



GRANITE STATE SENIOR GAMES, Inc

"Don't Take Life For Granite"

The Best Athletic Organizations for Senior Citizens in New Hampshire

In 2023, New Hampshire offers a wide range of athletic activities for older people to participate in. These activities are designed to keep you healthy, fit, and active, and also provide a social outlet to connect with others who share similar interests. Here are some examples of organizations in New Hampshire that offer athletic activities for older adults along with their website links:

1. The New Hampshire Senior Games

The mission of the **New Hampshire Senior Games** (NHSG) is to organize and effectively develop physical challenges, as they relate to the New Hampshire masters athlete and the 50+ population of the state of New Hampshire, undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. The mission is accomplished by encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

From Pickleball to Track & Field or Basketball to Archery, NHSG will have a sporting event for you! Registration is NOW OPEN, so learn more or register for all and any sport here: <https://nhseniorgames.org/registration/>

- a. Granite State Senior Games, Inc. - New Hampshire Senior Games: <https://nhseniorgames.org/>

2. Walking and Hiking Clubs

New Hampshire is known for its beautiful hiking trails and walking paths. Joining a walking or hiking club is a great way for seniors to explore the outdoors, get some exercise, and make new friends. **The Appalachian Mountain Club - New Hampshire Chapter** and **Hike Safe** are two great resources for seniors looking to enjoy hiking in New Hampshire. The Appalachian Mountain Club - New Hampshire Chapter offers guided hikes, outdoor skills workshops, and social events for seniors. Hike Safe provides hiking safety tips and resources for seniors who want to enjoy the outdoors safely. A \$25/yr Hike Safe card covers all costs if you have to be rescued on the trail.

- a. Appalachian Mountain Club - New Hampshire Chapter: <https://www.amc-nh.org/>
- b. Hike Safe: <https://www.hikesafe.com/>

3. Water Aerobics

Water aerobics is a low-impact exercise that is easy on the joints and great for people with arthritis. Joining a water aerobics class is a great way for seniors to get in shape and have fun at the same time. **The Workout Club** has multiple locations and offers great water aerobics classes for older adults. The classes are designed to help seniors improve their cardiovascular health, increase their range of motion, and reduce their risk of injury.

- a. The Workout Club: <https://www.theworkoutclub.com/aquatics/>

4. Golfing

Golfing is a great way for seniors to enjoy the outdoors and get some exercise. The **New Hampshire Senior Golf Association** and **The First Tee of New Hampshire** are organizations that offer golfing opportunities for older adults. The New Hampshire Senior Golf Association hosts tournaments, clinics, and social events for senior golfers. Golf New Hampshire offers a directory of golf courses in New Hampshire along with golfing tips and resources for seniors. The First Tee of New Hampshire is a non-profit organization that offers golfing opportunities and life skills education for youth and seniors.

- a. New Hampshire Senior Golf Association:
<https://nhsga.golfgenius.com/pages/5830611471800771758>
- b. The First Tee of New Hampshire: NH Senior Golfers Association:
<https://firstteenh.org/n-h-senior-golfers-association/>

5. Yoga

Yoga is a great activity for older adults because it improves flexibility, balance, and strength. The **Senior Activity Center** offers yoga classes for older adults. The classes are designed to help seniors improve their physical and mental health, reduce stress, and increase their sense of well-being. Yoga Service Network for Seniors provides yoga resources for seniors, including yoga teacher training programs and yoga therapy programs.

Be Free Thai Yoga is a sponsor of the New Hampshire Senior Games, and offers free intro sessions at selected NHSG events. Thai Yoga focuses on therapeutic treatment of physical and emotional stress, and sessions are customized for each individual's capabilities. This is an excellent Yoga for seniors who aren't able to do traditional Yoga positions.

- a. Senior Activity Center - Yoga Service Network for Seniors:
<https://yogainaction.org/links/yoga-service-network/seniors.html>
- b. Be Free Thai Yoga <https://www.befreethaiyoga.com/>

6. Biking

Biking is a fun and easy way for seniors to get exercise and enjoy the outdoors. The Nashua Senior Activity Center and Granite State Wheelers are organizations that offer biking opportunities for older adults. The Nashua Senior Activity Center's Silver Wheelers Bike Club offers biking opportunities, social events, and safety education for senior bikers. Granite State Wheelers offers group rides, training programs, and social events for senior bikers.

- a. Nashua Senior Activity Center: <https://www.nashuaseniorcenter.org/clubs/silver-wheelers-bike-club/>
- b. Granite State Wheelers: <https://gswheelers.org/>

7. Swimming

Swimming is a low-impact exercise that is easy on the joints and great for people with arthritis. **Great Bay Masters Swimming** offers a great place for seniors to be active and socialize. Great Bay Masters Swimming is a US Masters Swimming (USMS) club that provides swimming opportunities for adults over the age of 18. The club offers coached workouts, social events, and competition opportunities for senior swimmers.

- a. Great Bay Masters Swimming: <https://greatbaymasters.org/wp/>

In conclusion, New Hampshire offers a wide range of athletic activities for older adults. Walking and hiking clubs, water aerobics, golfing, yoga, biking, and swimming are just a few examples of the many opportunities available. These activities not only help seniors stay healthy and fit but also provide a social outlet for them to connect with others who share similar interests. By participating in these activities, seniors can improve their physical and mental health, reduce their risk of chronic diseases, and enjoy a higher quality of life.

Register for the 2023 New Hampshire Senior Games

If you're interested in registering for the upcoming 2023 season of the New Hampshire Senior Games or learning more about it, please visit the official website of the New Hampshire Senior Games at <https://nhseniorgames.org/registration/>. The website provides comprehensive information about the various events, dates, times, and venues of the games. Make sure to register early to ensure your spot in the events.

About the Granite State Senior Games, Inc.

The mission of the Granite State Senior Games, Inc. (GSSG) is to organize and effectively develop physical challenges, as they relate to the New Hampshire senior athlete and the 50+ population of the state of New Hampshire, undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. Our mission is accomplished by encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

Founded in 1987, Granite State Senior Games, Inc. is a not-for-profit 501(c)(3) and New Hampshire Registered Public Charity all volunteer sports and fitness organization governed by a Board of Directors. The Granite State Senior Games' sporting events are known as the New Hampshire Senior Games (NHSG). We are New Hampshire's premier multi-sport event for the 50+ population. GSSG is the only New Hampshire organization in the state to be sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games held every two years. To learn more, go to www.nhseiniorgames.org.



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