












McDowell County Senior Games Events

Sport Events offered:

	Bowling		Cornhole		Pickleball
Horseshoe:			Shuffleboard		Bocce
Croquet			Basketball Shooting		Football Throw
Softball Throw		Badminton			Spin Casting
Track & Field Events		Cycling		Rock Climbing	
Billiards		Table Tennis		NuStep	
Stationary Bike		Golf		Swimming Events	

Tournaments:

Hand & Foot Card Games		Checkers		Mah Jongg	
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SilverArts:

Performing Arts: (Soloist or Groups) Singing, Dancing, Line Dancing, Instrumental and

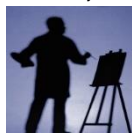
Comedy/Drama

Literary Arts: Poetry, Short Story, Life Experience and Essay



Visual Arts: Oil, Acrylics, Pastels, Watercolor painting, Photography, Drawing, Sculpture and

Mixed Media



Heritage Arts: Crochet, Needlework, Quilting, Knitting, Woodcarving, Woodworking,

Woodturning, Weaving, Cross Stitch, Pottery, Coloring, Jewelry Making, China Painting,

Tole/Decorative Painting, and Scrap Book Page



Awarded 1st 2nd 3rd Place Winners in Each Age Group Per Event

To become a Sponsor or Volunteer for this year's Senior Games

Contact Brenda Monosso @ (828)659-0832