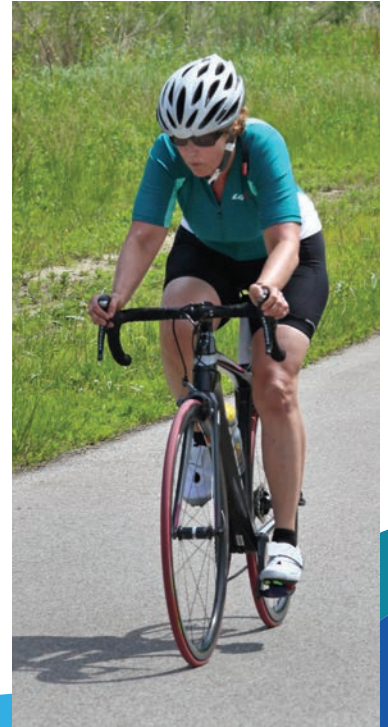


# ***SPRING NEWSLETTER 2019***



## ***St. Louis Senior Olympics***

Celebrating 40 Years!  
Memorial Day Weekend 2019

**Inside:**  
40<sup>th</sup> Anniversary Kickoff  
Meet Our New Chair!

**NORC  
Community  
Concert:  
Wednesday,  
May 22  
at 1:30pm**

For more information, visit [stlouisseniorolympics.org](http://stlouisseniorolympics.org)





## Meet Our New Chair: Judy Grand

We are thrilled to announce that Judy Grand is the new Chair of the St. Senior Olympics! Judy has been involved with the St. Louis Senior Olympics as a member of the committee and Event Director for ten years.

She is a St. Louis native (Ladue High School!) and has been active at the J throughout her life, including meeting her husband – another Ladue graduate David Grand – on the racquetball courts! They've been happily married for 33 years and have three sons (all Ladue graduates) ... Go Rams!

Judy graduated from the University of Texas in Austin (Hook 'Em Horns) and began working for her family business, Kraus Clothing, Inc. She continually was promoted and ultimately was managing her own store. Now, as a successful real estate agent, her goal is to make certain that her client's home buying and selling experiences are filled with good memories and make sure they still have "everything they want and need."

Judy enjoys staying fit and one of her greatest passions is running: 10ks, Half-Marathons, Marathons and even an occasional Triathlon. When she's not running, she enjoys spending time with family, traveling or reading a great book. She also enjoys volunteering for the Jewish Food Pantry, and, of course, the St. Louis Senior Olympics! Her passion for fitness has offered her incredible opportunities to help raise money for causes like MS and Cancer.

Judy is tenacious, energetic, persistent, consistent, positive and a committed relationship builder. In her eyes, the "glass is not half full," but rather "FULL TO THE BRIM!"



## From the Director

Dear St. Louis Senior Olympic Athletes, Volunteers & Supporters,

Thank you for registering for the St. Louis Senior Olympics – as an athlete or volunteer. I cannot tell you how excited we are for 2019. Over Memorial Day Weekend, we will again play host to more than 1,200 athletes, 300+ volunteers, countless supporters, fans, and, of course, our FABULOUS sponsors (please take a moment to visit our sponsors on [stlouisseniorolympics.org](http://stlouisseniorolympics.org) and on their individual websites).

Please join me in welcoming and thanking our NEW CHAIR, Judy Grand. As you can see from her bio above, Judy brings a wealth of experience, dedication and positive attitude to our committee. It has been such a pleasure to work with Judy to date and her visionary leadership will continue to make the St. Louis Senior Olympics one of the premier Senior Games in the nation.

I am so excited to be celebrating the 40<sup>th</sup> Anniversary of the St. Louis Senior Olympics. What was originally intended to be a one-time event to celebrate the St. Louis Jewish Community Center's 100<sup>th</sup> year, is now happening for the 40<sup>th</sup> time! On Thursday, May 23, in celebration of the 40<sup>th</sup> anniversary of the St. Louis Senior Olympics, a full slate of programming is scheduled; including a senior tap dance exhibition, the AARP Fitness Fair and a one-mile inter-generational walk around the Jewish Community Center's campus called the Walk of Ages.

Additionally, we are excited to offer a panel with local St. Louis sports personalities moderated by former Chicago sports announcer and longtime St. Louis J supporter, Jerry Ehrlich. Included in this panel (to date) are longtime St. Louis basketball coach, Rich Grawer and Olympic Gold Medalist, Mark Gorski. This event is free and open to the community.

If you cannot join us for any of the 40<sup>th</sup> Anniversary Kickoff programming (more information inside!), we look forward to seeing you at one of our community venues or around the J (or even cooling off in the Family Center – our Hospitality Room – enjoying complimentary snacks and beverages). We wish you the best of luck in competition, but more important, we hope you have FUN and enjoy the camaraderie that helps define the St. Louis Senior Olympics.

Finally, I would like to thank the volunteers, steering committee, as well as the St. Louis Jewish Community Center staff for all they do to make this well-oiled machine run so smoothly. Without their support the Games would simply not be possible.

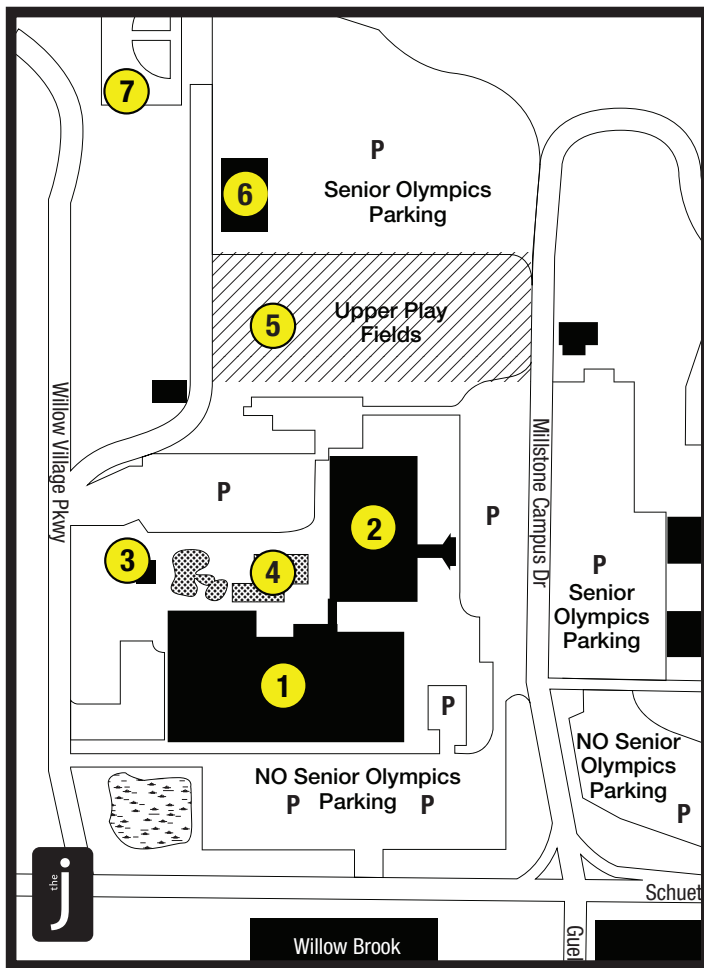
Thank you as always for your support of the Games.

Sincerely,

Phil Ruben  
St. Louis Senior Olympics Director

### Welcome Packets

Participants may pick up Welcome Packets and t-shirts beginning Thursday, May 23 from 12-7pm at the Jewish Community Center in Creve Coeur. Participants may also check-in at the Information Desk at the Jewish Community Center in Creve Coeur: Friday, May 24 (9am-12pm); Saturday, May 25 (7am-4pm); Sunday, May 26 (7am-4pm); and Monday, May 27 (8am-1pm).



1. The J - Stoenberg Family Complex  
Fitness & Wellness Building
  - Opening Ceremonies/Welcome Packet Pick-Up
  - Information Desk/Medal Distribution
  - Art Competition
  - Badminton
  - Basketball Throws
  - Pickleball
  - Racquetball
  - Table Tennis
  - Tap Dance
  - Weightlifting
2. The J - Stoenberg Family Complex  
Arts & Education Building
3. The J - Pool House
4. The J - Lap & Recreation Swimming Pool
  - Accuracy Plug Casting
5. Upper Play Fields
  - Bocce
  - Cornhole
  - Football Kicks
  - Football Throws
  - Frisbee Toss
  - Soccer Kicks
  - Softball Throws
  - Ultimate Frisbee
  - Washer Toss
6. The J Day Camps Pavilion
  - Shuffleboard
7. The J - Ballfields
  - Golf Closest to the Pin
  - Homerun Derbies

## 40<sup>th</sup> Anniversary Kickoff!

### Thursday, May 23

12 – 4pm **AARP Fitness Fair in the Edison Gymnasium**

**NEW**

Get in the Senior Olympics spirit by attending in our interactive Fitness Fair, located in the Edison Gymnasium. This free exhibition brought to you by AARP will bring together participants and members of the Jewish Community Center who are interested in learning more about healthy eating, physical activity, and health services. This festival will offer interactive fitness activities and the opportunity to engage with others in the health and wellness community.

**AARP** Real Possibilities  
St. Louis

1:30 - 4pm **Tap Dance Exhibition**

Our annual treat as performed by our wonderful and wonderfully young tappers.

5 – 6pm **Sports Panel in the Mirowitz Performing Arts Center**

**NEW**

Local sports personalities will speak about their past accomplishments, healthy aging and how they stay active in athletics and fitness.

6pm **Opening Ceremonies & Walk of Ages**

A one-mile walk on The J's campus, concluding with a celebration on the back lot featuring food, music and Senior Olympic games!



View 2018 Results and All-Time Records at [stlouisseniorolympics.org](http://stlouisseniorolympics.org)



*Thank you to our 2019 St. Louis Senior Olympics Sponsors and Community Partners!*

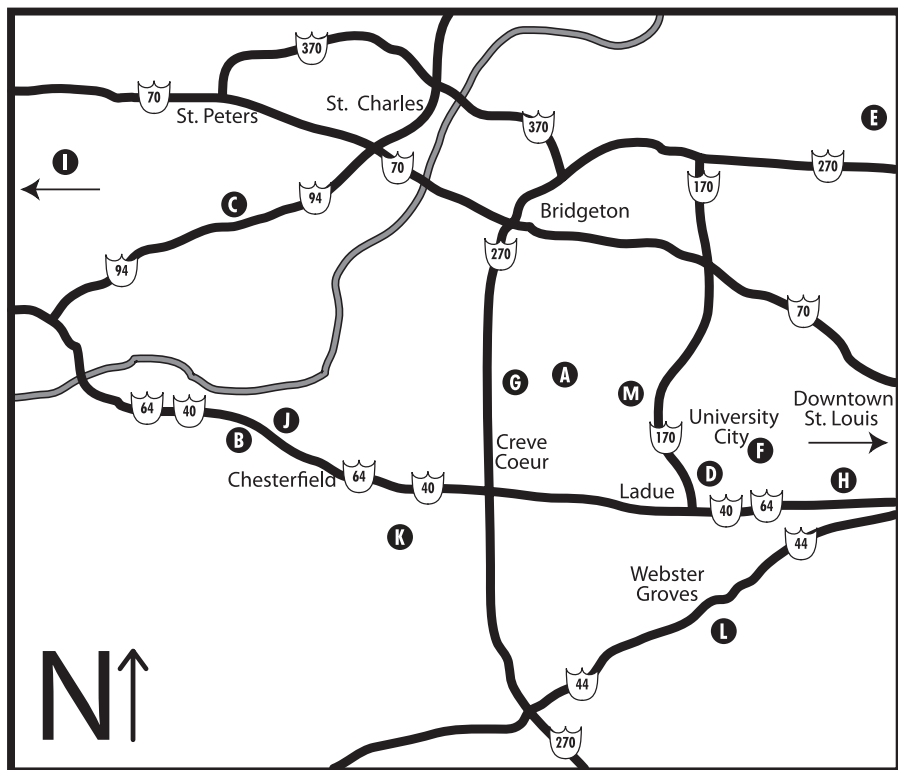
## SPONSORS



## COMMUNITY PARTNERS



## Venue Map



- A Main Venue:** The J, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B 3 on 3 Basketball & Swimming:** The J in Chesterfield, Marilyn Fox Building, 16801 Baxter Road, Chesterfield, MO 63005
- C Billiards:** Teachers Billiards and Sports Cafe, 3611 N. St. Peters Parkway, St. Peters, MO 63376
- D Bowling:** Tropicana Lanes, 7960 Clayton Road, Richmond Heights, MO 63117
- E Cycling:** Columbia Bottom Conservation Area, 801 Strodtman Road, St. Louis, MO 63138
- F Darts:** Blueberry Hill, 6504 Delmar Boulevard, St. Louis, MO 63130
- G 9-Hole Golf Tournament:** Creve Coeur Golf Course, 11400 Olde Cabin Road, Creve Coeur, MO 63141
- H 18-Hole Golf Tournament:** Norman K. Probst Golf Course at Forest Park, 6141 Lagoon Drive, St. Louis, MO 63112
- I Horseshoes:** Quail Ridge Horseshoe Club, 100 Bluestem Way, Wentzville, MO 63385
- J Tennis:** Chesterfield Athletic Club, 16625 Swingley Ridge Road, Chesterfield, MO 63017
- K Track & Field:** The Principia, 13201 Clayton Road, St. Louis, MO 63131
- L Water Volleyball:** Lutheran Senior Services at Laclede Groves, 723 S. Laclede Station Road, St. Louis, MO 63119
- M Bridge:** St. Louis Bridge Center, 1270 N. Price Road, Olivette, MO 63132

Venue directions available at [stlouisseniorolympics.org](http://stlouisseniorolympics.org)