



MEDIA RELEASE

GOLDEN GAMES FOR SENIOR CITIZENS

06 August 2019

Healthy Lifestyle is a reliable solution for maintaining healthy mind, weight loss and for staying strong and flexible.

Vhembe District Municipality has organized golden games for elderly people at the age of 60 years and above,

The games will be held on the 07th August 2019 at Louis Trichardt Hoer Skool under Makhado Local Municipality and the games will start at 11h00 in the morning.

The sporting codes to be played include among others; duck walk, dress-up, goal shooting, pegging washing pegs, athletics, passing the ball, ring the stick and other activities.

The Regional activities will proceed to the Provincial games to be played on the 12th and 13th September 2019 at the venue still to be announced.

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