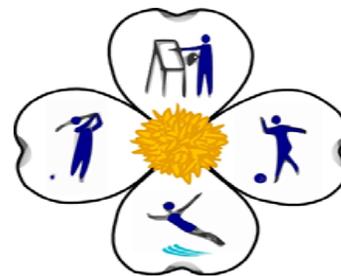


North Carolina Senior Games



Iredell Senior Games
PO Box 1111
Statesville, NC 28687

SILVERSTRIDERS

NCSG's national award winning walking program for people 50 years of age and better, offers a wealth of benefits. Each participant receives log books for tracking progress, gifts and awards. Most Local Games offer a Silver-Striders Fun Walk that allows participants to qualify for the State Finals Fun Walk. For a FREE log book and information send a self-addressed stamped envelope to: **SilverStriders**, PO Box 33514, Raleigh, NC 27636.



Join Us for a Celebration of the Human Spirit

N O R T H
C A R O L I N A
Senior Games

VOLUNTEERS

Greater Iredell Senior Games is a wonderful and exciting event. Volunteers help to coordinate 64 activities. Whatever your specialty or age, there is a position for you. We would love to have you as a Greater Iredell Senior Games Volunteer and would welcome your family and friends! For more information contact Daniel Lewis, 704-878-3429.



Iredell Senior Games

Coordinating Agency:
City of Statesville Recreation & Parks
PO Box 1111
Statesville, NC 28687

Local Games Coordinator — Daniel W. Lewis, 704-878-3429
Silver Arts Coordinator — Terri Bumpers, 704-663-7026

Greater Iredell Senior Games Steering Committee

Martha Barker	Debbie Preston
Ethel Morrison	Tina Czarnecki
Gerard Schreuders	Barbara Stradley
Clayton Brammer	Frank Blackett
Don Ashby	Susan Dahl
Iris Binder	Latoya Welch
Kathy Strantz	Bud Hoke

In 1983 N.C. Senior Games began with a vision to create a year-round health promotion and education program for North Carolinians 55 years of age and better.

Today, there are over 60,000 participants in 54 Local Games programs that serve all 100 counties across the state.

Senior Games is a holistic approach to body, mind and spirit staying fit, while enjoying the company of friends, family, spectators, and volunteers.

Local Senior Games

Each spring, thousands of people enjoy participating in a Local Senior Games in North Carolina. The qualifiers are invited to participate each fall in the Senior Games State Finals held in Raleigh. Every two years, the State Finals winners qualify to represent North Carolina at the National Senior Games.



Sports

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	Golf
Badminton	Horseshoes
Basketball Shooting	Racquetball
Billiards	Softball Throw
Bocce	Softball Tournament
Bowling	Spin Casting
Croquet	Swimming
Cycling	Table Tennis
Field Events	Tennis
Football Throw	Track Events
Pickle Ball	Disc Golf



NCSG's Heritage, Visual, Performing and Literary Arts programs and Cheerleader program.

A Celebration of the Creative Expression of Seniors in North Carolina

VISUAL ARTS

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

LITERARY ARTS

Essays... Short Stories... Life Experiences... Poetry

PERFORMING ARTS

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

HERITAGE ARTS

Basket weaving... China Painting... Crocheting... Jewelry...
Knitting... Needlework... Pottery (Thrown & Hand Built)...
Quilting... Rugs(Hooked, Braided,Woven)...
Stained Glass... Toile/Decorative Painting... Tatting &
Needlelace... Weaving... Woodcarving... Woodworking

CHEERLEADING

For Registration Information Contact:

Daniel W. Lewis, Athletic/Aquatic Coordinator
Iredell Senior Games Local Coordinator 704-878-3429
PO Box 1111
Statesville, NC 28687