North Carolina Senior Games 2022

Largest Senior Olympic Program in the nation for more than 35 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

Silver Legacies

Planned giving and endowment program
**SPORTS**

Archery, Badminton, Basketball Shooting, Basketball Tournament, Billiards, Bocce, Bowling, Cornhole, Croquet, Cycling, Shot Put, Discus, Running and Standing Long Jumps, Football Throw, Golf, Horseshoes, Mini Golf, Pickleball, Shuffleboard, Softball Throw, Softball Tournament, Swimming, Table Tennis, Tennis, Track Events (including Race Walk & Power Walking)

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.

**SENIOR GAMES STATE FINALS 2022**

is for qualifiers from Local Games who register by August 1st.

- Archery
  - September 1
- Bocce & Cornhole Tournaments
  - September 7–8
- Mini Golf
  - September 9

**Big Week**

**Raleigh/Cary/Durham**

**September 19–25**

- Golf Tournament
  - October 6–7
- Pickleball Tournament
  - October 15–17
- Softball Tournament
  - October 21–24
- Basketball Tournament
  - November 11–13

**NATIONAL SENIOR GAMES**

is offered every two years for State Finals qualifiers. Contact NSGA for information at nsga@nsga.com or 727-475-1187.

www.nsga.com

**LOCAL SENIOR GAMES**

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

**VISIT** www.ncseniorgames.org for Local Games details, results, records, & more!

**Volunteer** for a Local Games or State Finals and enjoy the fun, fitness, family and fellowship that is Senior Games.
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. The 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

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

Visual Arts
Essays, Poetry, Life Experiences, Short Stories (fiction)

Statewide Partners

Grand Patron

Gold Sponsors

Silver Sponsors

Humana

UNC REX HEALTHCARE

Bronze Sponsors

Platinum Host Agencies
Cary Parks, Recreation & Cultural Resources
Clayton Parks & Recreation
Pitt Co Community Schools & Recreation
Raleigh Parks, Recreation & Cultural Resources

Silver Sponsors
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

Endorsing Agencies
Carolina's Center for Medical Excellence ~ Eat Smart, Move More, Weigh Less ~ National Recreation & Parks Association ~ NC Academy of Family Physicians ~ NC Alliance for Health Physical Education, Recreation & Dance ~ NC Arts Council ~ NC Association of Senior Citizens Clubs ~ NC Coalition on Aging ~ NC Cooperative Extension Service ~ NC Dental Hygienists' Association ~ NC Dental Society Committee on Aging ~ NC Division of Parks & Recreation ~ NC Division of Public Health ~ NC DPI Division of Communication & Information ~ NC Extension & Community Association, Inc. ~ NC Medical Society ~ NC Retired Governmental Employees Association ~ NCSU McKimmon Center for Extension and Continuing Education ~ NCSU Osher Lifelong Learning Institute ~ Partnerships on Aging Program ~ President's Council on Sports, Fitness & Nutrition ~ Senior's Health Insurance Information Program (SHIP)
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.

Please click this link for information about Local Games.