

NORTH CAROLINA SENIOR GAMES: IMPACTING AGING WITH A PURPOSE

Brad Allen, President & Executive Director
Morgan Thompson, State Finals & Program Manager

WHO ARE WE?

North Carolina Senior Games (NCSG) began in 1983 with a vision of creating a year-round health promotion and wellness education program for adults ages 50 and better. Through sports and SilverArts, NCSG provides opportunities to stay active, embrace fun and fitness, build fellowship, make new friends, and enjoy a little friendly competition along the way!



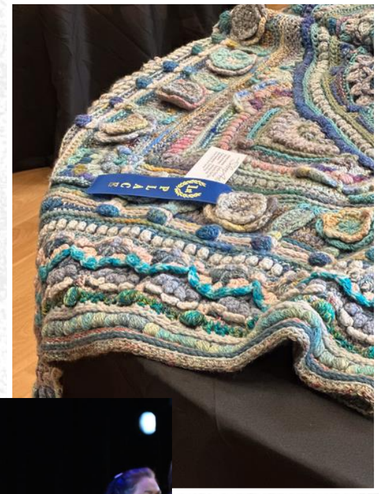
COMPONETS OF SENIOR GAMES

ATHLETIC EVENTS

5K & 10K Run
Badminton
Basketball Shooting
Basketball Tournament
Billiards
Bocce
Bowling
Cornhole
Cycling
Disc Golf
Discus
Football Throw
Funwalk
Golf
Horseshoes
Long Jump
Mini Golf
Pickleball
Power Walking
Shot Put
Shuffleboard
Softball Throw
Softball Tournament
Swimming
Table Tennis
Tennis
Track & Field

SILVERARTS

Visual Arts
Heritage Arts
Literary Arts
Performing Arts
Cheerleading





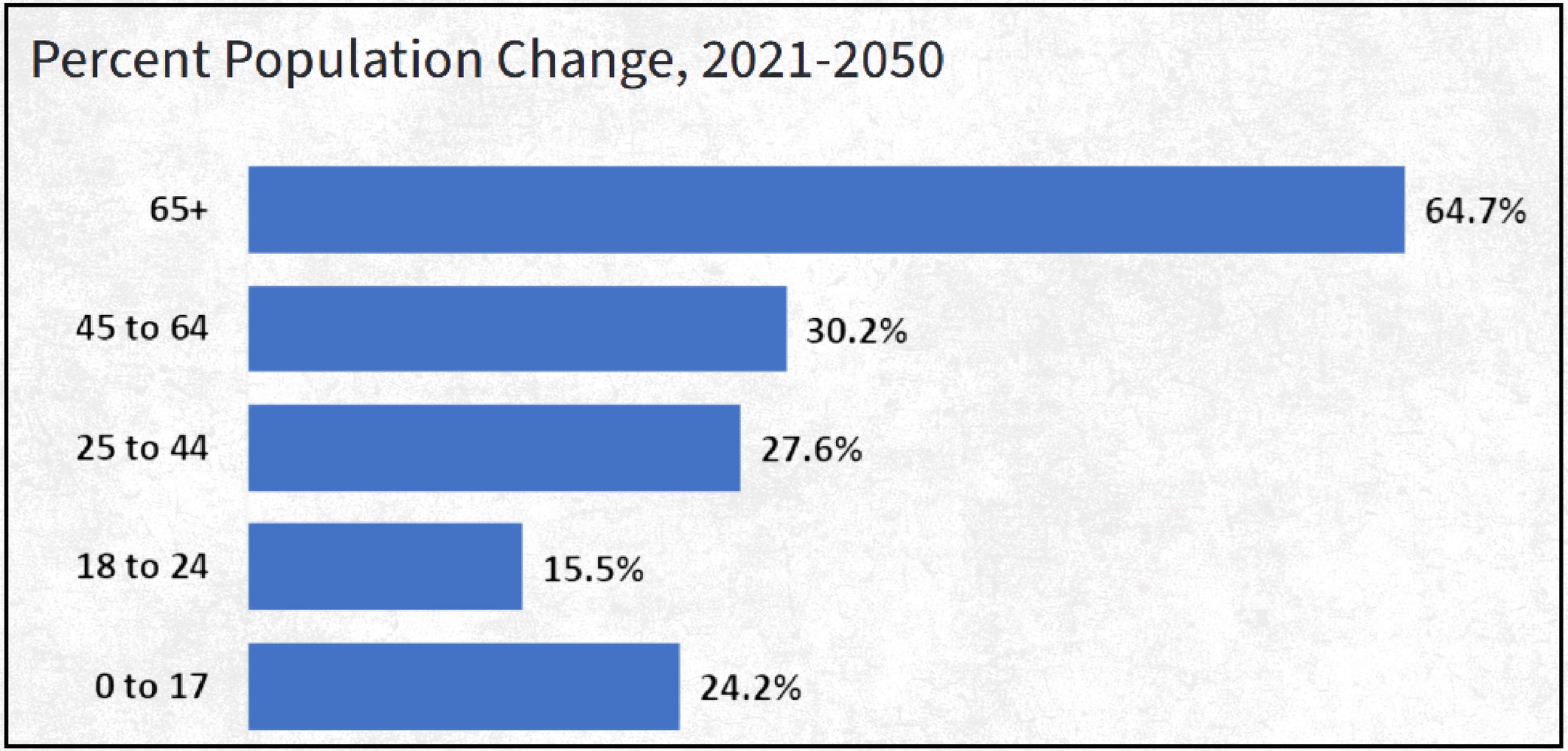
BEST OF THE BEST

North Carolina Senior Games is the nation’s largest health promotion program of its kind, nationally recognized for its service to older adults. We are the only program to feature SilverArts, celebrating the vital role of the arts in active aging.





WHY SENIOR GAMES?



Source: NC Office of State Budget and Management

HOW TO PARTICIPATE

Step 1: Get Involved in a Local Game!
North Carolina has 54 Local Games programs serving all 100 counties. Local Games run February 1 - June 15.

Step 2: Compete in State Finals!
Held annually each fall (Sept-Nov), State Finals brings together Local Games qualifiers.

Step 3: National Senior Games!
Held every other year in cities across the country.



NORTH CAROLINA AT NATIONALS



633 NC Athletes

Participated in the National Senior Games in 2025.



Team NC

Ranked 3rd overall in total medals among all 50 states in 2025.

NCSG AMBASSADORS

A dedicated group of participants who serve as advocates for Senior Games by:

- Promoting community awareness and public relations
- Recruiting participants and volunteers
- Supporting Local Coordinators and Local Games
- Spreading the word through personal connections and word of mouth.

Purpose: Strengthen local programs by making Senior Games a household name through community engagement, outreach, and participant-led promotion.





YEAR-ROUND TRAINING

NCSG provides ongoing training and educational opportunities to strengthen local programs and prepare teams for a successful Local Games season.

Key Training Opportunities:

- New Local Coordinators Training
- Local Coordinators Conference
- Ambassadors Conference
- Sports Management Clinic
- SilverArts Workshop





Our Goal: Equip individuals with the knowledge, resources, and tools needed to successfully plan, manage, and deliver Local Senior Games programs.

FUNDING & SPONSORSHIPS

North Carolina Senior Games is strengthened by a diverse network of statewide and local partnerships. Our success is made possible through the continued support of dedicated board members, contributors, corporate sponsors, and coordinating agencies who help advance our mission and impact communities across North Carolina.







LEGACY AND IMPACT

- Changing perceptions of aging through intergenerational connections and shared experiences.
- Inspiring younger generations to embrace active, healthy aging.
- Creating lasting memories and connections between grandparents, parents, and children.
- Demonstrating that healthy lifestyles, competition, and community have no age limit.







SURVEY SAYS

- 87% say Senior Games is part of their regular weekly routine.
- 72% report being more physically active (nearly 7 hours per week training).
- 88% report increased social connection and reduced isolation.
- By combining athletic competition with SilverArts programming, NCSG promotes the whole person's health - physically, mentally, and socially.

(Source: NCSG Local Games Data, 2022)

FUN

FRIENDS

FAMILY

FITNESS

FELLOWSHIP

& COMPETITION!

VOLUNTEERING

When you volunteer with Senior Games you're helping older adults:

- STAY ACTIVE
- BUILD FRIENDSHIPS
- CELEBRATE HEALTHY AGING
- COMPETE WITH PRIDE





SPECIAL NCSG STORIES

Faye Bond – At 103 years old (September 2026), Faye Bond is NCSG's oldest participant! She continues to compete in the Long Jump, Shot Put, and Discus alongside her daughter, Irma. Faye & Irma served as the Torch Bearers at the 2025 NCSG State Finals!



SPECIAL NCSG STORIES

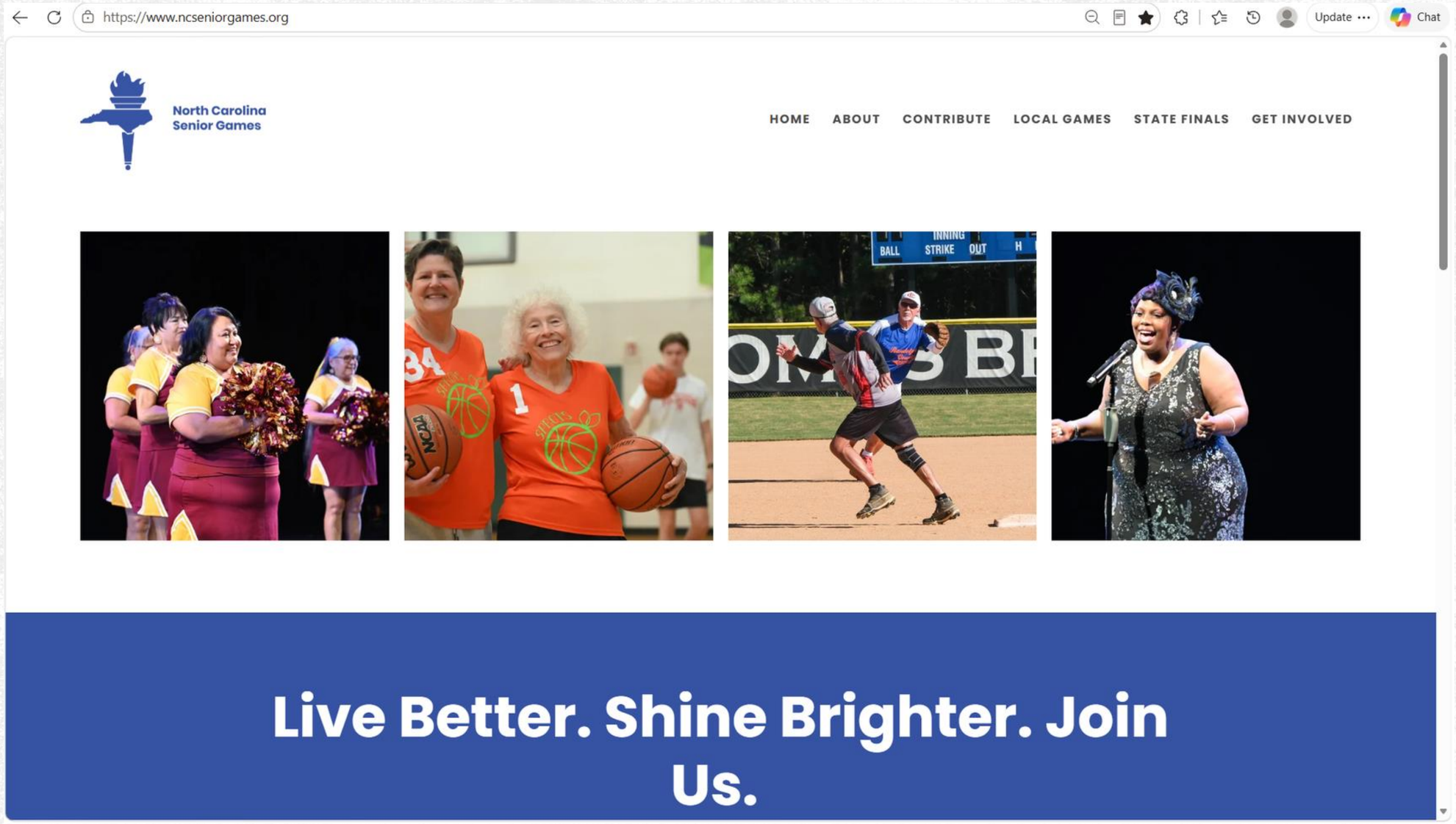
Qualla Boundary Senior Games:
A community of fewer than 2,000 residents, Qualla Boundary sent one of the largest contingents of athletes from a single community to the National Senior Games. A reflection of the Eastern Band of Cherokee Indians' commitment to honoring and supporting their elders through active living.





OUR WEBSITE

WWW.NCSENIORGAMES.ORG



THE IMPACT OF PARTNERSHIP

Together, North Carolina Senior Games and RGEA are making a lasting impact by promoting active aging, building stronger communities, honoring lifelong contributions and inspiring future generations.

NORTH CAROLINA RGEA
RETIRED GOVERNMENT EMPLOYEES ASSOCIATION

North Carolina Senior Games