



**Grand Traverse County
Senior Center Network**

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FOR IMMEDIATE RELEASE

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Subject: Free Screening of an Inspirational, Award-Winning Documentary

The Grand Traverse Commission on Aging is proud to present a FREE screening of “Age of Champions” on Sunday, November 2 at 1:00 pm at the State Theatre. Age of Champions is the award-winning documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You’ll meet a 100 year-old tennis champion, 86 year-old pole vaulter, and rough-and-tumble basketball grandmothers as they discover the power of the human spirit and triumph over the limitations of age. There will be a filmmaker Q&A via Skype following the film.

In addition to the film, a group of social work students from Ferris State University will be collecting items for the annual Baskets of Bounty program. The Baskets of Bounty program is an annual tradition where the COA collects donations from the community, creates baskets and delivers them to those in need who are alone during the holiday season. The students are helping with this year’s program and will be collecting the following items: laundry and dish soap, paper goods including paper towels, tissues and toilet paper, pasta, rice, instant breakfast, teas and coffee. Monetary donations will also be accepted. Please bring an item to help us make the holidays brighter for area seniors in need.

No RSVP or ticket required for this FREE screening. Any questions, please call 231-922-4911.

Lori Wells, Deputy Director

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The Senior Center Network is part of the Commission on Aging, “Caring For Those Who Cared For You.” The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.