



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

Masters Games

It's that time of year again! It's time to register to compete in our annual District Masters Games. The Masters Games are open to Alabama residents ages 50 and over. If you would like to compete in this year's State Games, you **must** compete in the District Games.

Events include:

- 5K Run/Walk
- Basketball Free
- Checkers
- Pickleball
- And more!



Click the link for more information! <https://bit.ly/2H4XHqs>

MayDay Tickets

The MayDay Ticket Hotline opens April 5 at 10:00 am! The number is 1-800- 239-6741 ext. 145. MayDay is our Older American's Festival in Talladega, AL on May 17. We are celebrating "Aging Like Champions" with an Olympic-style theme.



Follow this link for more info: <http://bit.ly/2FRICba>

National Volunteer Week

National Volunteer Week is April 15 – 21! This week recognizes and thanks volunteers for their selfless contributions and services. National Volunteer Week shines a light on all those who help build a stronger, more vibrant community.



Thinking about volunteering? Follow this link to find volunteer projects near you: <http://bit.ly/2tQxuch>