

IT'S TIME FOR FUN, FITNESS, AND FELLOWSHIP!



# Albemarle Senior Games & Silver Arts

## *Athletic Events*

Badminton  
Basketball Shooting  
Billiards  
Bocce  
Bowling  
Cornhole  
Croquet  
Cycling  
Discus  
Football Throw  
Golf  
Horseshoes  
Pickleball  
Running Long Jump  
SilverStriders Fun Walk  
Shot Put  
Shuffleboard  
Softball Throw  
Standing Long Jump  
Swimming  
Table Tennis  
Tennis  
Track

## *SilverArts*

Cheerleading  
Literary Arts  
Heritage Arts  
Performing Arts  
Visual Arts

**FOR ADULTS, AGE 50+**  
**APPLICATIONS DUE BY 2/15/20**



The Albemarle Senior Games are sponsored by the Albemarle Commission Area Agency on Aging and sanctioned by North Carolina Senior Games, Inc. You don't have to be a professional athlete, artist or performer to participate. You just have to be ready, willing and able to have fun! Those who qualify at our local game are invited to attend **STATE FINALS** in the fall. The dates for 2020 include: **March 23-25, 27, 31, April 3, 7, 8, 16, 20, 23, 27, May 5, 6, 13 & 19!**

For more information, or to request an application, contact:

**Ashley Lamb**  
**Albemarle Senior Games Coordinator**  
**252-404-7088**  
**alamb@accog.org**