



LIMPOPO

PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
SPORT, ARTS & CULTURE

Media release

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LIMPOPO HOSTS GOLDEN GAMES 2013 FOR OLDER PERSONS

The Department of Sport, Arts and Culture in conjunction with the Waterberg District Municipality will host the provincial Golden Games 2013 for Older Persons to celebrate active aging through sport. The objective of the game's is to ensure that older persons are well taken care of, supported and participate in sporting activities to promote healthy lifestyle. This project is rolled out from local municipal level to national competitions.

The Provincial Games will be held as follows:

Date : 04 September 2013
Time : 11:00 (arrival of the teams); 14:00 (games resumes) 16:00
(Official Opening of the games)
Venue : SANFA Sport Ground, Bela-Bela Municipality, Waterberg District

The sporting codes will include; Duck-walk, Passing the ball, 100m run, 200m run, 4 x 100m relay, Rugby ball throw, Jukskei, Ball pass and kick, Ball relay for both males and females respectively, Pegging washing pegs for wheel chair bound males and females only, dress-up race, 400m run, 500m Brisk walk, 800m run, Goal shooting, Ring the stick and 400m relay sprint.

The Golden Games Project is considered as a vehicle that can elevate activities for older persons to a higher level. The project was launched in September 2005 in Western Cape, through the Department of Social Development. This project focuses on sport activities and events whilst at the same time attempts to strengthen and advance service delivery and render support for older persons. The target group is older persons from the age of 60 years and above from community based facilities such as service centres and hubs.

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