

*Biba
Manamko'!*

2023 HUEGON MANAMKO' SENIOR GAMES

VACCINE & BOOSTER CLINIC

Monday, May 8, 2023 • 10:00am-2:00pm • University of Guam Calvo Field House, Mangilao

The Division of Senior Citizens, Department of Public Health and Social Services, in partnership with the Mayors' Council of Guam and the 2023 Senior Citizens Month Central Planning Committee, hosted the 2023 Huegon Manamko - Senior Games, Vaccine & Booster Clinic. This marked the return of this Senior Games event, which was last hosted in 2019.



Inalåjan Senior Citizens Center wins 1st Place for the Parade of Center Banners competition

This year's Huegon Manamko - Senior Games was also the first year that offered the Vaccine & Booster Clinic alongside all the activities



DPHSS Immunization & Health Disparities Program Nurses and Staff get ready for the Vaccine & Booster Clinic



Adult Day Care clients enjoy themselves during the Cha'Cha' Freeze activity and took 2nd place



Adult Day Care client learns useful Tennis Skills & Exercises provided by Ninete Tennis Community Association (NTCA)



Adult Day Care client scores a point during the Rice bag Throw activity



GouGuam Association of Retired Persons (GGARP) representatives captures memories with the photo booth



Senior Citizens Administrator, Charlene San Nicolas signs up to get her booster shot

Over 200 Manamko' (elderly) attended this event from the 12 Senior Citizens Centers and the Adult Day Care in Inalåjan (South), Macheche (Central), and Wusstig (North)

The Huegon Manamko - Senior Games was off to a good start as each Senior Citizens Center and the Adult Day Care showcased their banner creativity

Parade of Center Banners



Adult Day Care



Inalajan Senior Citizens Center



Santa Rita Senior Citizens Center



Malesso' Senior Citizens Center



Yigo Senior Citizens Center



Astumbo Senior Citizens Center

Parade of Center Banners -Continued



Agana Heights Senior Citizens Center



Dededo Senior Citizens Center



Mangilao Senior Citizens Center



Sinajana Senior Citizens Center



Tamuning Senior Citizens Center



Yona / Talofofo Senior Citizens Center

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Fun and laughter echoed in the Field House as the Manamkos participated in the various games and activities promoting fitness, fun, and teamwork

Morning included 5 activities to build the momentum.

The games included the Gathering Game, Rice Bag Throw, Tennis Skills & Exercises for Seniors by Seniors, Egg Toss, and Golf Putt



*The Gathering Game
Sponsored by the Division of Senior Citizens*



Rice Bag Throw

Sponsored by the Family and Consumer Science (KEA Program and SNAP-Ed & ESLS), University of Guam



*Tennis Skills & Exercises for Seniors by Seniors
Sponsored by Ninete Tennis Community Association (NTCA)*



Egg Toss

Sponsored by Ms. Nilda Orencia with assistance from the Division of Senior Citizens



Golf Putt

Sponsored by Elder Justice Center, Legal Assistance Service, Public Defender Services Corporation

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Cha'Cha' Freeze

Sponsored by Adult Day Care Program with assistance from the Division of Senior Citizens



Talaya (Fish Net) Throw

Sponsored by Senior Center Operations



Huegon Manāmkō - Senior Games excitement continued with 3 more activities in the afternoon. The games included Cha'Cha Freeze, Adaptive Bowling, Talaya (Fish Net) Throw, and dancing.



Adaptive Bowling

Sponsored by Guam CEDDERS - Guam System for Assistive Technology (GSAT)



Even while activities were on pause, the Manāmkōs found themselves gravitating towards the dance floor as their favorite music came on

The Overall winners of the 2023 Huegon Manamko - Senior Games,
determined by the most wins from all games by each center



*1st Place
Tamuning Senior Citizens Center*



*2nd Place
Inalajan Senior Citizens Center*



*3rd Place
Santa Rita Senior Citizens Center*



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Of course, what better way to end the fun-filled day but by having some delicious cake with Adult Day Care Inalajan client, Mrs. Helen Kanda, 97 years of age



Special Thanks to our Sponsors, Exhibitors, and Volunteers who helped make the 2023 Huegon Manamko - Senior Games, Vaccine & Booster Clinic a huge success!



DPHSS Health Disparities Program



DPHSS Immunization Program



Guam CEDDERS - Guam System for Assistive Technology, University of Guam

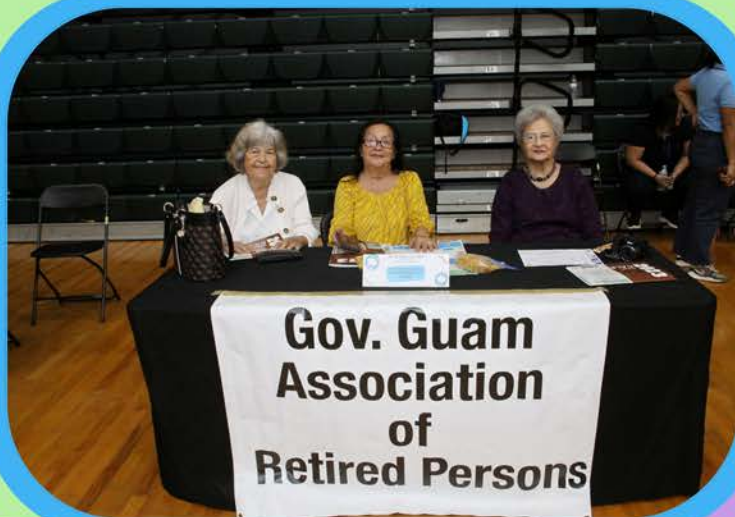


Guam Fire Department

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Ninete Tennis Community Association (NTCA)



GovGuam Association of Retired Persons



*Consumer & Family Science (KEA Program and
SNAP-Ed & ESLs), University of Guam*



Lions Club District 204



*Elder Justice Center, Legal Assistance Service
Public Defender Service Corporation*



*Volunteers from Health Services of the Pacific
Case Management Service*

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Adult Day Care, Mayors' Council of Guam



Senior Center Operations, Mayors' Council of Guam



Volunteers from the 37th Guam Legislature Offices of Senator Shelton, Speaker Terlaje, Vice Speaker Muña Barnes, Senator Parkinson, Senator San Nicolas, Senator Barnett, Senator Brown, Senator Duenas, Senator Perez, Senator Lujan, and Office of Congressman Moylan



Senior Center Operations, Mayors' Council of Guam and Health Services of the Pacific



Division of Senior Citizens

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**SENIOR
CITIZENS
MONTH**



AGING UNBOUND: MAY 2023
INAMKO' SIN CHINENGLE