+ & 70+

TRACK

(Selkirk High School)
Individual: Men's & Women's: 55+, 60+, 65+, 70+, 75+, 80+

PARTICIPATE AND QUALIFY FOR THE CANADA 55+ GAMES IN KAMLOOPS, BC - AUGUST 23-26, 2022!



EVENT SCHEDULE

End times are approximate

TUESDAY JUNE 7, 2022

9:00 – 9:45	Opening Ceremonies
10:30 – 12:00	Arts & Crafts drop off
10:30 – 12:30	Track
10:30 – 1:30	Horseshoes
10:30 – 5:00	5 Pin Bowling (Singles)
	18 Hole Golf – Gross
	Floor Curling
	Floor Shuffleboard
	Lawn Bowling (Winnipeg)
	Pickleball (Women's Doubles)
	Slo-Pitch
	Snooker & 8 Ball
1:00 – 5:00	Arts & Crafts (Judging)

WEDNESDAY, JUNE 8, 2022

9:30 – 11:30	3KM Predicted Walk/Run
11:30 – 12:30	1km Nordic Pole Predicted Time Walk
9:30 – 4:30	5 Pin Bowling (Team)
	9 Hole Golf – Gross / Scramble
	Arts & Crafts Display
	Floor Curling
	Floor Shuffleboard
	Lawn Bowling (Winnipeg)
	Pickleball (Mixed Doubles)
	Slo-Pitch
	Snooker & 8 Ball
1:00 – 4:30	Bocce Ball

THURSDAY, JUNE 9, 2022

9:00 – 12:00	Arts & Crafts Display
9:30 – 4:30	5 Pin Bowling (Team)
	18 Hole Golf – Net
	Floor Curling
	Floor Shuffleboard
	Lawn Bowling (Winnipeg)
	Pickleball (Men's Doubles)
	Slo-Pitch
	Snooker & 8 Ball
1:00 – 4:30	Wall Darts