

SPRING NEWSLETTER 2022



**Memorial Day
Weekend!**

42nd
St. Louis 
**Senior
Olympics**

For more information, visit stlouisseniorolympics.org





From Our Coordinator, Stephanie Rhea

Dear St. Louis Senior Olympics Athletes, Volunteers and Supporters,

I am thrilled to be back as your St. Louis Senior Olympics Coordinator!

The 2021 games, despite the pandemic, were incredible, and I intend to make the 2022 games even better!

We have three new events, two events returning this year, and three events which used to take place elsewhere, coming BACK to the J this year! I want to thank you for registering and welcome you to the excitement of the St. Louis Senior Olympics! Whether it is your first time, or you are a long-standing participant, I hope that you find the weekend to be full of great competition, joyful camaraderie and wonderful memories.

If you are interested in getting involved, there are many great volunteer opportunities. Visit jccstl.com/slsovolunteer to sign up for volunteer shifts during the Games. The 200+ volunteers we have each year play an enormous part of this event's success.

I would also like to thank our sponsors. Please come to the Opening Ceremonies and Vendor Fair on Thursday, May 26, starting at 1:00pm, to learn about the businesses that support us and how they may be able to help you.

I look forward to seeing you soon!

Sincerely,

A handwritten signature in black ink that reads "Stephanie Rhea".

Stephanie Lander Rhea
St. Louis Senior Olympics Coordinator





From Our Co-Chair, Judy Grand

It is a great honor to be a Co-Chair of the St. Senior Olympics this year! I welcome Marc Oberman as my Co-Chair and look forward to sharing the joy of the games with him. I've been involved with the St. Louis Senior Olympics as a member of the committee and Event Director for more than 10 years!

I'm a St. Louis native (Ladue High School) and have been active at the J throughout my life, including meeting my husband – another Ladue graduate David Grand – on the racquetball courts! I still enjoy staying fit and one of my greatest passions is running: 10ks, half-marathons, marathons and even an occasional triathlon. When I'm not running, I enjoy spending time with family, traveling or reading a great book. I especially enjoy volunteering for the Jewish Food Pantry, and, of course, the St. Louis Senior Olympics! My passion for fitness has offered incredible opportunities to help raise money for causes like MS and cancer.

I love to help with the Senior Olympics as it's so inspirational to watch all the competitors put forth all their positive energy, consistent commitment and mental tenacity. There is an unbelievable spirit in all of the athletes and I can't wait for the games to begin this year!

Judy Grand



From Our Co-Chair, Marc Oberman

I was born and raised in St. Louis and grew up playing and working at the J. I started playing baseball, basketball and floor hockey in the youth leagues. I then worked as a referee for both soccer and basketball and, eventually, as a counselor at Sports Camp in the summers. I have been involved with Senior Olympics as the Track & Field event chair for 10 years. I will become a second-generation chair of the Senior Olympics following in my father, Marty's, footsteps.

I met my wife, Sarah, while we both worked as counselors at the J and we have two kids. Our daughter, Riley, is a senior at Ladue High School and will be a freshman at Tulane University in the fall, and our son Jacob is a freshman at Ladue High School.

A graduate of Indiana University, I started my career in logistics in Chicago where Sarah and I lived for 10 years, and where both kids were born. After moving back home, I started my own logistics company, Range Logistics.

In my free time, I love coaching my son's hockey team and I play in a men's hockey league as well. I also enjoy traveling with my family and spending time in the great outdoors.

Marc Oberman





From Our Development Manager, Phil Ruben

I have had the privilege of working with the St. Louis Senior Olympics since 2005 and serving as Director from 2011-2020. The Games are more than a sporting competition. The Senior Olympics inspire and motivate our community to live a healthier life. We are grateful for what donors have allowed us to accomplish over the years. The J is especially proud to have sponsors and donors who continued to support this event through the COVID-19 pandemic. Registration fees only cover approximately 70% of the expenses related to the production of the Games and we are grateful your past contributions have allowed us to inspire the health and wellness of the 50+ community.

If you're willing to support the St. Louis Senior Olympics, please visit give.jccstl.org/slso

A handwritten signature in blue ink, reading "Phil Ruben".



Donate Today!



Welcome Packets

Participants may pick up Welcome Packets and t-shirts beginning Thursday, May 26 at the Arts & Education Building of the J in Creve Coeur. Pickup is from 1-4pm.

Pickup is also available at the J Day Camps Pavilion during these times:

Friday, May 27 (8am-4pm); Saturday, May 28 (8am-4pm); Sunday, May 29 (8am-1pm); Monday, May 30 (8am-4pm).

If you are competing in events outside of these time frames, your Welcome Packets and t-shirts will be provided to you during the event.

Vendor Fair and Opening Ceremonies

Thursday, May 26

Get in the Senior Olympics spirit by attending our Vendor Fair and Dance Exhibition in the Arts & Education Building of the J in Creve Coeur. All our sponsors will be giving out freebies and/or great advice from 1:00-4:00pm. We will light the torch at 1:00pm as the official start to the 2022 St. Louis Senior Olympics.

For instructions on locating your schedule, visit jccstl.org/slsoschedule

Schedule of Events

Friday, May 20

3:00pm Pickleball Singles J Creve Coeur Gym

Saturday, May 21

9:00am Pickleball Doubles J Creve Coeur Gym

Sunday, May 22

9:00am Pickleball Mixed Doubles J Creve Coeur Gym

Thursday, May 26

1:00pm Vendor Fair JCC Creve Coeur Arts & Education Building Parking Lot
1:00pm Opening Ceremonies JCC Creve Coeur Arts & Education Building Parking Lot

1:30pm Dance Exhibition JCC Creve Coeur Performing Arts Center

Friday, May 27

8:00am Horseshoes Singles (M 50-64) JCC Creve Coeur Upper Play Fields
8:00am Tennis The Principia School
9:00am 9-Hole Golf Tournament Creve Coeur Golf Course
9:30am Horseshoes Singles (M 65+) JCC Creve Coeur Upper Play Fields
11:00am Horseshoes Singles (W 60-64) JCC Creve Coeur Upper Play Fields
11:00am Billiards Eight Ball Teachers Billiards
1:00pm Horseshoes Singles (W 65+) JCC Creve Coeur Upper Play Fields
2:30pm Duplicate Bridge St. Louis Bridge Center
2:30pm Horseshoes Open Doubles (50-69) JCC Creve Coeur Upper Play Fields
4:00pm Horseshoes Open Doubles (65+) JCC Creve Coeur Upper Play Fields

Saturday, May 28

8:00am Badminton Singles (M) JCC Creve Coeur Gym
8:00am Golf Closest to the Pin JCC Creve Coeur Ballfields
8:00am Tennis The Principia School
9:00am Cycling (5 Mile) Audubon Center Riverlands
9:00am Football Punt JCC Creve Coeur Upper Play Fields
9:00am Table Tennis Singles (W) JCC Creve Coeur Gym
10:00am Cycling (5 Kilometers) Audubon Center Riverlands
10:30am Badminton Doubles (M) JCC Creve Coeur Gym
10:30am Dart Throw JCC Creve Coeur A&E Building
10:30am Football Kick JCC Creve Coeur Upper Play Fields
10:30am Table Tennis Doubles (W) JCC Creve Coeur Gym
10:45am Cycling (1 Mile) Audubon Center Riverlands
11:15am Cycling (1/4 Mile) Audubon Center Riverlands
12:00pm Table Tennis Mixed Doubles JCC Creve Coeur Gym
12:00pm Soccer Kick – Distance JCC Creve Coeur Upper Play Fields
12:30pm Badminton Mixed Doubles JCC Creve Coeur Gym
1:00pm Dart Tournament (Doubles) JCC Creve Coeur A&E Building
1:30pm Table Tennis Doubles (M) JCC Creve Coeur Gym
1:30pm Frisbee Toss – Distance JCC Creve Coeur Upper Play Fields
2:00pm Badminton Singles (W) JCC Creve Coeur Gym
2:00pm Swimming JCC Chesterfield Indoor Pool
3:00pm Bowling Singles Shrewsbury Lanes
3:00pm Table Tennis Singles (M 70+) JCC Creve Coeur Gym
3:30pm Dart Tournament (Singles) JCC Creve Coeur A&E Building
4:00pm Badminton Doubles (W) JCC Creve Coeur Gym
4:30pm Table Tennis Singles (M 60-69) JCC Creve Coeur Gym
6:00pm Table Tennis Singles (M 50-59) JCC Creve Coeur Gym

Sunday, May 29

8:00am Shuffleboard Singles (M 50-64) JCC Creve Coeur Day Camp Pavilion
8:00am Tennis The Principia School
8:30am Basketball Around the World JCC Creve Coeur Gym
9:00am Bocce (M 70+) JCC Creve Coeur Upper Play Fields
9:00am Washer Toss (W 50-64) JCC Creve Coeur Upper Play Fields
9:30am Basketball Free Throw JCC Creve Coeur Gym
10:00am Bocce (M 50-69) JCC Creve Coeur Upper Play Fields
10:00am Shuffleboard Singles (W 50-64) JCC Creve Coeur Day Camp Pavilion
10:00am Weightlifting Weigh-In JCC Creve Coeur Fitness Center
11:00am Washer Toss (W 65+) JCC Creve Coeur Upper Play Fields
11:30am Bocce (W 50-64) JCC Creve Coeur Upper Play Fields
12:00pm Shuffleboard Singles (M 65+) JCC Creve Coeur Day Camp Pavilion
1:00pm Bocce (W 65+) JCC Creve Coeur Upper Play Fields
1:00pm Mahjong Tournament JCC Creve Coeur Arts and Education Building
1:00pm Washer Toss (M 65+) JCC Creve Coeur Upper Play Fields
2:00pm Shuffleboard Singles (W 65+) JCC Creve Coeur Day Camp Pavilion
2:00pm Swimming JCC Chesterfield Indoor Pool
2:00pm Washer Toss (M 50-64) JCC Creve Coeur Upper Play Fields
3:00pm Bowling Doubles Shrewsbury Lanes

Monday, May 30

8:00am Accuracy Plug Casting JCC Creve Coeur Outdoor Pool
8:00am Cornhole Singles (M 50-64) JCC Creve Coeur Upper Play Fields
8:00am Tennis The Principia School
8:00am Track & Field The Principia School
8:00am Weightlifting JCC Creve Coeur Gym
8:15am Racquetball Singles JCC Creve Coeur Courts
9:00am Baseball Homerun Derby (50-64) JCC Creve Coeur Ballfields
9:00am Football Throws JCC Creve Coeur Upper Play Fields
Accuracy and Distance JCC Creve Coeur Upper Play Fields
9:00am Shuffleboard Open Doubles (75+) JCC Creve Coeur Day Camp Pavilion
9:30am Cornhole Singles (W 50-64) JCC Creve Coeur Upper Play Fields
10:00am Bowling 3 Person Baker Shrewsbury Lanes
10:30am Baseball Homerun Derby (65+) JCC Creve Coeur Ballfields
11:00am Cornhole Singles (M 65+) JCC Creve Coeur Upper Play Fields
11:00am Shuffleboard Open Doubles (50-59) JCC Creve Coeur Day Camp Pavilion
11:00am Softball Throws JCC Creve Coeur Upper Play Fields
Accuracy and Distance JCC Creve Coeur Upper Play Fields
12:00pm Softball Homerun Derby (50-64) JCC Creve Coeur Ballfields
12:15pm Racquetball Open Doubles JCC Creve Coeur Courts
12:30pm Cornhole Singles (W 65+) JCC Creve Coeur Upper Play Fields
1:00pm Bowling Mixed Doubles Shrewsbury Lanes
1:00pm Shuffleboard Open Doubles (60-74) JCC Creve Coeur Day Camp Pavilion
1:30pm Cornhole Open Doubles (50-59) JCC Creve Coeur Upper Play Fields
1:30pm Softball Homerun Derby (65+) JCC Creve Coeur Ballfields
1:30pm Soccer Kick – Accuracy JCC Creve Coeur Upper Play Fields
3:00pm Cornhole Open Doubles (60+) JCC Creve Coeur Upper Play Fields

Tuesday, May 31

7:30am 18-Hole Golf Tournament

Forest Park Golf Course

Saturday, June 4

1:00pm Water Volleyball (Co-Ed) (75+)

J Creve Coeur Indoor Pool

Sunday, June 5

1:00pm Water Volleyball (Co-Ed) (50-64)

J Creve Coeur Indoor Pool

5:00pm Water Volleyball (Co-Ed) (65-74)

J Creve Coeur Indoor Pool

Track & Field Detailed Schedule

These are approximate starting times. Please arrive 10-15 minutes prior to the start of your event.

Monday, May 30

Track Schedule

| | |
|---------|-------------------------------|
| 8:00am | 1500 Meter Race Walk (W All) |
| 8:20am | 1500 Meter Race Walk (M All) |
| 8:50am | 400 Meter Run (W All) |
| 8:55am | 400 Meter Run (M 75+) |
| 9:00am | 400 Meter Run (M 65-74) |
| 9:05am | 400 Meter Run (M 60-64) |
| 9:15am | 400 Meter Run (M 55-59) |
| 9:20am | 400 Meter Run (M 50-54) |
| 9:30am | 1500 Meter Power Walk (W All) |
| 9:50am | 1500 Meter Power Walk (M All) |
| 10:20am | 100 Meter Dash (W 65+) |
| 10:25am | 100 Meter Dash (W 55-64) |
| 10:30am | 100 Meter Dash (W 50-54) |
| 10:40am | 100 Meter Dash (M 80+) |
| 10:45am | 100 Meter Dash (M 70-79) |
| 10:55am | 100 Meter Dash (M 65-69) |
| 11:05am | 100 Meter Dash (M 60-64) |
| 11:15am | 100 Meter Dash (M 50-59) |
| 11:30am | 1500 Meter Run (W All) |
| 11:40am | 1500 Meter Run (M 70+) |
| 11:50am | 1500 Meter Run (M 60-69) |
| 12:00pm | 1500 Meter Run (M 50-59) |
| 12:15pm | 200 Meter Dash (W All) |
| 12:20pm | 200 Meter Dash (M 75+) |
| 12:25pm | 200 Meter Dash (M 70-74) |
| 12:30pm | 200 Meter Dash (M 65-69) |
| 12:35pm | 200 Meter Dash (M 60-64) |
| 12:40pm | 200 Meter Dash (M 55-59) |
| 12:45pm | 200 Meter Dash (M 50-54) |
| 12:55pm | 800 Meter Run (W All) |
| 1:00pm | 800 Meter Run (M 75+) |
| 1:05pm | 800 Meter Run (M 65-74) |
| 1:10pm | 800 Meter Run (M 60-64) |
| 1:15pm | 800 Meter Run (M 50-59) |
| 1:30pm | 50 Meter Dash (W 65+) |
| 1:35pm | 50 Meter Dash (W 50-64) |
| 1:45pm | 50 Meter Dash (M 75+) |
| 1:55pm | 50 Meter Dash (M 70-74) |
| 2:00pm | 50 Meter Dash (M 65-69) |
| 2:10pm | 50 Meter Dash (M 60-64) |
| 2:20pm | 50 Meter Dash (M 55-59) |
| 2:25pm | 50 Meter Dash (M 50-54) |

Field Schedule

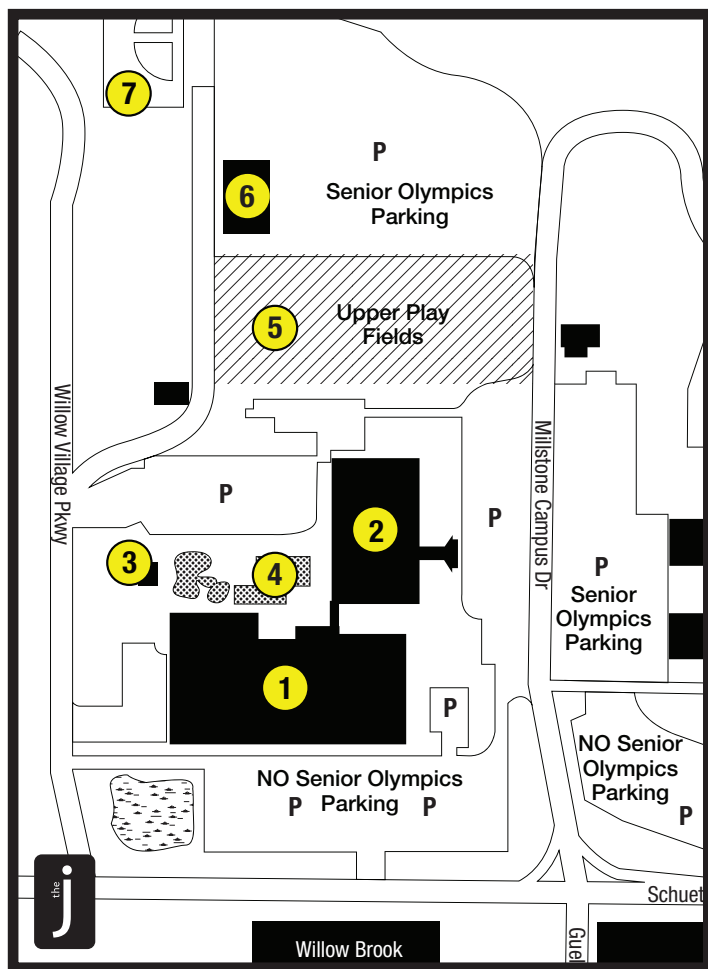
For events with designated start and end times, please report to and complete event during allotted time frame.

| | |
|-----------------|----------------------------|
| 8:00-9:30am | Javelin (M All) |
| 8:00-9:30am | Running Long Jump (M All) |
| 8:00-9:30am | Discus (M All) |
| 8:00-9:30am | Shot Put (W All) |
| 8:00-9:30am | Standing Long Jump (W All) |
| 8:00-8:20am | High Jump (M 50-54) |
| 8:20-8:40am | High Jump (M 55-59) |
| 8:40-9:00am | High Jump (M 60-64) |
| 9:00-9:20am | High Jump (M 65-74) |
| 9:20-9:40am | High Jump (M 75+) |
| 9:40-10:00am | High Jump (W All) |
| 9:00-10:30am | Pole Vault (M All, W All) |
| 9:30-11:00am | Javelin (W All) |
| 9:30-11:00am | Running Long Jump (W All) |
| 9:30-11:00am | Discus (W All) |
| 9:30-11:00am | Shot Put (M All) |
| 9:30-11:00am | Standing Long Jump (M All) |
| 11:00am-12:30pm | Triple Jump (M All, W All) |

*Please visit stlouisseniorolympics.org for age-specific weights



Staenberg Family Campus Map



1. Staenberg Family Complex
Fitness & Wellness Building
 - Badminton
 - Basketball Throws
 - Pickleball
 - Racquetball
 - Table Tennis
 - Weightlifting
2. Staenberg Family Complex
Arts & Education Building
 - Dance Exhibition
 - Darts
 - Opening Ceremonies (parking lot)
 - Vendor Fair (parking lot)
3. Pool House
4. Lap & Recreation Swimming Pool
 - Accuracy Plug Casting
5. Upper Play Fields
 - Bocce
 - Cornhole
 - Football Kicks
 - Football Throws
 - Frisbee Toss
 - Horseshoes
 - Soccer Kicks
 - Softball Throws
 - Washer Toss
6. Day Camps Pavilion
 - Shuffleboard
 - Information Desk/Medal Distribution
 - Welcome Packet Pickup
7. Ballfields
 - Golf Closest to the Pin
 - Homerun Derbies

Volunteer Sign Up

Volunteers are needed before and during the Senior Olympics.

Please email or call Stephanie for days and times. Or sign up online at jccstl.com/slsovolunteer



Thank you to our 2022 St. Louis Senior Olympics Sponsors and Community Partners!

Sponsors



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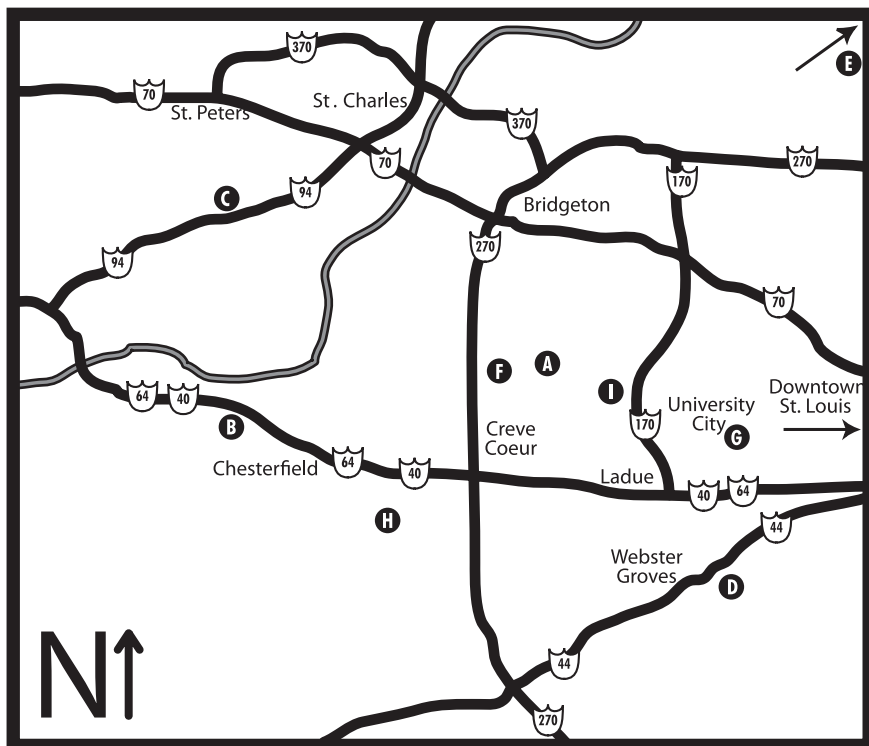
Stacy and Greg
Siwak

Community Partners



A program of the St. Louis Jewish Community Center.

Venue Map



- A Main Venue:** The J in Creve Coeur, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B 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:** Shrewsbury Lanes, 7202 Weil Avenue, St. Louis, MO 63119
- E Cycling:** Audubon Center Riverlands, 301 Riverlands Way, West Alton, MO 63386
- F 9-Hole Golf Tournament:** Creve Coeur Golf Course, 11400 Olde Cabin Road, Creve Coeur, MO 63141
- G 18-Hole Golf Tournament:** Norman K. Probststein Golf Course at Forest Park, 6141 Lagoon Drive, St. Louis, MO 63112
- H Tennis & Track & Field:** The Principia, 13201 Clayton Road, St. Louis, MO 63131
- I Bridge:** St. Louis Bridge Center, 1270 N. Price Road, Olivette, MO 63132