



MAINE SENIOR GAMES 40 Years of Strength, Spirit, and Sport



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Message From Your Coordinator

By Karen Reardon

Another year in the books for the Maine Senior Games as we approach our 40th anniversary year in 2026. Over 500 different athletes registered for the Maine Senior Games this year in 19 different disciplines, making for a successful season. As I completed my third season as Coordinator of the Games, I was once again impressed by the efforts and the achievements of all of you. Whether it was someone trying the Maine or National Senior Games for the first time or a veteran returning for their 30th time, it was an impressive show. Congratulations on being part of a community of active Mainers who inspire others of any age to start their fitness and active lifestyle journey. Keep doing what you are doing – it's important.

Our Bowling events were well attended and quite competitive. We are returning to the same venues again next year with Candlepin being our first event of the month of May and Ten Pin being the last event of September. We did the Road Races and Buoy Toss on the same day and time at the Sanford YMCA and it worked out well despite being one of the rainy spring Saturdays. Pickleball successfully moved to a three-day tournament. Singles were held on Friday afternoon, Men's & Women's Doubles took place on Saturday, and Sunday worked out well for all the Mixed Doubles. We

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will continue this format in the coming year and cannot forget to send out a special thank you to all the volunteers & players who helped set up the courts for the weekend prior to the start of play on Friday afternoon. The expression “it takes a village” fits very well with the running of the Maine Senior Games and Pickleball is a perfect example of a village working together.

The Track & Field Meet was the last of the rainy Saturdays in June, but it was more along the lines of a heavy mist. Not the perfect day, but records were set in the sprints, distance races, high jump, and throws despite the wet conditions. In order to accommodate the National Senior Games schedule, we moved Archery to July along with Cornhole. Archery has moved from June to August to July over the last three years. We will be moving back to August in 2026 to see if an August is more accommodating to all.

This year our Celebration of Athletes added a Silent Auction to the evening, and it was well supported by the attendees and those who helped obtain or donated items for the auction. Thank you to all who participated and we will bring it back again next year. It was wonderful to add another team, the Maine Hot Flashes Basketball Team to the Hall of Fame and two accomplished Cornholers.

Along with the Hall of Fame inductions, the Celebration of Athletes is also a time for us to recognize other outstanding athletes in the Maine Senior Games. This year Frank & Nancy Yocono received the inaugural Claudia Lackee Volunteer of the Year Award for all of their service to the Maine Senior Games. We could not continue to do what we do without the help of all our generous volunteers. Thank you from the bottom of my heart, you make my work so much easier with your assistance.

Kathleen Judice and Ernie Milner were our Athletes of the Year and made us all proud with their impressive performances and dedication to living a healthy active lifestyle. Jack Ginty, an accomplished cyclist, received the Jo Dill Spirit of the Games Award and Bob Randall the Martin's Point Medallion Award for his achievements and support of the Maine Senior Games over the course of many years. Keep in mind that you can nominate fellow athletes for the Hall of Fame and the Spirit of the Games Award for 2026. We are always looking for input from you; information is listed on our website regarding the guidelines.

Post Nationals in Des Moines, we completed the remainder of our season. Table Tennis in Bridgton is always a fun day; however, we continue to need more women to come out and play. Think about whether that is you, remember a second or third event is only \$10.00 to participate. If you wish to do a test drive, Table Tennis (aka Ping Pong) happens every Sunday at the Bridgton Recreation Department throughout the year. Golf, both individual play and the Golf Scramble had another good day playing at Biddeford Saco Country Club. This is one time all the dry weather was ideal and just when I was thinking we had made it through the season without having to make any postponements, we ended up having to reschedule our Tennis event due to accidental building issues at Maine Pines Racquet & Fitness. Thanks to all who were able to make it out to play in early October. Next year Tennis is earlier in the season on the last weekend in July, still in Brunswick. Cycling was also the beneficiary of a good weather day at Brunswick Landing for our 20K Road Race and 10K Time Trials that we host with New Hampshire. Basketball had 13 teams come out for the tournament this year and we held our second year with the new Shooting Skills format. The only disappointing piece was having to cancel Swimming due to low numbers. While we are still working on settling on our 2026 date, we appreciate the input from the athletes who responded to our Swimming Survey. Your thoughts were very helpful, and we hope to have our 2026 date ready for publication soon with the rest of the 2026 schedule.

As previously announced, I am stepping aside as the Coordinator of the Maine Senior Games at the end of January. It has been a pleasure and an honor to keep things rolling for the Maine Senior Games. You are a great group and inspire me at each event. I have greatly enjoyed doing what I do but I would like to have a little more time to keep up with all of you and I guess be really retired. I will still be involved in many Maine Senior Games activities as we transition to a new Coordinator and look forward to celebrating our 40th anniversary year with all of you. Thank you for your support and interest in the Maine Senior Games. Keep the flame burning and get moving!

2025 Celebration of Athletes

On June 6th, 2025, The Celebration of Athletes was held at the Elks Club in Portland. It was another great night to remember. Athletes were recognized for their athletic abilities and skills. Volunteers were recognized for their dedication and hard work throughout the multiple events that were held. Our volunteers, athletes and supporters are the key to the success of each event, and it is this culmination of people that makes the Maine Senior Games successful.

As part of the fun this year, the MSG team added a new event – a silent auction. The auction included a variety of donations, presenting something for everyone. The auction was made possible by donations from various local artists, vendors and shops. We are grateful to have such a supportive community that believes in the wellness of Maine Senior Games and its athletes.



*Hall of Fame Inductees,
Cornhole Partners
Annette Markasky
Diane Lancaster*

Award Winners - L to R:

Frank Yocono, Nancy Yocono,
*Claudia Lackee Volunteer
of the Year Award*

**Kathleen Judice, Female
Athlete of the Year**

**Jack Ginty, Jo Dill Spirit of the
Games Award**

**Bob Randall, Martin's Point
Medallion Award**

**Ernie Milner, Male Athlete
of the Year**



*Hall of Fame Inductees,
Maine Hot Flashes
Basketball Team - L to R:*

Nancy Richardson

Nancy Fortin

Jo Lannin

Deb Smith

Coach Mike Giordano

Susan Dunn

Lorrayne Carroll

Eileen Monahan



**The 2026 Celebration of Athletes will be held on May 29th, at the same
location: The Portland Elks Club. Save the date and don't miss it!**

Results from the Iowa 2025 National Senior Games

Over 80 Mainers arrived in Des Moines poised to perform well in the heat of summer in Iowa. Most of the events were in the Greater Des Moines area, however some events like Track & Field and the Road Racing/Power Walks were held in Ames. Attending his first National Senior Games competition, Charles Norelli won two Gold Medals and set two National Senior Games records in Swimming in the 50 (24.56) and 100 (54.95) Freestyle races.

The first ever Powerlifting competition scored two Gold medals for Maine. James Chico Hernandez moved 825 pounds in the Bench, Squat, and Deadlift to win the Full Power Raw 70-74 age group and 242 weight class while Max Cavalli won the 60-64 age group in the Push/Pull moving 530 pounds in the Bench and Deadlift. George May had a great meet in winning four sprinting medals in Track & Field, two Gold and two Bronze. Next up: Tulsa, OK in 2027

GOLD MEDAL WINNERS

Archery: Barebow Recurve (65-69)
Men: Jon LaRochelle, Women: Karen Wilcox
Bowling: Team Mixed (75+) Space Cadets – Loring DeAgazio
Cornhole: Men (80-84) Singles – Gordon Kennedy
Doubles – Gordon Kennedy & Richard Marsh
Pickleball: Women's Doubles (55-59 - 3.5 level)
Lauree Gott & Sharon Siebert



Powerlifting: Men – Full Power Raw (70-74) (242 Wt. Class) James Chico Hernandez

Powerlifting: Men – Push/Pull Raw (60-64) (220 Wt. Class) Maximilian Cavalli

Swimming: 50 Breast – James Goodman
50 Free & 100 Free – Charles Norelli

Softball: Women's (65+ Division 3) Nor'easters – Darcy Emerson

Track & Field: 50 Meter Dash & 4 X 100 Meter Relay (80-84) George May

SILVER MEDAL WINNERS

Basketball: Women's (70-74 Division 2)
Maine Moxie: Judy Martin, Deb Teft, Joan Wright, Coach Elliott Tracy

Basketball: Men's (75+) BC Bombers – Stephen Leavitt

Basketball Skills: 3 Point Shoot (55-59)
Elizabeth Harrington

Bowling: Singles (75-79) Loring Deagazio, Doubles – Loring Deagazio & Michael Bodien

Cornhole: Mixed Doubles (75-79) Gordon Kennedy & Linda Fenderson-Doss

Golf: (65-69) Mary Brandes

Pickleball: Men's Singles (75-79 Division 4 -3.0)
Jody Capelluti, Women's Singles (55-59 Division 3 – 3.5) Tammy Pinkham

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Results from the Iowa 2025 National Senior Games



Swimming: Men's (70-74) 100 Breast – James Goodman, Women's (80-84) 200 Free – Catherine Lyons

Tennis: Women's Doubles (65-69) Catherine Sherman & Karin Conroy

Track & Field: (85-89) 400 Meter Dash & 800 Meter Run - Roger Zimmerman, Triathlon Relay – Men's (60+) Team Dream Shake It Up: Dean Klein

BRONZE MEDAL WINNERS

Basketball: Men's (60+ Division 1) Yert: Pat Moody

Cycling: 5K Time Trial (65-69) Sharon Longley

Swimming: Men's 100 Free (70-74) James Goodman, Men's 200 Free (65-69) Dale Syphers, Women's 100 IM (80-84) Catherine Lyons

Track & Field: Men's Shot Put & Discus (70-74) Michael Hansen, Men's Shot Put (80-84) Leonard Tyler, Men's 100 Meter & 200 Meter Dash (80-84) George May



National Senior Games Week March 16-22, 2026

Wednesday March 18, 2026, medalists from the 2025 National Senior Games are invited to be recognized in the Maine Senate by Senator Anne Carney at the Statehouse in Augusta.

If you earned a medal in Des Moines this summer, we want you!

Save the date as we would love to have you in Augusta on March 18th to celebrate your success. The reception will be open to all Maine Senior Games athletes, volunteers, and family. Details to come.

Along with the Statehouse event there will be other activities as 2026 marks the 40th anniversary of the Maine Senior Games!

Thank You Karen Reardon for Your Leadership

For three years Karen has been the steady force behind the Maine Senior games; planning, coordinating, troubleshooting, and cheering on everyone involved. She has led us through challenges, celebrated our successes, and always found ways to keep our mission moving forward. Doing all of this work while competing in the games in Maine and at Nationals! Here are some messages from individuals who have had the pleasure of working with Karen.



“You’ve been excellent in bringing attention to the MSG.”

“Thank you for all the time and effort that you have given to Maine Senior Games. The events have been successful under your leadership and your commitment to the games has been much appreciated!”

“Thank you for bringing your love of the games into everything that you do. You are appreciated.”

“Thank you for your countless contributions to this organization. You’ve been an excellent leader and it’s been a pleasure to work with you!”

“Thank you Karen for taking over the reins from Jo to manage the MSG. You did a wonderful job and your input was greatly appreciated.”

“Thank you for your hard work, dedication, and passion that you have brought to MSG. It has been a pleasure to work with you and to watch the games grow during your tenure. Congrats on your efforts in bringing new sponsorships and funding opportunities to the Games! We wish you all the best as you truly begin retirement and look forward to seeing you in action at the track meet next year!”

Karen was instrumental in fostering a relationship with the Maine Mariners and the Maine Marathon. She successfully obtained our first sponsorship from LL Bean, and sponsorships from Gateway Retirement Solutions, and Back in Motion Physical Therapy.

Karen will continue to compete in the Maine Senior Games and to be part of some of our special events. From all of us on the board, thank you Karen for being the Maine Senior Games Coordinator for the past three years.

Maine Senior Games Ambassador Program

Ambassador: A person who acts as a representative or promoter of a particular body or activity.

A year ago, Maine Senior Games started an Ambassador Program whose mission is to inspire and engage individuals, communities, and organizations to promote healthy aging through active participation in the Maine Senior Games. Our goals are to increase athlete participation, increase volunteers and find potential venues.

This past year, 10 Ambassadors hit the streets with posters-delivering to gyms, YMCA's, sports clubs, recreation centers and 50+ Senior Centers. Some spoke to groups, held a Buoy Toss event, emailed all their friends, posted on Facebook, volunteered at events and the list goes on.

This coming 2026 season we (so far) have 12 Ambassadors from 7 Counties. Androscoggin (Cheryl Monat, Nancy & Frank Yocoono and Deanna Galgano), Cumberland (Richelle Sipiora and Mary Brandes), Hancock (Sharon Longley and Jim Goodwin), Lincoln (Don Gleason), Oxford (Elly Atwood), Washington (Cheryl Batchelder), and York (Jackie Belanger).

If you or someone you know might be interested in becoming an ambassador, please [click here](#) and fill out a brief survey. We would love to have you help to spread the word about Maine Senior Games.

Contact Jo Dill, Ambassador Coordinator at jdillhawks@gmail.com

Maine Athlete Donations

During the 2025 registration process 189 athletes made a donation to the Maine Senior Games, for a total of \$3375.00.



19 athletes and friends of the Maine Senior Games celebrated Giving Tuesday by donating \$2,725.00.

You can [donate on our website](#) any time!

We are so grateful for your generosity and helping us “Keep the Flame Burning” for the Maine Senior Games.

Benefits of Volunteering

Many people choose to volunteer for reasons they may not have consciously identified as beneficial. Individuals often begin volunteering after retirement or once their children have left home as a way to engage in new activities or fill their time.

Consider the following benefits of volunteering:

- Volunteering provides purpose.
- Volunteering is associated with benefits such as supporting emotional well-being and mental health, maintaining a positive outlook, and may also be linked to a reduced risk of dementia and other health issues.
- Engaging in volunteer activities is an effective way to address social isolation and loneliness.
- Volunteering offers opportunities to establish social connections with other volunteers, which can help individuals new to a community become acquainted with others in their area.
- Volunteering with family can build stronger bonds and create lasting memories.
- Volunteering can encourage healthy living by increasing physical activity. Staying physically and mentally active is beneficial for overall health and may support continued independence with age. Regular mental stimulation can also contribute positively to cognitive function.
- Volunteering lets you learn new skills and try activities you haven't experienced before, possibly revealing new interests.
- Giving back to the community involves contributing to local activities or supporting neighbors.

Volunteers play a crucial role in supporting numerous organizations. Their commitment, skills, and significant contributions are often essential to an organization's continued operation.

Maine Senior Games values our many volunteers, and we are so appreciative of all you have done for our organization. THANK YOU FOR ALL YOU DO!!



2nd Annual Fundraiser at Bucks Naked BBQ Restaurant



The 2nd annual Maine Senior Games fundraiser took place at Buck's Naked BBQ in Freeport on October 9th, drawing athletes, volunteers, board members, and the public.

DJ Peterson and Jarron Conti, owners of Buck's, contributed a portion of the day's food sales to Maine Senior Games for a second consecutive year. This year's donation totalled \$1,000. Such contributions support the ongoing events offered to MSG participants.

The Maine Senior Games extends its sincere appreciation for Buck's generosity and ongoing support.

2025 Maine Results Book

New this year is a comprehensive result book for your viewing. It will be available on our website with complete results from the 2025 season by sport, in one place. Designed by our Program Associate Mary DiSanto for everything Maine Senior Games, we hope you enjoy. [Click here to see the results book online.](#)

2026 MAINE SENIOR GAMES

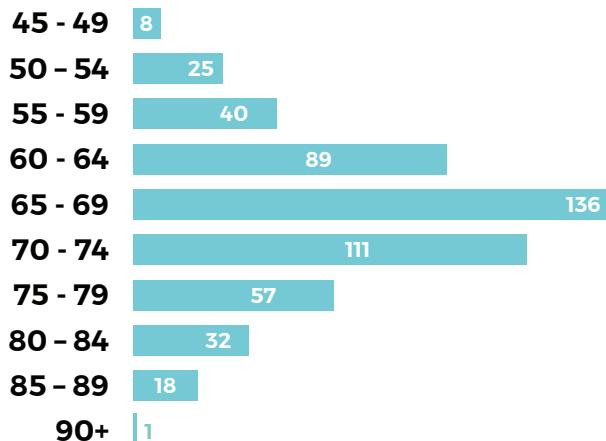
Registration Opens April 1

A National's Qualifying Year!

Mark your calendars! Registration for the 2026 Maine Senior Games opens April 1.

This year is a qualifying year for the National Senior Games, making it the perfect time to compete, challenge yourself, and join athletes from across Maine on the road to nationals. Get ready for an exciting season of competition!

Do you ever wonder the age breakdown of the Maine Senior Games athletes? The numbers below are from our 2025 games.



Maine Senior Games 2026 Schedule

DATE	EVENT	TIME	LOCATION
May 6	Candlepin Bowling	10 am	Big 20 Lanes, Scarborough
May 16	Road Races/Power Walks	9 am	Sanford YMCA
May 16	Buoy Toss	9:30 am	Sanford YMCA
May 29	Celebration of Athletes	4:30 pm	Elks Club, Portland
June 19-21	Pickleball	9 am	Maine Pines, Brunswick
June 27	Track & Field	10 am	St. Joseph's College, Standish
July 11	Cornhole	9:30 am	Sanford YMCA
July 25-26	Tennis	9 am	Maine Pines , Brunswick
August 8	Table Tennis	10 am	Bridgton Town Hall
August 9	Archery	9 am	Lakeside Archery, North Yarmouth
August 23	Cycling	9 am	Brunswick Landing Brunswick
TBA	Golf/Golf Scramble	TBA	TBA
September 20	Basketball	8 am	Sofive Sports, Saco
September 20	Basketball Shooting Skills	11 am	Sofive Sports, Saco
September 27	Ten Pin Bowling	10 am	Interstate Bowling, Hallowell
October 3	Swimming	10 am	Bangor YMCA
March 16	Maine Senior Games Event	TBA	Statehouse, Augusta
March 16-22	National Senior Games Week	TBA	Various & Online

Schedule subject to change.

HOW TO BECOME A SENIOR GAMES ATHLETE



Find a Senior Games Near You

Visit NSGA.com and click on the "State Games" tab.

Pick a Sport

Check the sports offered (states differ) and see what sparks your interest. Remember - you don't have to be experienced. Just start!

Set Goals & Start Training

Register for a local or state Senior Games so you have a goal. Then set benchmarks and start training.

Compete

The big day is here. Participate in your first Senior Games! Meet great people and have a blast.

Take it to the Next Level

Ready for more? See if you're eligible for the National Senior Games. More: NSGA.com/How-To-Qualify.

Celebrate & Repeat!

Celebrate your hard work and new experiences.

Yogurt Marinated Chicken

Author: Sammy Montgoms

Servings: 8 pieces

INGREDIENTS

1½-2 lbs chicken cutlets (8 used for this recipe.) You can opt for other cuts of chicken such as thighs or breasts (suggest cutting breasts in half for faster cooking time). Please note cooking times will vary.

MARINADE

½ cup plain full fat Greek yogurt
 ¼ cup olive oil
 1 tbsp honey
 1 lemon juiced, about ¼ cup
 1 tsp lemon zest
 5 minced garlic cloves
 1 tbsp fresh parsley chopped fine
 ½ tsp salt or more to taste
 ¼ tsp black pepper
 ½ tsp paprika
 ½ tsp onion powder
 ½ tsp dried oregano
 ½ tsp dried basil
 ¼ tsp cayenne pepper
 ¼ tsp coriander
 ¼ tsp cumin

1. Whisk marinade ingredients in a large bowl.
2. Add the chicken to the bowl and toss to coat evenly.
3. Cover and refrigerate for at least an hour, or no more than 24 hours.
4. Allow the chicken to come to room temperature before cooking, about 20 minutes.

COOKING OPTIONS

PAN FRY:

1. To a large frying pan, add 2-3 tbsp of olive oil and set to medium/high heat. Once hot, add the chicken and cook on each side for 2-3 minutes.

Cooking tip: try to not flip the chicken for the first couple of minutes to avoid it sticking to the pan.

2. Once the chicken reaches an internal temperature of 160 °F remove it from the pan, cover with foil and allow it to rest for 5 minutes. The temperature will continue to rise as it rests. Garnish with salt, slice and serve.

Prep Time: 5 minutes

Marinade Time: 1 hour

Cook Time: 10 minutes



AIR FRY:

1. Preheat your air fryer to 375 °F.
2. Spray the basket with cooking spray and add the chicken in an even layer.
3. Cook for 7 minutes, flip and cook for another 7 minutes or until the internal temperature reaches 165 °F. *Each air fryer will vary in cooking times.* Garnish with salt, slice and serve.

BAKE:

1. Preheat your oven to 425 °F.
2. Line a baking sheet with parchment paper and add your chicken.
3. Bake for 15-20 minutes (depending on the type of chicken you are using) or until the internal temperature reaches 165 °F. Garnish with salt, slice and serve.

VARIATIONS & SUBSTITUTIONS:

- **Kick up the heat:** instead of cayenne pepper, opt for double the amount of chipotle powder.
- **Sweet twist:** instead of honey, swap for double the amount of maple syrup.
- **Citrus swap:** instead of lemon juice, opt for lime or apple cider vinegar.

NUTRITION

Calories: 149kcal | Carbohydrates: 5g | Protein: 14g
 Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g
 Monounsaturated Fat: 5g | Trans Fat: 0.01g
 Cholesterol: 37mg | Sodium: 217mg | Potassium: 269mg
 Fiber: 1g | Sugar: 3g | Vitamin A: 154IU | Vitamin C: 10mg
 Calcium: 31mg | Iron: 1mg

Volunteers Needed for an Unforgettable 2026 Maine Senior Games

The Maine Senior Games is proud to announce The Maine Senior Games are gearing up for an exciting 2026 season—and we need you to help make it our best year yet! Volunteering with the Games is a fun, rewarding way to support active older adults across our state while becoming part of a vibrant and inspiring community.

JOIN A COMMITTEE

If you enjoy planning, organizing, or brainstorming new ideas, consider joining one of our volunteer committees. We're currently welcoming volunteers for **Fund Development, Wellness, Marketing, and Games**. Committee members work alongside our board to shape the future of the Games. If you'd like to sign up or learn more, simply complete our online form.

ON-SITE EVENT ROLES

If you love being right in the middle of the action, we have several hands-on opportunities:

- **Event Check-In/Registration:** Help welcome athletes, confirm their registration, and distribute T-shirts, bags, and other materials. Volunteers arrive early to ensure stations are ready and remain for the duration of the event. Outdoor events require bringing your own camp chair.
- **Event Support:** Work directly with event coordinators and meet directors. Duties vary by sport and may include spotting in golf, serving as a road marshal, measuring at track and field, or keeping score at basketball. Time commitments range from a few hours to a full day, depending on the event.



WHAT YOU'LL BRING—AND WHAT YOU'LL RECEIVE

We're looking for volunteers with strong organizational skills, a friendly attitude, patience, and the stamina to support long event days when needed. In return, all volunteers receive a Maine Senior Games volunteer T-shirt, access to water, and lunch or snacks at all-day events.

BECOME AN AMBASSADOR

For those who love inspiring others, the Ambassador Program offers a unique way to spread the word about the Senior Games. Ambassadors help motivate and educate potential athletes and supporters, playing a key role in growing our community.

If you're ready to make a difference—or if you have questions—reach out to us at

maineseniorgames2020@gmail.com

or contact Jo Dill, Ambassador Coordinator at

jdillhawks@gmail.com

Help Lead the Spirit of Healthy Aging! Join the Maine Senior Games Board!

The Maine Senior Games is seeking enthusiastic, thoughtful, and community-minded leaders to join our Board of Directors and help shape the future of active aging in Maine. Board members play a vital role in guiding event planning, strengthening partnerships, driving fundraising efforts, and ensuring the Games remain fun, inclusive, and inspiring for adults 45+. Your expertise and passion can help us grow the Games, sustain our mission, and chart an exciting future for Maine's senior athletes. If you're committed to wellness, teamwork, and making a meaningful impact, we'd love to welcome you to our leadership team. To learn more or express interest, contact Board Chair Deb Smith at N2Ldeb@yahoo.com.

Maine Senior Games Continue to Support the Maine Marathon

In 2024 the Maine Senior Games was one of the beneficiaries of the Maine Marathon. As a follow up to receiving funds from this event, in 2025, 26 and 27 we are committed to setting up the finish line festival area. On October 4, Maine Senior Games athletes and Coordinator, Karen Reardon, were busy at work from 10–2 pm. Thank you to Debbie Sullivan, Cathy Iaconeta, Jen Pinette, Margaret Milner, Ann Babbitt, Deb Smith, Ernie Milner, Charlie Cary, Ginny Ketch, Pam Dutremble, Jerry LeVasseur for volunteering for this task.



Maine Senior Games Hall of Fame Call for Applications

The Maine Senior Games Hall of Fame was created to honor and celebrate Maine athletes who are avid competitors and excel at their individual or team sport. We are currently accepting nominations for the Class of 2025. Nominations will be accepted through March 20, 2026.

All nominees will be judged on their individual/team accomplishments and significant contributions to the Maine Senior Games.

Visit maineseniorgames.org to learn more and nominate an athlete.

In order to be considered for a Hall of Fame nomination, a candidate must:

- Be a Maine resident
- Have competed in a minimum of five Maine Senior Games and two National Senior Games (may be non-concurrent)
- Be a gold, silver, or bronze medal winner in a team or individual sport at the Maine Senior Games or the National Senior Games



NSCA Announces Upcoming National Senior Games

June 30 – July 11, 2027
Tulsa, Oklahoma

2029 dates to be announced
Birmingham, Alabama

Athletes must qualify in 2026 or 2028 to be eligible to participate in the following year's National Senior Games

Maine Senior Games Board of Directors

In November the MSG Board held elections for the upcoming year. We appreciate the time and effort of the Board members who keep the games in motion. We continue to look for enthusiastic individuals to join the board. If you're passionate about promoting active, healthy living for adults age 45 and older this is a great opportunity to make a difference. Interested in learning more? Contact Board Chair, Deb Smith at N2Ldeb@yahoo.com

Board Chair: Deb Smith

Board Vice Chair: Ginny Ketch

Secretary: Jessica LeBlanc

Treasurer: Pam Dutremble

Board members: Miranda Dolph, Suzanne LaCroix, Cindy Scott, Mariellen Sheridan, Jenna Chase

Fitness Evolution: Trends Shaping 2026

Discover how exercise is transforming to meet our changing needs in health, technology, and lifestyle.



Learn more at acsm.org/trends

