

# NORTH CAROLINA SENIOR GAMES 2017

**Largest Senior Olympic Program  
in the nation for more than 30 years!**

North Carolina Senior Games began in 1983 with a vision to create a year-round health promotion and wellness education program for adults 50 years of age and better.

Senior Games is a holistic approach to keeping the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.

**Something for  
Everyone!**

## **LOCAL SENIOR GAMES**

53 Local Games serving all  
100 counties across the state

## **SILVERARTS**

Heritage, Visual, Performing,  
Literary Arts and Cheerleader programs

## **SILVERSTRIDERS**

National award-winning  
walking program

## **SILVERLEGACIES**

Planned giving and  
endowment program

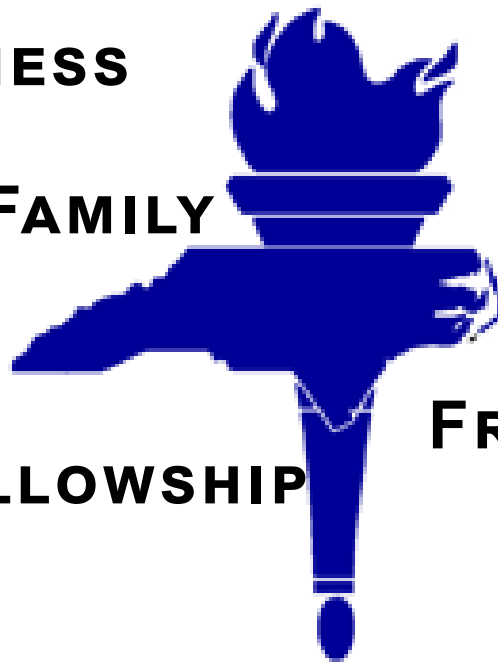
**FITNESS**

**FUN**

**FAMILY**

**FRIENDS**

**FELLOWSHIP**



# SPORTS

Archery, Badminton, Basketball Shooting, Basketball Tournament, Billiards, Bocce, Bowling, Cornhole, Croquet, Cycling, Shot Put, Discus, Standing and Running Long Jumps, Football Throw, Golf, Horseshoes, Pickleball, Racquetball, Shuffleboard, Softball Throw, Softball Tournament, Swimming, Table Tennis, Tennis, Track Events

Individuals compete for awards in their own gender and age category within five year increments (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+). The *NCSG Official Rules Book* is available on our website or from your Local Coordinator.



**LOCAL SENIOR GAMES**  
Participants in all 100 North Carolina counties compete in 53 Local Games programs each spring.

**SENIOR GAMES STATE FINALS 2017**  
is for qualifiers from Local Games who register by August 1st.  
**Big Week**  
**September 16-25**  
**Cary/Durham/Raleigh**

Golf Tournament  
August 30-31, Clemmons

Basketball Tournament  
TBD, ECU, Greenville

Bocce & Cornhole Tournaments  
October 3-4, Clayton

Pickleball Tournament, Concord  
October 17-20

Softball Tournament  
TBD

**NATIONAL SENIOR GAMES**  
is offered every two years for State Finals qualifiers. State Finals 2016 was the qualifying event for the 2017 National Senior Games in Birmingham, AL.



**VOLUNTEER** for a Local Games or State Finals and enjoy the fun, fitness, family and fellowship that is Senior Games.

**VISIT** [www.ncseniorgames.org](http://www.ncseniorgames.org) for Local Games details, results, records, & more!!

# Silver Arts

## A Celebration of the Creative Spirit



SilverArts, "a celebration of the creative Spirit" is major component of the traditional athletic competition of North Carolina Senior Games. In a philosophy that strives to keep seniors healthy, active and involved, SilverArts unites the athlete and artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments. Medals are awarded in each sub-category in Visual, Literary, and Heritage Arts. Medals in Performing Arts are awarded to solo, small group, and large group per sub-category. Medals in Cheerleading are awarded in three group sizes; small, medium and large.



### Performing Arts

Comedy/Drama...Dance...  
Vocal...Instrumental...  
Line Dance

### Literary Arts

Essays...Poetry...  
Life Experiences...  
Short Stories (fiction)

### Cheerleaders

### Visual Arts

Acrylics...Drawing...Mixed  
Media...Oil...Pastels...Photography...  
Sculpture...Watercolor

### Heritage Arts

Basket Weaving...Crocheting...  
Jewelry...Knitting...Needlework...  
Pottery (thrown & hand built)...  
Quilting (hand stitched)...  
Quilting (machine stitched)...Stained  
Glass...Tole/Decorative Painting...  
Weaving...Woodcarving...  
Woodturning...Woodworking

**SilverArts Booklet** with details and rules is available on our website or from your Local Coordinator.

## Statewide Partners

### GRAND PATRON



### Silver Sponsors



### Coordinating Agencies

NC Recreation & Park Association  
NCSU Dept. of Parks, Recreation & Tourism Mgt.  
NC Association on Aging  
NC Association of Area Agencies on Aging  
AARP North Carolina

### PLATINUM SPONSOR



**BlueCross BlueShield  
of North Carolina**

### Endorsing Agencies

NC Arts Council ~ NC Medical Society ~ UNC Institute on Aging ~ NC Division of Public Health ~ NC Academy of Family Physicians ~ NC Alliance for Health, Physical Education, Recreation & Dance ~ NC Association of Senior Citizens Clubs ~ NC Cooperative Extension Service ~ President's Council on Physical Fitness & Sports ~ Carolina's Center for Medical Excellence ~ National Recreation & Parks Association ~ NC Division of Parks & Recreation ~ NC DPI Division of Communication & Information ~ NC Extension & Community Association, Inc. ~ NC Retired Governmental Employees' Association ~ NCSU Division of Continuing Studies ~ Seniors' Health Insurance Information Program (SHIIP) ~ NC Dental Hygiene Association ~ NC Dental Society Committee on Aging

### Gold Sponsor

**Humana**

### Bronze Sponsors



### Platinum Host Agencies

Cary Parks, Recreation & Cultural Resources  
Cabarrus Co Active Living & Parks  
Clayton Parks & Recreation  
Pitt Co Community Schools & Recreation  
Raleigh Parks, Recreation & Cultural Resources

**Please click this link for information about Local Games.**