

NORTH CAROLINA SENIOR GAMES 2023

Largest Senior Olympic Program in the nation for nearly 40 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!**

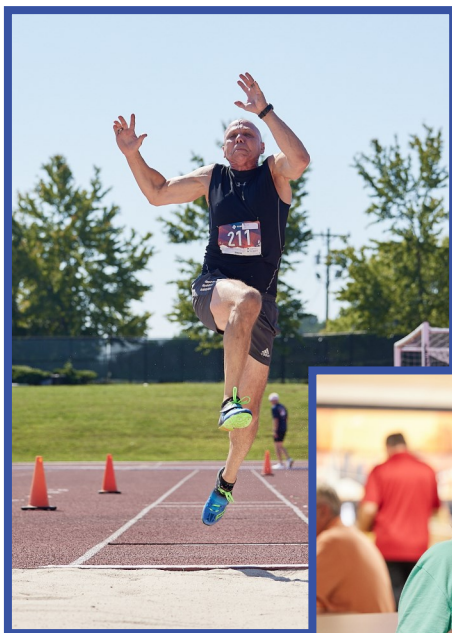
FUN

FITNESS

FAMILY

FRIENDS

FELLOWSHIP



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.



LOCAL SENIOR GAMES

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



SENIOR GAMES STATE FINALS 2023

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

Archery
August 31

Golf Tournament
September 6-7

Big Week Raleigh/Cary/Durham September 18-24

Bocce & Cornhole
Tournaments
October 3-4

Pickleball Tournament
October 13-15

Softball Tournament
October 20-23

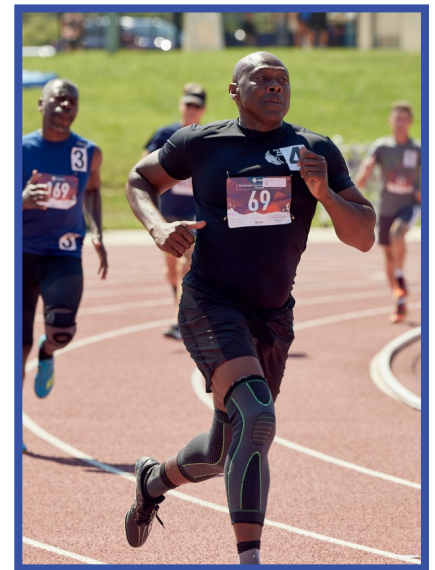
Mini Golf
TBD

Basketball Tournament
TBD

NATIONAL SENIOR GAMES

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

www.nsga.com



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!



A Celebration of the Creative Spirit



SilverArts, "a celebration of the creative Spirit" is a 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, Digital Art, Drawing, Mixed
Media, Oil, Pastels, Photography
(film), Photography (digital),
Sculpture, Watercolor

Literary Arts

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

Heritage Arts

Basket Weaving, Crocheting,
General Fiber Arts, Jewelry,
Knitting, Needlework,
Pottery (thrown & hand-built),
Quilting (hand-stitched),
Quilting (machine-stitched),
Stained Glass, Tole/Decorative
Painting, Weaving,
Woodcarving,
Woodturning, Woodworking

Statewide Partners

Grand Patron



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Aging and
Adult Services

Gold Sponsors

Humana



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Silver Sponsors



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Harrah's
CHEROKEE
CASINOS

Bronze Sponsors



AUTO • HOME • LIFE • HEALTH • BANK

Platinum Host Agencies

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

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

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 ~ Seniors' Health Insurance Information Program (SHIP)



2023 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.

[Please click this link for information about Local Games.](#)