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2023 HUEGON MANĀMKO' SENIOR CITIZEN GAME

As May is Senior Citizens month, the island's Manāmkō' came together on Monday May 8th for an exciting day of Fitness, Fun, and Teamwork for the 2023 Huegon Manāmkō' Senior Games with a Vaccine & Booster Clinic. This event was organized to promote physical activity, improve health outcomes and foster social connections among our island's senior citizens

This is the first Senior Games since 2019, and was made possible thanks to the Department of Public Health and Social Services' (DPHSS), Division of Senior Citizens (DSC), in partnership with the Mayors' Council of Guam (MCOG). Those who participated were all of the island's Senior Citizen Centers as well as the North, South and Central Adult Day Care Centers.

Manāmkō' were provided the opportunity to participate in the Rice Bag Throw, Tennis Skills & Exercises for Seniors by Seniors, Adaptive Bowling, Talaya (Fish Net) Throws, Cha'Cha Freeze, Golf Putt and more. The Senior and Adult Day Care Centers participated in the Parade of Center Banners representing their Centers.

The Overall winners from the Huegon Manāmkō' Senior Games event are:

- 1st Place- Tamuning Senior Citizens Center
- 2nd Place - Inalāhan Senior Citizens Center
- 3rd Place – Santa Rita Senior Citizens Center

The winners of the Parade of Center Banners Winners are:

- 1st Place - Inalāhan Senior Citizens Center
- 2nd Place - Santa Rita Senior Citizens Center
- 3rd Place - Malesso' Senior Citizens Center

“This event serves as a testament to the resilience, strength and vitality of our island's senior citizens,” said DPHSS Director Arthur San Agustin. “We look forward to continuing to support and empower our Manāmkō' to live their best lives.”

  
ARTHUR U. SAN AGUSTIN, MHR  
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