

## Quick Guide To The 2023 Events

Basketball.....Farmington Recreation Center  
Bocce Ball.....Kiwanis Park  
Bowling.....Bowlero Lanes  
Croquet.....Senior Center Lawn  
Darts.....Senior Center-Activity Center  
Disc Golf.....Lions Wilderness Park  
8 Ball Pool.....Senior Center Pool Hall  
Field Day.....Farmington All Abilities Park  
Foot Golf.....Civitan Golf Course  
Golf.....Civitan Golf Course  
Horseshoes.....Civitan Golf Course  
Pickle Ball.....Farmington Sports Complex  
Shuffleboard.....Farmington Recreation Center  
Table Tennis.....Farmington Recreation Center  
2K Run/Walk.....Farmington Nature Center

## Opening Ceremony Celebration & Lunch Friday, March 17

*St Patrick's Day*



*Bring A Friend To Lunch!*  
*No Cost To HDG Athletes*  
*Donations Gladly Accepted*

**Thank You Friends**

### For More Information On The

2023 High Desert Games  
Or To Register  
Please Visit The

**Bonnie Dallas Senior Center**

**109 East La Plata Street**

**Or Contact Us By Phone**

**505-599-1380**

Ask For An Event Schedule

Information Is Available On Our Website

[www.fmtn.org/bdsc](http://www.fmtn.org/bdsc)

Or By Visiting Our Facebook Page

# 2023

## HIGH DESERT GAMES

In Association With NM Senior Olympics



### Opening Ceremony

Friday, March 17, 2023

### Closing Ceremony

Friday, May 31, 2023

Open To All Four Corners

Area Athletes

Age 50 - 90 +

Registration Begins  
February 13, 2023



## About The Games

The City of Farmington has hosted the Senior Olympic Games for the last fifteen years. This year, the High Desert Games will be in association with the New Mexico State and National Senior Olympics Games allowing for greater regional involvement and cooperation. Events will be held between March 17th and May 31st and will be the largest multi-sport championship event in the Four Corners region for athletes age 50 and over. Athletes from all across the Four Corners are invited to compete in any of the 15 events to test their skills and compete for the gold medal.

The High Desert Senior Olympics Games are fun, festive and a great opportunity for friends and families to come together and support a healthy lifestyle and their loved one's participation in competitive sports.

Volunteers also find the experience rewarding as they welcome and assist athletes from all over the Four Corners and from across the USA.



## Registration

Registration forms will be available on **February 13, 2023**. To obtain your registration packet, you may contact the Bonnie Dallas Senior Center or online by logging on to our web site at [www.fmtn.org/bdsc](http://www.fmtn.org/bdsc).

Registration packets will include all the necessary forms, a welcome letter and calendar of events and your souvenir t-shirt or Hoodie.

You may register for any event until the day before the event. No event day registration will be accepted so register as soon as possible.

(T-shirts and hoodies may be distributed separately)

### Registration Fees:

**\$15.00 With Tee Shirt Only**

**\$20.00 With Hoodie Only**

**\$25.00 With Tee Shirt & Hoodie**

### New Mexico Senior Olympics

is dedicated to providing adults 50+ with opportunities for a healthy active lifestyle.

Their mission is to promote physical fitness for seniors statewide, provide year-round opportunities and motivation for adults 50+ to participate in local, state and national games.

**The 2022 New Mexico State Summer Games, June 7 - 11**

Will be held in Las Cruces this year.

Registration is open to anyone, athletes do not need to qualify in local games in order to participate.

## You Can Get Involved

**Participate:** Bring out your inner athlete and participate in just one or as many games as you like. There is an event for every skill level and ability.

**Volunteer:** Volunteers are a vital part of the success of the Four Corners Games. From registering athletes to monitoring games, volunteers are essential for a quality experience.

**Sponsorship:** Individuals and organizations can financially support individual games or athletes by providing necessary materials and equipment.

**Contribute:** Please consider making your donation to the High Desert Senior Olympics Games and support athletes in our community.



Follow the games on our Facebook page  
[www.facebook.com/bdsrctr](http://www.facebook.com/bdsrctr)