



London Senior Games

The 55+ Active Generation

These fun-filled events are a great way to engage in your community, meet new people & stay active!

London Senior Games objective is to provide older adults 55+ with an opportunity to:

- increase social interaction
- increase physical and mental well-being
- participate in recreational activities and sports on an on-going basis
- promote fellowship
- develop a positive, active image



Summer



Winter



☺ Participate

☺☺ Convene

☺☺☺ Volunteer

Please Visit

www.londonseniorgames.com