



2017 Senior Games Starting April 2017 Something for Everyone

What is Senior Games? Friendly competition encouraging seniors to renew old skills, learn new skills, remain active, build confidence and make new friends.

Who Participants? Anyone 50 years of age by December 2017 who has lived in North Carolina at least 3 consecutive months.

When? **Registration required by March 17, 2017.** Save \$5 by registering by 4 pm March 3rd 2017. Events run at various locations from April through June 2017.

How to register? Complete 2017 CM Senior Games Registration Packet. Soon the packet will be available on line www.parkandrec.com or paper packets at all Mecklenburg County Senior Centers and Recreation Centers.

What is there to do? Something for everyone; see below.

Silver Arts: seniors express themselves through....

Heritage Arts: basket weaving, needlework, knitting, crocheting, jewelry, quilting, pottery, stained glass, weaving, woodworking, carving and turning.

Visual Arts: acrylics, oil, pastels, watercolor, drawing, mixed media, sculpture, photography.

Literary Arts: essays, life experiences, poems, short stories

Performing Arts: comedy/drama, dance, instrumental, vocal, line dancing, cheerleading

Athletics: compete for awards by gender and age category within five year increments.

Archery	Badminton	Cornhole	Basketball
Billiards	Bocce	Bowling	Croquet
Cycling	Field events	Football throw	Golf
Horseshoes	Pickleball	Racquetball	Shuffleboard
Softball Throw	Softball	Swimming	Table Tennis
Track Events			

For more information: call 980-314-1328 or email seniorgames@mecklenburgcountync.gov
Please leave a message if you have questions or send an email; someone will get back to you shortly.

You may also call or send an email to request a Senior Games speaker for your group of seniors.

NORTH CAROLINA SENIOR GAMES 2017

**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.

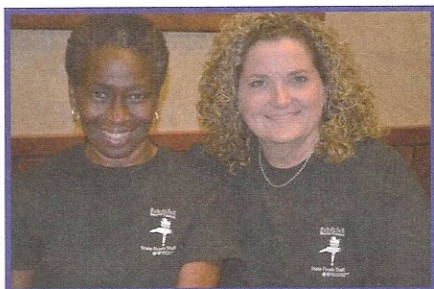


LOCAL SENIOR GAMES
Participants in all 100 North Carolina counties compete in 53 Local Games programs each spring.

SENIOR GAMES STATE FINALS 2017
is for qualifiers from Local Games who register by August 1st.
Big Week
September 16-25
Cary/Durham/Raleigh

- Golf Tournament
August 30-31, Clemmons
- Basketball Tournament
TBD, ECU, Greenville
- Bocce & Cornhole Tournaments
October 3-4, Clayton
- Pickleball Tournament, Concord
October 17-20
- Softball Tournament
TBD

NATIONAL SENIOR GAMES
is offered every two years for State Finals qualifiers. State Finals 2016 was the qualifying event for the 2017 National Senior Games in Birmingham, AL.



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!!

SilverArts

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.



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...
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

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

Statewide Partners

GRAND PATRON



Ageing and Adult Services
HEALTH AND HUMAN SERVICES

PLATINUM SPONSOR



**BlueCross BlueShield
of North Carolina**

Gold Sponsor

Humana

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



2017 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 3 - May 4	Jane Smith	336-222-5135
Albemarle Sr Games	Elzbtth City/Hertford/Camden/Barco/Edenton	Mar 27-29, April-May	Ashley Lamb	252-426-5753
Asheville-Buncombe Sr Games	Asheville	May 2- May 12	Bryan Fish	828-251-4026
*Blue Ridge Sr Games	N. Wilkesboro	April-May	Melissa Gregory	336-667-5281
Brunswick Co Gator Sr Games & SilverArts	Bolivia/Shalotte/Sport/Winnabow/Ocean Isle	April 5 - May12	Khrystye Haselden	910-253-2677
**Cabarrus Sr Games	Concord/Kannapolis/Harrisburg/Mt. Pleasant	March 3-June 3	Susan Donaldson	704-920-3484
Carteret Co Sr Games	Morehead City	April 10 - May 5	Darlene Austin	252-808-3301
Chatham Co Sr Games	Pittsboro, Siler City, Cary	April 19 - May 5	Lindsay Hickling	919-542-4512
*Cherokee-Clay Co Sr Games & SilverArts	Murphy	April 29-May 20	Jim Bent	828-835-3202
*Cleveland Co Sr Games	Boiling Springs, Shelby	April 3-7	Daniel Dedmon	704-482-3488
**Davie Co Sr Games	Mocksville	April & May 1-12	Jessica Pollard	336-753-6230
Down East Sr Games	Rocky Mount	May 1-12	Julie Watson	252-972-1564
**Durham Sr Games	Durham	April 17 - May 4	Bridgette Robinson	919-560-4355
**Four Seasons Sr Games	Hendersonville	May 8- June 1	Bridgette Galloway	828-697-4884
Gaston Co Sr Games	Dallas	Apr 1 - May 20	Ellen Fenters	704-922-2165
*Greater Greensboro Senior Games	Greensboro	April 4 - May 5	Jennie Matkins	336-373-7566
**Greater High Point Sr Games	High Point	April 18 - May 17	Tina Boston	336-883-3584
**Greenville-Pitt Co Sr Games	Greenville	Apr 17-- May 4	Alice Keene	252-902-1984
*Haywood Co Sr Games	Waynesville	April 20 - May 11	Daniel Taylor	828-452-6789
High Country Sr Games	Boone	May 1-June 9	Paul Krause	828-264-9511
**Iredell Sr Games	Statesville	April 21 - May 6	Daniel Lewis	704-878-3429
**Johnston Co Sr Games	Clayton, Selma, Benson, Smithfield	March 22 - Apr 7	Matt Lorion	919-553-1554
Land of Waterfalls Sr Games	Brevard	April 18 - May 8	Mandi Bentley	828-884-3156
**Lincoln Co Sr Games	Lincolnton, Vale, Denver	Feb 3 - May 6	Drew Chance	704-748-1518
Lumber River Sr Games	Pembroke, Lumberton	April 24- May 11	Ursula Selles	910-775-9762
*Macon Co Sr Games	Franklin	April 24 - May 17	Frank Williams	828-349-2090
Madison Co Sr Games	Mars Hill	April 15	Chris Maney	828-206-3849
McDowell Co Sr Games	Marion	April 24 - May 19	Brenda Monosso	828-652-0832
Mecklenburg Co Sr Games	Charlotte	Apr 1 - June 15	Trena Palmer	980-722-2199
Mid Carolina Sr Games	Fayetteville	April 19 - May 8	Tracy Davis	910-323-4191
*Neuse River Sr Games	New Bern	April 24 - May 12	Johanne Pryor	252-745-5252
Onslow Sr Games	Jacksonville	April 10-29	Rick Perry	910-347-5332
Orange Co Sr Games	Orange County	April 1-30	Dana Hughes	919-918-7372
*Outer Banks Sr Games	Kill Devil Hills	April 17-29	Brandi Rheubottom	252-475-5636
**Piedmont Plus Sr Games	Winston-Salem	Apr 11 - May 20	Chuck Vestal	336-727-2325
Randolph Co Sr Games	Asheboro	March 24 - April 21	Cindy Castle	336-626-1240
*Region K Sr Games	Region K	March 23 - May 18	Melissa Catlett	252-436-2040
**Rockingham Co Sr Games	Madsn/Maydn/Eden/Rdsville/Stnville/Wntwht	April 18 - May 13	Jessica Camp	336-548-2789
Rutherford Co Sr Games	Spindale	April 7-21	Barbara Hill	828-287-6413
Salisbury Rowan Sr Games	Salisbury	April 18 - June 10	Phyllis Loflin-Kluttz	704-216-7780
*Scotland Co Sr Games	Laurinburg	April 24 - May 18	Kisha Williams	910-369-0686
Smoky Mountain Sr Games	Cullowhee	April 24 - May 19	Stephen Parsons	828-293-3053
Sr Games & SilverArts of Lee Co	Sanford	May 6-26	Jimmy Solomon	919-776-0501
Sr Games by the Sea	Wilmington	April	Mark Sinclair	910-251-9622
Sr Games in the Pines	So. Pines, Aberdeen, Pinehurst	April 10 -May 11	Dave White	910-295-2817
Sr Games of Richmond Co	Hamlet, Rockingham	April 24 - May 8	Pete Wheeler	910-206-2224
**Thom Dav Lexington Sr Games	Thomasville, Lexington	May 1-5	Sarah Richards	336-474-2755
**Unifour Senior Games	Hickory	April 15-May 23	Lauren Townson	828-324-1200
**United Senior Games	Monroe	April- May	Hank Baucom	704-282-4657
Uwharrie Sr Games	Albemarle, Troy	April 15- May 5	Oliver Webster	704-984-9562
**Wake Co Sr Games	Raleigh, Cary, Apex, Garner, Mrsvl	April	Torrey Blackmar	919-779-0122
**Wayne Co Sr Games	Goldsboro	Apr 3-28	Stasia Fields	919-739-7486
Yadkin Valley Sr Games	Elkn/Mt. Airy/Dbsn/Ydknvl/Jnsville/Pilot Mtn	Apr 28-June 8	Bradley Key	336-401-8245

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

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

North Carolina Senior Games

4603 Western Blvd., Raleigh, NC 27606

(919)851-5456

www.ncseniorgames.org

For information about your Local Senior Games: