

**39<sup>th</sup> Annual Quincy Senior  
Olympics  
May 8, 2023 to May 25, 2023**

**GENERAL INFORMATION**

Open to Active Adults ages 55 and over.

**REGISTRATION:**

- **\$20.00 Fee Includes:**
  - 2023 Olympic T-Shirt
  - Entrance to the Sportsmanship Luncheon Hosted by Brookdale
  - The Awards Collation
- Additional fees apply for pickleball, cornhole, bowling, and golf.
- Registration Deadline: **May 3, 2023.**
- Registrations can be done online at QuincyRec.com, mailed, or dropped off:  
**Quincy Recreation Department  
One Merrymount Parkway  
Quincy, MA 02170**
- Checks made payable to: **Quincy Recreation Department**

**AGE GROUPING & MEDAL POLICY**

Individual competitions will be judged by age categories in **5-year increments:**

55-59, 60-64, 65-69, 70-74, and so on.

- **7 or More Competitors** in an age group:  
3 Medals will be awarded: Gold, Silver, Bronze
- **4 to 6 Competitors** in an age group:  
2 Medals awarded: Gold and Silver
- **3 or Fewer Competitors** in an age group:  
1 Medal awarded: Gold

**EVENTS: LISTED BY DATE**

**MONDAY, MAY 8, 2023**

**One Mile Walk – 6:00 p.m.**

**Opening Ceremony – 6:45 p.m.**

**Volleyball Game – 7:15 p.m.**

Kennedy Center, 440 E. Squantum St.

**TUESDAY, MAY 9, 2023**

**Men's Bowling – 10:00 a.m. \$5 Fee**

**Women's Bowling – 1:00 p.m. \$5 Fee**

Olindy's Lanes, 170 Quincy Ave.

**WEDNESDAY, MAY 10, 2023**

**Pickleball Tournament**

Men's Doubles, Women's Doubles, Mixed Doubles

\$10 Fee per player, Enter one Draw

**1:30 p.m. – 5:30 p.m.**

Broad Meadows Middle School, 50 Calvin Road

**THURSDAY, MAY 11, 2023**

**Track & Field Events**

Faxon Field Track, 102 Coddington St.

**One Mile Run – 10:00 a.m.**

**Half Mile Walk – 10:15 a.m.**

**Rotation Events – 10:30 a.m.**

- Softball Throw, Discus, Javelin, Shot Put

**SATURDAY, MAY 13, 2023**

**Cornhole Tournament**

Men's Doubles, Women's Doubles, Mixed Doubles

\$5 Fee per player, Enter one Draw

**12:00 Noon – 3:00 p.m.**

Richard J. Koch Recreation Complex, One Merrymount Parkway

**MONDAY, MAY 15, 2023**

**Rotation Events – 10:00 a.m.**

Fore River Field, 16 Nevada Road

- Horseshoe Pitching
- Basketball Free Throw

**TUESDAY, MAY 16, 2023**

**Three Mile Walk 10:00 a.m.**

Pageant Field, One Merrymount Parkway

**Sportsmanship Luncheon – 1:00 p.m.**

Kennedy Center, 440 E. Squantum St.

**WEDNESDAY, MAY 17, 2023**

**Darts – 10:00 a.m.**

Kennedy Center, 440 E. Squantum St.

**Billiards - 8 Ball – 2:00 p.m.**

Olindy's Lanes, 170 Quincy Ave.

**THURSDAY, MAY 18, 2023**

**Men's Bocce from 8:30 a.m. – 11:30 a.m.**

**Women's Bocce from 11:30 a.m. – 3:30 p.m.**

Torre Dei Passeri Club, 252 Washington St.

**FRIDAY, MAY 19, 2023**

**Golf Tournament –**

**\$10 Fee, T-times begin at 9:00 a.m.**

Furnace Brook Golf Club, 20 Reservoir Road

**MONDAY, MAY 22, 2023**

**Swimming – 6:30 p.m.**

Lincoln Hancock School Pool, 316 Water Street

- Free-Style, Breaststroke, Backstroke
- Ages 55-69 Swim 100-yard events
- Ages 70+ Swim 50-yard events
- Distance Free Style – 500 yards

**THURSDAY, MAY 25, 2023**

**Closing Ceremony & Awards Night**

**6:00 p.m.** - Kennedy Center, 440 E. Squantum St.

- Refreshments – 6:00 p.m.
- Awards Ceremony – 6:30 p.m.

## The Olympic Creed

*The most important thing in the  
Olympic games, is not to win,  
But to take part:*

*Just as the most important thing  
In life is not the triumph,  
But the struggle:*

*The essential thing is not to have  
Conquered,  
But to have fought well.*



**For additional information,**  
**Please contact:**

**Quincy Council on Aging,  
Department of Elder Services  
(617) 376-1506**

**Quincy Recreation Department  
(617) 376-1394**

**Quincy on the Go...  
A Healthy Place to live!**

## **39<sup>th</sup> Annual Quincy Senior Olympics**

**May 8, 2023 to May 25, 2023**

**Thomas F. Clasby, Jr.  
Director of Elder Services**

**Michelle Hanly  
Director of Recreation**

**Presented By:**

***The City of Quincy***

**Sponsored By:**



**gather health**

**Supported By:**

***Quincy Foundation***



## **39<sup>th</sup> Annual Quincy Senior Olympics**



**May 8, 2023 to  
May 25, 2023**

**Thomas P. Koch  
Mayor**