

HELLO SENIOR GAMES & SILVERARTS FAMILY!

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Our Website and Facebook

Who's ready for Senior Games?

We are now in the planning stages for this year's local Senior Games. At this point, we are planning to conduct normal in-person Senior Games including the SilverArts. With the COVID-19 vaccines and boosters now available and still with 5 months still to go, we are hoping in-person games will again be possible. We will be revisiting this as we get closer to Opening Day and further decisions will depend on the current State and County regulations as well as the active case list locally.

One thing we are planning to do a little different this year is to hold a **SilverArts Awards Ceremony**. In previous years, once the judge's panel determined the winners, the medals would immediately be placed on the winning pieces. This year, the winners will receive their medals in person on **Friday, May 6th at 4:00pm at the MAC** so all SilverArtists should plan to join us at the **SilverArts Awards Ceremony** and stay for the Murphy Art Walk that evening.

Senior Games dates

- **Opening Ceremony & Celebration of the Games will take place on Saturday, April 30th starting at 9:30am at the Andrews Recreation Park in Andrews. Plan to come and join us for a fun day in the park!**
- **Closing Ceremony, Banquet and Performing Arts Follies will take place on Saturday, May 21st at 6:00pm at Tri-County College in Peachtree, Enloe building.**
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The SilverArts dates:

- **Literary entry submission deadline – 5pm, Friday, April 15th at the Senior Games office. Entries may be mailed (PO Box 1062, Murphy) or dropped off at the Murphy Senior Center.**
- **SilverArts drop off date will be Thursday, May 5th from noon to 3pm. Judging will take place Friday afternoon, May 6th.**
- **Please take note: SilverArts Awards Ceremony at the MAC on Friday, May 6th at 4pm.**
- **SilverArts public viewing from May 7th – 20th.**

Pickleball anyone?

If you have ever driven past the Murphy 'Tennis courts' just about any morning or evening of the week, you will most likely see a large group of people playing tennis – except for one thing - if you take a second look you will realize that it's NOT tennis. This is PICKLEBALL!

You will see them there winter, spring, summer and fall and you will probably see anywhere from 8 to 40 people playing. People love the game for a variety of reasons. It is easy to play but still challenging as skills improve; it is a great aerobic activity but easy on the joints and fun to play which is why so many seniors have taken it up as their activity of choice. Unlike some sports where you may need to take lessons just to become adequate, with just a moderate amount of hand-eye coordination and a pickleball paddle, you can get on a Pickleball court and within an hour or so you will be playing as well as the average player. It is generally played as a doubles game and is a great social activity where you are sure to meet new friends. Most groups play an 'open play' format which means all you have to do is show up and play.

Pickleball is now the fastest growing sport in America. With this growth, demand for courts is exploding and new facilities are being built every day (as they are currently doing in Hayesville now) and tennis courts are being transformed into Pickleball courts (as has happened here in Murphy recently). The local group in Murphy known as the Valley River Picklers currently has 362 members on their Facebook page with Mountain Lakes Pickleball in Hayesville having over 300 people following their Facebook page. Of all the sports and games competitions played here in the spring Senior Games, Pickleball boasts the largest number of competitors.

Whether Pickleball is your activity or not, Senior Games and SilverArts has something for you. On the Games side, there are 20 different games and sports from Bowling, Golf and Swimming to Bocce ball, Cornhole and more. Maybe you have a creative spirit? Our SilverArts Showcase has 42 art disciplines under four main classifications – Visual arts, Heritage arts, Literary arts and Performing arts. So if you are looking to get up, get out and do something, consider joining us at the Senior Games and SilverArts this year! Fitness, Fun, Family, Fellowship and Friends are what we are all about!

Senior Games Spotlight – Marilyn Ogden



This month's senior Games Spotlight is on Marilyn Ogden. Marilyn, like many of us, came to Murphy by way of Florida. Born in Sarasota, she worked as a realtor for 35 years in Tampa where she and her husband Dan and two children, Lonnie and Lorie spent most of their lives. In 1996, they decided a place in the mountains would be nice so they purchased some property here and started building a house. They were part-timers from 2004 until 2014 when they finally moved here full time.

Marilyn was a tennis player most of her life but upon arriving in Murphy, that changed to Pickleball as there were not many tennis players around. That was also the year she discovered Senior Games. She loves to stay active and busy and if Senior Games is conducting some sort of activity, you can be sure she will be there. At 82, she still plays

Pickleball regularly and when it comes to Senior Games, she has medals from all kinds of events, both sports and SilverArts. Our records show that she has at least 45 medals from our local Senior Games (since 2016) and 8 from State Finals. She also volunteered for many years at the hospital gift shop (until the pandemic) and is an active member of the Modern Quilt Guild in Murphy.

In 2019 she lost Dan, her husband of 58 years but her love to stay active and healthy has not waned. She has a new love in her life now – Lillie – a 7 month old Australian Shepherd pup who I've heard is causing a negative impact on her Pickleball time.

Marilyn, it is great to have you and your bright, encouraging spirit as part of the Senior Games family!

OUR WEBSITE & FACEBOOK

Don't forget to check out our website occasionally - [Cherokee/Clay SG website](#) - as well follow us on our Facebook page - [Cherokee/Clay Facebook](#). You can find most of the information you might be looking for there as well as the current news.

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