# NORTH CAROLINA **SENIOR GAMES 2012**

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

#### **SILVERARTS**

NCSG's Heritage, Visual, Performing,

#### **SILVERSTRIDERS**

NCSG's national award winning walking pro-

## **SILVER CLASSIC** NCSG's special events program

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.



#### STATE FINALS PLATINUM







#### STATE FINALS

September 24-30, Cary/Raleigh

Softball Tournament Walnut Creek Softball Complex, Raleigh September 10-13

> **Bocce & Cornhole Tournaments** October 9-11, Clayton

> > Golf Tournament October 9-10, Winston-Salem

Basketball Tournament October 19-21 East Carolina University, Greenville



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 - Cornhole
Croquet - Cycling - Field Events - Football Throw - Golf - Horseshoes
Racquetball - Shuffleboard - Softball Throw - Softball Tournament
Spin Casting - Swimming - Table Tennis - Tennis - Track Events

A copy of the 2012 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 on our web site and from Local Games Coordinators and must be received by NCSG by August 1st.

Every two years, some State Finals winners qualify to represent North Carolina at the NATIONAL SENIOR GAMES.

State Finals 2012, will be a qualifying event for the 2013 National Senior Games in Cleveland, Ohio.











Local Senior Games

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 about Senior Games! Cheer on your local participants all the way to State Finals and perform at the Cheerleader Showcase.



SilverStriders is N.C.'s national award winning walking program for people 50 years of age and better. Participants receive a log book for tracking progress, gifts and awards. Most Local Games offer a *SilverStriders* Fun Walk which qualifies participants for the State Finals Fun Walk. Contact NCSG or your Local Coordinator for a FREE log book.

#### Visit www.ncseniorgames.org for:

Details on each Local Games \* Results & Records \* Rules Book \* State Finals Information \* NCSG Ambassadors \* NCSG Staff & Board of Directors \* Sponsors & Contributor Information \* Coordinating & Endorsing Agency links and much more!



# Her Ail

#### LITERARY ARTS

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

#### PERFORMING ARTS

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

#### **VISUAL ARTS**

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

### HERITAGE ARTS

A Celebration of the Creative Spirit

Basketweaving...China Painting...Crocheting...Jewelry...
Knitting... Needlework...Pottery (thrown & hand built)...
Quilting (hand & machine)... Rugs (hooked, braided,woven)...
Stained Glass...Tole/Decorative Painting...Tatting & Needlelace...
Weaving...Woodcarving...Woodturning...Woodworking

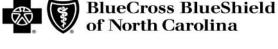


#### SILVERARTS BOOKLET

A copy of the 2012 SilverArts Booklet (with details and rules) is available on our web site or from your Local Coordinator.

# NORTH CAROLINA Division of Aging and Adult Services

#### STATE FINALS PLATNIUM SPONSOR



STATE FINALS



State Finals Silver Sponsors



State Finals Bronze Sponsor



# 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 Dept. of Parks, Recreation and Tourism Management
N.C. Association on Aging
N.C. Association of Area Agencies on Aging
Pope Army Air Field
AARP North Carolina

#### **ENDORSING AGENCIES**

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



#### Volunteer for a Local Game or State Finals!

Invite your family and friends to join you cheering, scoring, timing or giving awards. Our volunteers report that they have a great time and are inspired to be more healthy!

Visit our web site to volunteer today www.ncseniorgames.org

Please select this link for a list of Local Games