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STRIDE AND STROLL

WCJC Senior Citizen Program event helps support services for elderly residents

WHARTON, TEXAS – The Wharton County Junior College Senior Citizen Program will host its fifth annual 5K Stride & Stroll event this fall, and organizers say it's more important than ever to have a good turnout.

The more participants taking part in the event – scheduled for Saturday, Nov. 11 in downtown Wharton – the more funds the program can raise to help defray the costs associated with providing food, educational and recreational services to the area's elderly.

And those services are needed more now than ever due to the recent flooding from Hurricane Harvey.

"We have a waiting list right now in Wharton County for some of our services," said Megan Wilcox, Director of the WCJC Senior Citizen Program. "A lot of seniors were displaced due to the flood and for many of them the meal we provide is the only one they can count on."

Hot meals are offered at the program's service centers in Wharton and El Campo as well as through the "Meals on Wheels" meal delivery service for homebound residents. Both are offered five days a week, with some weekend services provided for qualified members. Medical referrals and in-home assessments help identify the need. Services are offered for seniors age 60 and up.

The Senior Citizen Program receives funding from the Wharton County Commissioners Court, the Houston-Galveston Area Council, the Department of Aging and Disabilities Services and local donations. Two

Campus locations in ♦ Wharton ♦ Sugar Land ♦ Richmond ♦ Bay City ■ Extension Center in El Campo

fundraisers are held annually to help stretch the program's limited budget, with the 5K Stride & Stroll generating close to \$10,000.

This year's event is scheduled for 9 a.m. Saturday, Nov. 11 at Riverfront Park in Wharton. Early registration is already open and will last until Oct. 27. Fees are \$30 per individual, \$20 for kids 12 and under and \$100 per team of five. Late registration – from Oct. 28 until the morning of the event – will increase the fees to \$35 for individual, \$25 for kids and \$120 for a team. Veterans will receive \$5 off. The event is open to all ages.

Anyone wanting an event T-shirt must register prior to Oct. 27. Registration forms are available at the program's center in Wharton, located in Room 112 of the WCJC LaDieu Technology Center. Forms may also be obtained by contacting Wilcox at wilcoxm@wcjc.edu

All participants will receive a goodie bag and an after-race snack. Awards will be given in several categories. Sponsorships are needed to help cover the event's costs, and volunteers are needed to operate water stations and help assist with registration and set up. Email Wilcox if interested in providing assistance.

The WCJC Senior Citizen Program 5K Stride & Stroll is scheduled for 9 a.m. Saturday, Nov. 11 at the Central Pavilion of Riverfront Park, 222 E. Elm St., in Wharton. Check-in and packet pickup will begin at 8 a.m. the day of the race. Early registration is open from now until Oct. 27, with late registration open from Oct. 28 until the morning of the event. Call 979-532-6430 for more information.

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