



HORSESHOES



GOLF

ATHLETES AND ARTISTS OF ALL ABILITIES ARE WELCOME!

North Carolina Senior Games began in 1983 to create a year-round health promotion and education program for adults beginning at age 50.

The Piedmont Plus Senior Games are hosted by the City of Winston-Salem Recreation and Parks Department and are open to residents of Forsyth and Stokes counties.

While winning a medal is exciting, there is much more to being involved in the senior games. The greatest benefit is to be active and involved with others of your same age and make new friends.

SilverArts provides a stage for the creative talents of the visual, heritage, literary, and performing artists.

The senior games are for everyone!



NCSG MEDALISTS



SILVER ARTS

PIEDMONT PLUS SENIOR GAMES

For more information, contact Jessica Garrett at (336)727-2321, jessicag@cityofws.org or visit the City of Winston-Salem Recreation & Parks Department website, www.WePLAY.ws

Thanks to our sponsors!



If you are interested in becoming a financial sponsor of the PPSG, contact Chuck Vestal at 727-2325.

CITY OF WINSTON-SALEM Mayor: Allen Joines City Council: Vivian H. Burke, Mayor Pro Tempore, Northeast Ward; Denise D. Adams, North Ward; Dan Besse, Southwest Ward; Robert C. Clark, West Ward; Molly Leight, South Ward; Jeff MacIntosh, Northwest Ward; Derwin L. Montgomery, East Ward; James Taylor Jr., Southeast Ward City Manager: Lee Garrity



SILVER ARTS AWARD WINNING QUILT

Athletic Events

Winners of each event are awarded with a gold, silver, or bronze medal. These qualifiers are invited to participate in the Senior Games State Finals held in Raleigh.

Individuals compete for awards in their own sex 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+).

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ARCHERY

BADMINTON: doubles only

BASKETBALL SHOOTING: individual

BASKETBALL 3-ON-3 TOURNAMENT

BILLIARDS

BOCCE TOURNAMENT

BOWLING: singles, doubles, mixed doubles

CORN HOLE

CROQUET

CYCLING: 1 mile, 5 kilometer, 10 kilometer

FIELD EVENTS: discus throw, shot put, running long jump, standing long jump

FOOTBALL THROW

FUN WALK*

GOLF TOURNAMENT

HORSESHOES

PICKLEBALL: singles, doubles, mixed doubles

RACE WALKING: 1500 meter, 5 kilometer

RACQUETBALL: singles, doubles

SHUFFLEBOARD

SOFTBALL THROW

SOFTBALL TEAM TOURNAMENT

SPIN CASTING

SWIMMING:

25, 50, 100, 200, 500 yd. freestyle

25, 50, 100, 200 yd. backstroke

25, 50, 100, 200 yd. breaststroke

25, 50, 100, 200 yd. butterfly

100, 200 yd. individual medley

TABLE TENNIS: singles, doubles, mixed doubles

TENNIS: singles, doubles, mixed doubles

TRACK EVENTS: 100, 200, 400 meter dash, 800, 1500 meter run, 5 kilometer run

** Piedmont Plus Senior Games event only. Items in these categories will not advance to state competition.*



EVENTS LINEUP

Visit www.WePLAY.ws for news about special clinics, practice sessions and arts events.



BOCCE



DANCE



PICKLEBALL

SilverArts

SilverArts is a program to keep senior adults healthy, active, and involved by providing a forum for showcasing creative talents in visual, heritage, literary, and performing arts. If you like to paint, quilt, crochet, sing, or write, consider sharing your talent while you meet new people and enjoy friendly competition. For more information, please contact Elaine Williams, (336) 659-4315.

The SilverArts receive medals just like the Athletic events.

HERITAGE ARTS: basket weaving, china, painting, crocheting, jewelry, knitting, needlework, pottery (hand built or thrown), quilting, rugs (hooked, braided or woven), stained glass, tatting & needlelace, tole/decorative painting, wall hangings*, weaving, wood carving, wood turning, woodworking

VISUAL ARTS: acrylics, drawing, mixed media, oil, pastels, photography, sculpture, watercolor

LITERARY ARTS: essay, life experience, poem, short story, My Favorite Memory*

PERFORMING ARTS: Performances may be in the form of comedy/drama, dance, instrumental, line dance, cheerleading and vocal. Acts can be small group (2-4 members) or large group (5 or more members). Performances are a maximum of three minutes in length.