

There is a famous saying about a “life well-lived” being about a legacy of love, wellness, friends and family. The poet who framed those words might well have been writing about a dear friend of North Carolina Senior Games, Mrs. Sallie Johnson. Sallie, who passed away at her home late in December, was one of the most avid proponents of “healthy aging” our state has seen! An active participant in both the Johnston County Senior Games and at State Finals until late in her 80s, Sallie loved Senior Games and was very proud of her accomplishments.

As a symbol of the enduring power of Senior Games in Sallie’s life, Mrs. Johnson’s grandchildren and great-grandchildren wore medals that she had won as a part of the service celebrating her life. At the graveside, they all placed the medals on her casket and those medals took their place alongside Sallie at her final resting place. As her son, longtime NCSG Ambassador and Board member Linwood Johnson noted, “What a statement this is about the impact that Senior Games makes upon people’s lives! Mother loved the Games and this tribute was very special to all of us.”



The “Spirit of Senior Games” lives on with the memory of our dear friend, Sallie Johnson. Her mission – to live an active, healthy lifestyle each and every day – continues through the Senior Games program!

For more information about the North Carolina Senior Games program or to make a contribution in honor of a beloved participant, please contact NCSG at (919) 851-5456 or visit our website at www.ncseniorgames.org.