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Making longer lives, better lives.

FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Senior Odyssey Teams Now Forming

Traverse City – Did you miss out on team-building activities when you were younger? Odyssey of the Mind is not just for children any more. The Senior Odyssey program came to Michigan in 2011 and is available to teams of older adults throughout the state.

So, take the opportunity to join a winning team from Grand Traverse County and attend the Senior Odyssey team meeting on Wednesday, January 10, 4 p.m. at the Senior Center in Traverse City, 801 E. Front Street.

Getting older has its challenges, but engaging in education and learning can help make it easier to face challenges. Senior Odyssey encourages older adults to use their lifelong skills and knowledge in new and innovative ways, keeping their minds active and engaged, through creative problem-solving activities. Senior Odyssey combines decision-making, creativity, collaboration, evaluation, competition, socialization and fun.

The myth that the brain loses power as it ages is a false belief. Nothing is fundamentally limiting the older adult brain from learning new things. In fact, research demonstrates the brain is good at learning and you have to use it – to prevent losing it.

The Senior Odyssey team participation is free, but advanced reservations are required.

For more information or to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.