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**NEWS FROM THE OFFICE OF  
ULSTER COUNTY EXECUTIVE MIKE HEIN**

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**FOR IMMEDIATE RELEASE**  
**March 10, 2011**

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**COUNTY EXECUTIVE MIKE HEIN ANNOUNCES THE 2011 ULSTER COUNTY  
SENIOR GAMES**

Kingston, NY – Ulster County Executive Mike Hein announced today that the Ulster County Senior Games will begin in May. The 2011 Senior Games program is a partnership of Care Alternatives, Health Alliance of the Hudson Valley, Ulster County Office for the Aging, Resource Center for Accessible Living and Woodland Pond.

“I encourage all seniors to participate in the 2011 Ulster County Senior Games,” said County Executive Hein. “Their participation at the games is incredibly important, not just for them, but for the county as a whole. Staying physically and mentally fit and exercising regularly can help prevent or delay many diseases and disabilities.”

The 2011 Senior Games are open to all Ulster County seniors age 60 and over. The games include Golf, Trivia, Swimming, Bowling and many more. The month long events provide fun, socialization, exercise and competition.

An Awards Ceremony will be held at the close of the games, where lunch and entertainment is provided and awards and door prizes are distributed.

For more information or an application, please contact Lara at the Resource Center for Accessible Living, at (845) 331-0541, Ext. 10.