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

**FELLOWSHIP**

**FITNESS**

**FUN**

**FAMILY**

4603 Western Blvd., Raleigh, NC 27606  (919)851-5456  www.ncseniorgames.org
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 for Local Games details, results, records, & more!!
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

**Visual Arts**
- Acrylics...Drawing...Mixed
- Media...Oil...Pastels...Photography...
- Sculpture...Watercolor

**Literary Arts**
- Essays...Poetry...
- Life Experiences...
- Short Stories (fiction)

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