

Diane Cox
Executive Director

**Member
Governments**

COUNTIES

Franklin
Granville
Person
Vance
Warren

MUNICIPALITIES

Bunn
Butner
Creedmoor
Franklinton
Henderson
Kittrell
Louisburg
Macon
Middleburg
Norlina
Oxford
Roxboro
Stem
Stovall
Warrenton
Youngsville

FOR IMMEDIATE RELEASE
March 9, 2017

CONTACT: Suja Jacob
sjacob@kerrtarcoq.org

***Senior Games Region K 2017
Requesting Volunteers and Sponsors for the Region K Senior Games***

Henderson NC – Calling all Volunteers! The Region K 2017 Senior Games is almost upon us. Senior Games is a holistic approach to body, mind and spirit and staying fit while enjoying the company of friends, family, spectators, and volunteers. Close to 300 participants registered for this year's Region K local games which will be held from March 23rd, 2017 through May 18, 2017 at venues throughout the five county region which includes Franklin, Granville, Person, Vance, and Warren County.

There are so many different activities that there is a place for everyone. Sports events include basketball shooting, billiards, bocce, corn hole, golf, horseshoes, shuffleboard, softball throw, table tennis, cycling, track and fields events, pickle ball, badminton, bowling, tennis and many more. The Silverarts category will include events in Heritage Arts such as knitting and quilting, Visual Arts such as drawing and photography, Literary Arts such as essay and poems and Performing Arts such as dance and vocals.

None of these activities would be possible with out the hard work and coordination of all our helpful volunteers. If you'd like to join us in encouraging and challenging seniors to stay healthy and active, we encourage you to volunteer. Volunteers from all areas of the community are welcome. We are also seeking corporate sponsorship for our local Region K Senior Games. Funds raised will be used to pay for T-shirts, meals, medals and equipment. Anyone interested in becoming involved in the Senior Games program as a sponsor or volunteer, please contact Melissa Catlett, Local Games Coordinator at 252-436-2040.

Region K Senior Games is sanctioned by North Carolina Senior Games. North Carolina Senior Games is a nonprofit organization dedicated to providing year-round health promotion and education for adults 50 years of age and better. NCSG is sponsored statewide by the North Carolina Division of Aging and Adult Services. For more information visit www.ncseniorgames.org

The Kerr Tar Area Agency on Aging leads and is involved in the efforts that provide for the development and enhancement of comprehensive and coordinated community based systems of services, opportunities, and protections for older adults which assist them in leading independent, meaningful and dignified lives in their own homes and communities for as long as possible. We serve five counties, Franklin, Granville, Person, Vance and Warren.

For more information about the Kerr Tar Area Agency on Aging, please call 252-436-2040.