

# NORTH CAROLINA SENIOR GAMES 2008

## **“Celebrating 25 Years of Healthy Aging!”**

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 54 Local Games that serve all 100 counties across the state.

**FITNESS**

**FUN**

**FELLOWSHIP**

**FRIENDS**

**FAMILY**

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.



### **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.



### **STATE FINALS**

**September 22<sup>nd</sup> -28<sup>th</sup>, Raleigh**

#### *Softball Tournament*

Walnut Creek Softball Complex, Raleigh  
September 8<sup>th</sup> - 10<sup>th</sup>

#### *Bocce Tournament*

Clayton  
October 7<sup>th</sup> - 9<sup>th</sup>

#### *Golf Tournament*

Winston-Salem  
October 13<sup>th</sup> - 14<sup>th</sup>

#### *Basketball Tournament*

East Carolina University, Greenville  
October 24<sup>th</sup> - 26<sup>th</sup>

# SPORTS

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  
Croquet  
Cycling  
Field Events  
Football Throw

Golf  
Horseshoes  
Racquetball  
Shuffleboard  
Softball Throw  
Softball Tournament  
Spin Casting  
Swimming  
Table Tennis  
Tennis  
Track Events



## SPORTS RULES

A copy of the 2008 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 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 2008 is a qualifying event for the 2009 National Senior Games in San Francisco..*



*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 for Senior Games. You can cheer on your local participants all the way to State Finals and can be a part of the Cheerleader Showcase.

For more information, contact your Local Coordinator.

SilverStriders, N.C.'s national award winning walking program for people 50 years of age and better, offers a wealth of benefits. Each participant receives log books for tracking progress, gifts and awards.

Most Local Games offer a SilverStriders Fun Walk that allows participants to qualify for the State Finals Fun Walk. For a FREE log book and information send a self-addressed stamped envelope to:

**SilverStriders**, PO Box 33514, Raleigh, NC 27636.



# SILVERARTS

A Celebration of the Creative Expression of Seniors in North Carolina



*"The Flower Wagon"*, 2007 State Finals Medalist  
By: Jaunita Arrington, Neuse River Sr Games

## VISUAL ARTS

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

## LITERARY ARTS

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

## PERFORMING ARTS

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

## HERITAGE ARTS

Basketweaving... China Painting... Crocheting... Jewelry... Knitting...  
Needlework... Pottery (Thrown & Hand Built)... Quilting... Rugs  
(Hooked, Braided, Woven)... Stained Glass... Tole/Decorative Painting...  
Tatting & Needlelace... Weaving... Woodcarving...  
Woodturning... Woodworking

## SILVERARTS BOOKLET

A copy of the 2008 *SilverArts Booklet* (with details and rules) is available on our website or from your Local Coordinator.

## GRAND PATRON

**N.C. Division of Aging and Adult Services**

**STATE FINALS GOLD SPONSOR**

**Humana**

### STATE FINALS SILVER SPONSOR

**Harrah's Cherokee Casino and Hotel**

### STATE FINALS BRONZE SPONSOR

**REX Hospital/UNC Health Care**

### 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 Department of Parks, Recreation and Tourism Mgm't.

N.C. Association on Aging

N.C. Association of Area Agencies on Aging

Pope Air Force Base

AARP North Carolina

### ENDORISING AGENCIES

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

## VOLUNTEERS

State Finals is a wonderful and exciting event. With over 3000 participants, State Finals requires 900 volunteers to help coordinate 64 activities. Whatever your speciality or age, there is a position for you. We would love to have you as a State Finals Volunteer and would welcome your family and friends! To find out more, visit our website or send a SASE to: **NCSG Volunteers**, PO Box 33590, Raleigh, NC 27636

*"I really enjoyed the experience. I also got the experience to interview a State Finals participant who is one of the ambassadors of the Senior Games. It was a great experience for me. Thank you for giving me a volunteer experience."*

**Devin Carter, NCSU Student, Volunteer**



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

- List of Local Games
- Results & Records
- Rules Book
- Calendar
- SilverArts Booklet
- Pictures & Quotes
- NCSG Ambassadors
- NCSG Staff & Board of Directors
- Volunteer Information
- Sponsors & Gift Form
- Friends/Torch Club/Spirit Club Information
- Links to our Coordinating and Endorsing Agencies