

# NORTH CAROLINA SENIOR GAMES 2012

North Carolina Senior Games began in 1983 with a vision to create a year-round health promotion and education program for adults 55 years of age and better.

## LOCAL SENIOR GAMES

There are over 60,000 participants statewide in 53 Local Games that serve all 100 counties across the state.

## SILVERARTS

NCSG's Heritage, Visual, Performing and Literary Arts programs and Cheerleader program

## SILVERSTRIDERS

NCSG's national award winning walking program

## SILVER CLASSIC

NCSG's special events program

Senior Games is a wellness and prevention program to keep the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.

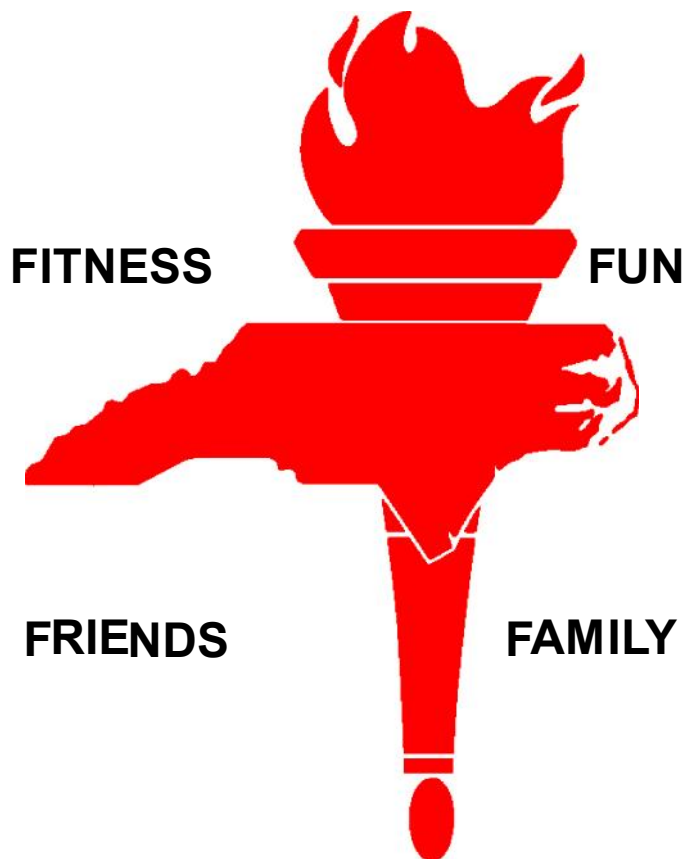


## GRAND PATRON



## STATE FINALS GOLD SPONSOR

# Humana



## STATE FINALS

**September 24 - 30, Cary/Raleigh**

*Softball Tournament*

Walnut Creek Softball Complex, Raleigh  
September 10-13

*Bocce & Cornhole Tournament*  
October 9 - 11, Clayton

*Golf Tournament*  
October 9 - 10, Winston-Salem

*Basketball Tournament*  
East Carolina University, Greenville  
TBA

4603 Western Blvd. Raleigh NC 27606 (919) 851-5456 [www.ncseniorgames.org](http://www.ncseniorgames.org)

Individuals compete for awards in their own SEX and AGE CATEGORY within five year increments. (55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+).



Archery - Badminton - Basketball Shooting  
Basketball Tournament - Billiards - Bocce - Bowling - Cornhole  
Croquet - Cycling - Field Events - Football Throw - Golf - Horseshoes  
Racquetball - Shuffleboard - Softball Throw - Softball Tournament  
Spin Casting - Swimming - Table Tennis - Tennis - Track Events

A copy of the 2012 NCSG Official Rules Book is available on our website or from your Local Coordinator.

Each year, over 60,000 seniors across the state of North Carolina enjoy participating in a **LOCAL SENIOR GAME**.

Those who qualify at their Local Game are invited to attend **STATE FINALS** each fall.

State Finals Entry Forms are available on our web site and from Local Games Coordinators and must be received by NCSG by August 1<sup>st</sup>.

Every two years, some State Finals winners qualify to represent North Carolina at the **NATIONAL SENIOR GAMES**.

*State Finals 2012, will be a qualifying event for the 2013 National Senior Games in Cleveland, Ohio.*



*Local Senior Games*



*State Finals*



*National Senior Games*

## CHEERLEADERS

Were you a cheerleader in your younger days or did you want to be? Don't let your pom-poms gather dust in the closet - come out and get people excited about Senior Games! Cheer on your local participants all the way to State Finals and perform at the Cheerleader Showcase.



SilverStriders is N.C.'s national award winning walking program for people 50 years of age and better. Participants receive a log book for tracking progress, gifts and awards.

Most Local Games offer a SilverStriders Fun Walk which qualifies participants for the State Finals Fun Walk. Contact NCSG or your Local Coordinator for a FREE log book.

**Visit [www.ncseniorgames.org](http://www.ncseniorgames.org) for:**

Details on each Local Games \* Results & Records \* Rules Book \* State Finals Information \* NCSG Ambassadors \* NCSG Staff & Board of Directors \* Sponsors & Contributor Information \* Coordinating & Endorsing Agency links and much more!

# Silver Arts

*A Celebration of the Creative Spirit*



## LITERARY ARTS

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

## PERFORMING ARTS

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

## VISUAL ARTS

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

## SILVERARTS BOOKLET

A copy of the 2012 SilverArts Booklet (with details and rules)  
is available on our web site or from your Local Coordinator.

## HERITAGE ARTS

Basketweaving...China Painting...Crocheting...Jewelry...  
Knitting... Needlework...Pottery (thrown & hand built)...  
Quilting (hand & machine)... Rugs (hooked, braided,woven)...  
Stained Glass...Tole/Decorative Painting...Tatting & Needlelace...  
Weaving...Woodcarving...Woodturning...Woodworking



## GRAND PATRON



## STATE FINALS GOLD SPONSOR

# Humana

State Finals Silver  
& T-Shirt Sponsor

State Finals  
Silver Sponsors



State Finals Bronze Sponsor

Genworth Financial

## PREMIER HOST AGENCY

Raleigh Parks & Recreation Department

## PLATINUM HOST AGENCY

Cary Parks, Recreation & Cultural Resources Dept.

## COORDINATING AGENCIES

N.C. Recreation and Park Association  
NCSU Dept. of Parks, Recreation and Tourism Management  
N.C. Association on Aging  
N.C. Association of Area Agencies on Aging  
Pope Army Air Field  
AARP North Carolina

## ENDORSORING AGENCIES

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



## Volunteer for a Local Game or State Finals!

Invite your family and friends to join you cheering, scoring, timing or giving awards. Our volunteers report that they have a great time and are inspired to be more healthy!

Visit our web site to volunteer today [www.ncseniorgames.org](http://www.ncseniorgames.org)

For detailed Local Games Information, [Click here.](#)