

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
February 2, 2017

CONTACT: Suja Jacob
sjacob@kerrtarcoq.org

Senior Games Region K 2017
Registration Now Open for Region K Senior Games

Henderson NC – Let the games begin! Registration is now open for the Region K 2017 Senior Games. Senior Games is a holistic approach to body, mind and spirit and staying fit while enjoying the company of friends, family, spectators, and volunteers. There are so many different activities that there is a place for everyone. Sports events include basketball shooting, billiards, bocce, cornhole, golf, horseshoes, shuffleboard, softball throw, table tennis, cycling, track and fields events, pickleball, 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. The full list of events, schedule and event locations can be found in the registration packets which can be picked up and turned in to the local county senior centers. Online registration is available at torch.ncseniorgames.org. The entry deadline is February 24, 2017.

In an interview given to Maggie Brown of Blue Cross Blue Shield of North Carolina, Brad Allen, Executive Director of the NC Senior Games said, “While it’s definitely competitive, it’s not just about the competition, the games are all about family, fun, fitness, fellowship and friends.” “..Getting older can be isolating. But if you can go out and meet a new friend at a Senior Games event, you’re no longer alone.” In a recent study of NC Senior Games participants, 88 percent said they were more socially active because of the games and 79 percent said they were more physically active, and spent an average of 6.6 hours each week involved in physical activity because of the games.

Participants must be 50 years of age or better and be a resident of one of these five counties: Franklin, Granville, Person, Vance or Warren. Additionally, participant must be a North Carolina resident for a minimum of three consecutive months of the year. Volunteers from all areas of the community are welcome. Anyone interested in becoming involved in the Senior Games program as a sponsor or volunteer, please contact: Melissa Catlett, Local 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.

Planning and Development for a Better Region K

PO Box 709 – 1724 Graham Avenue – Henderson, NC 27536 – Phone (252) 436-2040- Toll Free (866) 506-6223 – Fax (252) 436-2055