



APTA GERIATRICS

NEW MEXICO SENIOR GAMES

ALBUQUERQUE 50+ GAMES

PLEASE JOIN US FOR PT DAY OF SERVICE!

EVENT: Sustained Athlete Fitness Exam (SAFE).

WHAT IS SAFE?: SAFE has been used to screen general health and physical fitness in athletes participating in the past 7 National Senior Games, successfully identifying those with risk factors in the areas of Cardiovascular Fitness, Muscular Fitness, Flexibility Fitness and Balance Fitness.

DATE/TIME: Saturday, October 24, 2026, From 8 AM to Noon

LOCATION: North Domingo Baca Multigenerational Center - 7521 Carmel Ave NE, Albuquerque, NM 87113

HOW YOU WILL HELP: 50+ year olds will be going through different stations including cardiovascular risk factors, strength, flexibility, balance and mobility and they will get a scorecard on their performance.

No experience necessary! Open to all PTs, PTAs and Students! Review of brief written info and short video will be available before the event to prepare for your station. Early shift includes set up and practice/review. Later shift includes overlap for practice/review and take down at end of day. Please come and meet other PTs, PTAs and Students while volunteering to help your community at the same time!

See the Link and QR Code Below for Registration and More Information:

<https://www.signupgenius.com/go/8050B4BAAAE2BABF58-65894272-ptdayof>

