

# Spring into Senior Olympic Games

Celebrate National Senior Game Week March 18<sup>th</sup>-24<sup>th</sup>

Join us in Las Cruces New Mexico

Wednesday, March 20<sup>th</sup> 8:00AM – 4:00PM and Thursday, March 21<sup>st</sup> 8:00AM-12 Noon  
New Mexico State University Activity Center and Aquatics Center

**FREE** to attend

Visit our website for more information: [www.nmseniorolympics.org](http://www.nmseniorolympics.org)

Or call 1-888-623-6676

Come and learn about the many 27 sports offered in the Senior Games – and take part in fun activities such as, Pickleball, Basketball Skills, Cornhole, Power Walking, Swimming workout, Tai Chi and Walking/Running activity- 800m estimated walk.

Local, State, and National Senior Games organizations bring positive impacts on participants and communities. Let's support our Senior Games organizations and encourage people aged 50+ to get active and involved in sports for their health and well-being.

**DID YOU KNOW?** 

Senior Games offer the camaraderie and challenge of competitive sports to older adults and promote health, well-being, and active aging among participants.

Local Games happen in various cities and pueblos. Participating at the local level allows seniors to practice for the Annual State Games and to be active and involved in sport activities. Check out a local game site near you in Silver City, Farmington, Hobbs, Mescalero, and the City of El Paso.



It's never too late to get active and try something new. Many Senior Games participants didn't start competing in sports till their 50s, 60s, 70s or beyond.

## Thank You

TO OUR GAME SPONSORS

