

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

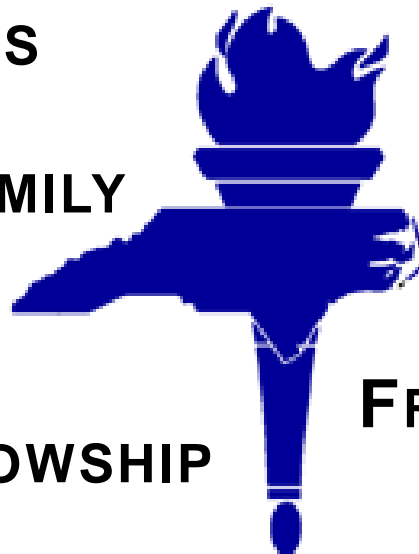
FITNESS

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
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
October 26-28, 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

Literary Arts

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

Cheerleaders

Visual Arts

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

Statewide Partners

GRAND PATRON



PLATINUM SPONSOR



**BlueCross BlueShield
of North Carolina**

Gold Sponsor



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



2018 LOCAL SENIOR GAMES

Contact the Local Coordinator in your area to find out how you can be part of Senior Games! Email addresses are at www.ncseniorgames.org.

LOCAL GAMES	LOCATION	DATES	COORDINATOR	TELEPHONE
**Alamance Burlington Sr Games	Burlington	April 2 - May 3	Jane Smith	336-222-5135
Albemarle Sr Games	Elizabeth City, Hertford, Camden, Barco	TBA	Ashley Lamb	252-426-5753
Asheville-Buncombe Sr Games	Asheville	April 27- May 16	Bryan Fish	828-350-2051
*Blue Ridge Sr Games	N.Wilkesboro	April-May/TBD	Melissa Gregory	336-667-5281
Brunswick Co Gator Sr Games & SilverArts	Bolivia, Shallotte, Southport, Leland, Ocean Isle	April 4 - May 15	Khrystye Haselden	910-253-2677
**Cabarrus Sr Games	Concord, Kannapolis, Harrisburg	March 9 - June 2	Susan Donaldson	704-920-3476
Carteret Co Sr Games	Morehead City	April 2 - April 30	Darlene Austin	252-808-3301
Chatham Co Sr Games	Pittsboro, Siler City, Cary	April 20 - May 4	Liz Lahti	919-542-4512
*Cherokee/Clay Cty Sr Games/SilverArts	Murphy	April 28-May 26	Bob Hart	828-557-8070
*Cleveland Co Sr Games	Shelby	March 5-9	Daniel Dedmon	704-481-0151
**Davidson Co Sr Games	Thomasville & Lexington	May 7-24	Stacey Pennington	336-474-2755
**Davie Co Sr Games	Mocksville	April 3-May 17	Jessica Smith	336-753-6230
Down East Sr Games	Rocky Mount, Wilson, Tarboro	April 30-May 11	Morgan Doughtie	252-462-2730
**Durham Co Sr Games	Durham	April 17 - May 2	Bridgette Robinson	919-560-4355
*Four Seasons Sr Games	Hendersonville	May 7-20	Bridgette Galloway	828-697-4884
Gaston Co Sr Games	Gaston County	April 14 - June 2	Ellen Fenters	704-922-2165
*Greater Greensboro Sr Games	Greensboro	April 3 - May 4	Jennie Matkins	336-373-7566
**Greater High Point Sr Games	High Point	April 19 - May 23	Tina Boston	336-883-3584
**Greenville-Pitt Co Sr Games	Greenville	April 14-30	Alice Keene	252-902-1984
*Haywood Co Sr Games	Waynesville	April 24 - May 18	Ian Smith	828-452-6789
High Country Sr Games	Boone	May 1-June 15	Paul Krause	828-264-9511
**Iredell Sr Games	Statesville	April 20 - May 8	Daniel Lewis	704-878-3429
**Johnston Co Sr Games	Clayton, Selma, Benson, Smithfield	April 4-20	Matt Lorion	919-553-1554
**Land of Waterfalls Sr Games	Brevard	April 17 - May 7	Mandi Bentley	828-884-3156
**Lincoln Co Sr Games	Lincolnton, Vale, Denver	Feb 2 - May 20	Drew Chance	704-748-1518
Lumber River Sr Games	Pembroke, Lumberton	April 23- May 10	Ursula Selles	910-775-9762
*Macon Co Sr Games	Franklin	April 21 - May 15	Joe Holbrooks	828-349-2093
Madison Co Sr Games	Mars Hill	April 15	Chris Maney	828-649-3635
McDowell Co Sr Games	Marion	April 22 - May 18	Brenda Monosso	828-659-0832
Mecklenburg Sr Games	Charlotte	Apr 1 - June 15	Trena Palmer	980-722-2199
Mid Carolina Sr Games	Fayetteville	April 11-30	Catherine Brake	910-323-4191
*Neuse River Sr Games	New Bern and Kinston	April 9 - May 4	Mark Seymour	252-636-6606
Onslow Sr Games	Jacksonville	April 10-24	Jason McCray	910-347-5332
Orange Co Sr Games	Chapel Hill, Carboro	April 7-May 12	Dana Hughes	919-918-7372
*Outer Banks Sr Games	Kill Devil Hills	April 16-27	Brandi Rheubottom	252-475-5636
**Piedmont Plus Sr Games	Winston-Salem	Apr 11 - May 20	Chuck Vestal	336-747-9388
**Randolph Co Sr Games	Asheboro	March 5 - April 17	Cindy Castle	336-626-1240
*Region K Sr Games	Region K	March 22-May 17	Laura Yeatts	252-436-2040
**Rockingham Co Sr Games	Madsn/Maydn/Eden/Rdsville/Stnville/Wntwth	April 17 - May 19	Jessica Camp	336-548-2789
Rutherford Co Sr Games	Spindale	April 10-24	Barbara Hill	828-287-6413
Salisbury Rowan Sr Games	Salisbury	April 10 - June 10	Phyllis Loflin-Kluttz	704-216-7780
*Scotland Co Sr Games	Laurinburg	April 23 - May 17	Kisha Williams	910-369-0686
Smoky Mountain Sr Games	Sylva	April 23 - May 18	Lindsi Cauley	828-631-8032
Sr Games & SilverArts of Lee Co	Sanford	May 14-30	Jimmy Solomon	919-776-0501
Sr Games by the Sea	Wilmington	March - May	Bridget Carroll	910-251-9622
Sr Games in the Pines	Southern Pines, Aberdeen, Pinehurst	April 12 -May 9	Dave White	910-295-2817
Sr Games of Richmond Co	Hamlet, Rockingham & Ellerbe	Apr 16-30	Pete Wheeler	910-206-2224
**Unifour Sr Games	Hickory	April 13-May 24	Von Curry	828-324-1200
**United Sr Games	Monroe	April- May	Hank Baucom	704-282-4657
Uwharrie Sr Games	Albemarle, Troy	April 7-27	Oliver Webster	704-984-9562
**Wake Co Sr Games	Raleigh, Cary, Apex, Garner, Morrisville	April	Torrey Blackmar	919-661-6890
**Wayne Co Sr Games	Goldsboro	April 2-27	Stasia Fields	919-739-7486
**Yadkin Valley Sr Games	Elkin/Mt. Airy/Dbsn/Ydknvl, Jnsville, Pilot Mtn	May 5 -June 8	Bradley Key	336-401-8235

*Indicates Closed Game - only accepts participants from their geographical area.

**Indicates "Determined on a case by case basis" as to geographical eligibility.

For information about your Local Senior Games:

North Carolina Senior Games
4603 Western Blvd., Raleigh, NC 27606
(919)851-5456
www.ncseniorgames.org