

NORTH CAROLINA SENIOR GAMES 2018

**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

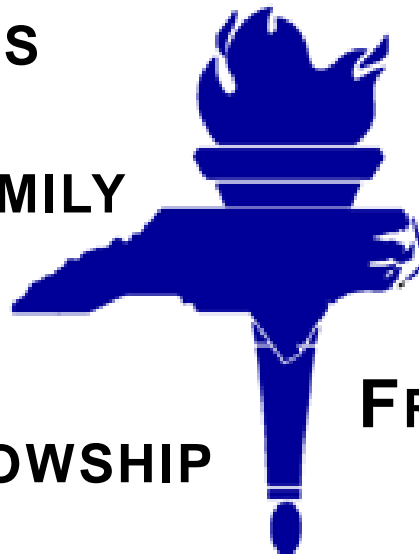
FITNESS

FAMILY

FELLOWSHIP

FUN

FRIENDS



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 2018
is for qualifiers from Local Games who register by August 1st.

Big Week
September 17-24
Cary/Durham/Raleigh

Bocce & Cornhole Tournaments
October 2-3, Clayton

Softball Tournament
October 5-8, Cary

Pickleball Tournament
October 16-18, Concord

Golf Tournament
October 16-17, Clemmons

Basketball Tournament
TBD, Greenville

NATIONAL SENIOR GAMES
is offered every two years for State Finals qualifiers. State Finals 2018 is the qualifying event for the 2019 National Senior Games in Albuquerque, NM.



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!!

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.

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



Performing Arts

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

Visual Arts

Acrylics...Drawing...Mixed
Media...Oil...Pastels...Photography (film)...
Photography (digital)...
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

Cheerleaders

Statewide Partners

GRAND PATRON



Gold Sponsors



Silver Sponsors



Bronze 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 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

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

Please click this link for information about Local Games.