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 50 years of age or better.

The Piedmont Plus Senior Games and SilverArts 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 and SilverArts. The greatest benefit is to be active and to be involved with others of similar age and make new friends.

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

The Senior Games and SilverArts are for everyone! ATHLETES AND ARTISTS OF ALL ABILITIES ARE WELCOME!

If you are interested in becoming a financial sponsor of the Piedmont Plus Senior Games, contact Chuck Vestal at 336-727-2325.

Thanks to our sponsors!
**Athletic Events**

Winners of each event are awarded with a gold, silver, or bronze medal. These qualifiers are invited to participate in the North Carolina Senior Games 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+).

For more information, contact Kelsey Catherwood at kelseyc@cityofws.org or 336-727-2978 or visit www.WePLAY.ws

ARCHERY
BADMINTON
BASKETBALL SHOOTING: individual
BASKETBALL 3-ON-3
BILLIARDS
BOCCE
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
SHUFFLEBOARD
SOFTBALL THROW
SOFTBALL TOURNAMENT
SWIMMING:
  50, 100, 200, 500 yd. freestyle
  50, 100, 200 yd. backstroke
  50, 100, 200 yd. breaststroke
  50, 100, 200 yd. butterfly
  100, 200, 400 yd. individual medley
TABLE TENNIS: singles, doubles, mixed doubles
TENNIS: singles, doubles, mixed doubles
TRACK EVENTS: 50, 100, 200, 400 meter dash, 800, 1500 meter run, 5K and 10K run

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

**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 Kelsey Catherwood at kelseyc@cityofws.org or 336-727-2978.

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, adult coloring*

**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 solo, small group (2-4 members) or large group (5 or more members). Performances are a maximum of three minutes in length.

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