



FOR IMMEDIATE RELEASE

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## **Courage Takes the Stage on Day Three of the Seniors Games**

*Ladder Ball and Cornhole bring senior athletes together in a national medal showdown.*

CANADA — Courage roared across the country on Day Three of the All Seniors Care Seniors Games as senior athletes stepped forward with bravery worthy of a Lion. With hearts steady and spirits bold, competitors embraced the challenge, proving that confidence and determination only grow stronger with age.

The day's action featured Ladder Ball, where steady hands and fearless focus were on full display as athletes vied for national medals in bronze, silver, and gold. Every toss carried weight - not just for points, but for pride. Cornhole followed, bringing lively energy as competitors battled it out for medals and bragging rights, cheered on by friends, neighbours, and teammates who know that every great contest deserves a great crowd.

More than friendly rivalry, the third day of the Senior Games underscored the purpose at the heart of the Games: providing a national stage that celebrates healthy aging, active living, and the courage it takes to try something new. Each game was a reminder that bravery isn't about being fearless, it's about stepping up anyway. Manitoba, resident Mrs. O explained that "Before moving to RR2 I didn't have the courage to play such games and now I play everyday!"

Congratulations to all medalists, athletes, spectators, and presenters who helped make the second day of the ASC Games such a meaningful success.

### **Schedule for the rest of the week:**

February 5<sup>th</sup> – Bocce, Shuffleboard

February 6<sup>th</sup> – Jeopardy, Bingo, Closing Ceremony

A testament to the power of active living at any age, the ASC Seniors Games are made possible by the dedication of resident volunteers and staff who pour their hearts into making each event a success. With competitions, awards, and plenty of good-natured rivalry on the schedule, the excitement will continue to build until the Closing Ceremony on February 6th.

**Media Note:** Opportunities include medal ceremonies, cheering residents, and moments with families and volunteers. Local media are invited to attend daily events and ceremonies at participating residences. Daily highlights on [www.allseniorscare.com/asc-games/](http://www.allseniorscare.com/asc-games/) social media using #ASCSCG and #ASCSeniorGames.

**Media Contact:** Bruce Lillie, National Director of Marketing (416) 323-3773 ext. 383 | [blillie@allseniorscare.com](mailto:blillie@allseniorscare.com)

**Facility Information Contact:** Joshua Kuhl, Senior Executive Vice President of Operations (416) 929-1328 | [jkuhl@allseniorscare.com](mailto:jkuhl@allseniorscare.com)