

Presented by



MARTIN'S POINT[®]
HEALTH CARE



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games May 17th - Sep 14th, 2025

Saturday Aug 16th, 2025

Table Tennis

Sat Aug 16th - 10:30am Start

Portsmouth Recreation Center - Campus Gym
100 Campus Dr, Portsmouth, NH 03801

Singles, Doubles, and Mixed Doubles

USA Table Tennis (USATT) rules

Registration Deadline Aug 9th

Tournament Director: Nik Uhlir (781) 879-2342

SPORTS

19 different sports • This is a Non-Qualifying year for National Games
Men & Women • Age 35+ in some sports • Winners in 5yr age groups
Advance registration required • Medals awarded to top 3 places

Archery • Badminton • 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



NH Senior Games

Volunteers needed for:

Pickleball Aug 8, 9, 10 in Derry, NH

Track & Field Aug 24 in Manchester, NH

To learn more and register online



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