North Carolina Senior Games began in 1985 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!

For more information, contact Chuck Vestal at chuckv@cityofws.org or 336-727-2325 or visit the City of Winston-Salem Recreation & Parks Department website, www.WePLAY.ws

If you are interested in becoming a financial sponsor of the PPSG, 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 Chuck Vestal at chuckv@cityofws.org or 336-727-2325 or visit www.WePLAY.ws

**ARCHERY**

**BADMINTON**

**BASKETBALL SHOOTING: individual**

**BASKETBALL 3-ON-3**

**BILLIARDS**

**BOCCE**

**BOWLING: singles, doubles, mixed doubles**

**CHAIR VOLLEYBALL**

**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**

**PETANQUE**

**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.

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**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 Chuck Vestal at chuckv@cityofws.org or 336-727-2325.

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.