

Trabuco CANYON

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Senior Olympic Contenders Compete For The Gold

June 4th, the Olympic spirit arrived with a passionate round of cheering at Park Terrace Senior Living Community for the 3rd Annual Kisco Olympic Games. Contenders competed in events that included a chariot race and obstacle course, balloon volleyball, putting, and a bocce ball challenge.

Executive Director Rick Landsford declared the start

Team Park Terrace left to right front row are: Lois Ross, Margie Herzog, Frances Feaser, Toni Gallardo, Betty Purser, Win Jeeves, Barbara Suter and back row Bernice Williams, Tina Dorris, Donna Ward, Executive Dir. Rick Lansford, Pat Cronan, Lornie Beaulieu, Trudy & John Carpenter and Regina Jackson.

of the games at the opening ceremony by lighting the Olympic torch. The festivities continued with team cheers. Team Park Terrace chanted, "Park Terrace has spirit, yes we do, Park Terrace has spirit, how about you!" Olympic participants included residents from surrounding Kisco Senior Living Communities - Park Plaza in Orange, Emerald Court in Anaheim, The Patrician in La Jolla and of course, Rancho Santa Margarita's Park Terrace.

Toni Gallardo, a Park Terrace resident shares, "We had a ball! It is such a joy to mingle with new friends and to cheer my team on to victory."

The first event was a chariot race with contestants
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SENIOR OLYMPIC CONTENDERS *(continued from page 8)*

in wheel chairs racing against the clock in an obstacle course around the property. Residents then participated in a competitive game of balloon volleyball where on-lookers cheered with enthusiasm. "We are a community in motion," says Lansford. "Our residents enjoy the fun and excitement of competing and interacting with others from surrounding communities." The event was coordinated by Kellie Young, Wellness Associate, along with support from Park Terrace's caring staff.

"My favorite event was the amazing race," shares Trudy Carpenter of Team Park Terrace. "This is my 2nd year competing in the Olympics and every year I get a little bit better."

The games closed in true Olympic fashion with the distribution of medals to all that participated. A trophy was presented to Park Terrace whose team earned the most amount of gold, silver and bronze medals. It was a day of fun where senior athletes expressed high spirits and excitement throughout the day of various competitions.