

Presented by



MARTIN'S POINT[®]
HEALTH CARE



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games Jun 24th - Sep 18th, 2022

Fri Jul 8th

Bowling - 10 Pin

Fri Jul 8th - 3:00pm Start

Yankee Lanes Manchester - 216 Maple St, Manchester NH 03103

Format is three games of scratch bowling

United States Bowling Congress (USBC) rules

Same day reg allowed, but no shirt if not by Jul 1st

Tournament Director: Glenn Graham 978-204-8445

SPORTS

20 different sports • Age 50+ qualify for 2023 National Games
Men & Women age 35+ in some sports • Events held in 5yr age groups
Advance registration required • Medals awarded to top 3 places

Archery • Badminton • Men's Basketball (3-on-3)
Bowling 10-Pin • Candlepin Bowling • Cornhole • Cycling
Disc Golf • Golf • Pickleball • Power Walk • Race Walk
Racquetball • Road Race • Shuffleboard • Swimming
Table Tennis • Tennis • Track & Field • Volleyball



NH Senior Games

Volunteers needed for:

Pickleball Aug 12, 13, 14 in Exeter, NH

Track & Field Aug 21 in Manchester, NH

To learn more and register online



www.nhseniorgames.org • Ph: 603-488-0229 • info@nhseniorgames.org