



SPRING E-NEWSLETTER



Stay Active and Connected— Local Games Happening Now!

Sports have a unique way of bringing people together across generations while promoting health and well-being at every stage of life. As the population of older adults in America continues to grow, Senior Games play a vital role in keeping adults 50+ active, engaged, and redefining what it means to age well.

Local Senior Games provide year-round opportunities for seniors to stay motivated, participate in friendly competition, and prepare for State and National Games. While participation in Local Games is no longer required to qualify for the State Games, New Mexico Senior Olympics encourages all senior athletes to get involved at their local game sites.

Local Senior Games are happening now across the state! Contact your Local Game Site provider today to learn how you can participate and stay active in your community. Games are currently taking place in Farmington, Silver City, Doña Ana, Rio Arriba, Santa Fe, and Clovis. Visit the [New Mexico Senior Olympics website](#) for a full list of locations and to learn how you can get involved!

2025 STATE SUMMER GAMES – Las Cruces

NEW MEXICO SENIOR OLYMPICS
ERNESTO RAMOS STATE SUMMER GAMES
LAS CRUCES, NEW MEXICO • JUNE 18-22, 2025
LARGEST MULTI-SPORT EVENT OFFERED FOR SENIORS 50+

Compete in a 5-year age division
50-54 • 55-59 • 60-64 • 65+

Open Registration
(Pre-qualifying is not required)

Volunteers Wanted
Register online or Paper Form

RECENTLY ANNOUNCED
OPENING CEREMONY & ATHLETE SOCIAL
(WILL BE HELD INDOORS)
FREE TO ATHLETES
MUST RSVP

APPETIZERS • REFRESHMENTS
MUSIC • DOOR PRIZES

Las Cruces Convention Center
680 E. University Ave.
Wednesday, June 18, 2025
6:00pm - 8:00pm

RSVP
888-623-6676 • info@nmseniorolympics.org

Scan to Register

PO Box 2690 • Roswell, NM 88202-2690 • Phone: (575) 625-5777 • Toll Free: 1-888-623-NMSO (6676)
Fax: (575) 622-9244 • E-mail: info@nmseniorolympics.org • Website: www.nmseniorolympics.org

A detailed competition Game schedule and Sport Playing Rules are available on our website. Athletes can register online, on paper registration form, or by calling NMSO in Roswell at 1-888-623-6676. Registration Booklets have been mailed to Local Game Sites and are available in limited supply.

For more information on the State Senior Olympic Summer Games registration, or to volunteer, please call 575-642-6048 or visit our website at www.nmseniorolympics.org.

Recently Announced: This year's Opening Ceremonies will be held indoors at the Las Cruces Convention Center on June 18, 2025 at 6pm in the Exhibit Hall Ballroom. RSVP is required. Full announcement can be found on this [link](#).

The Ernesto Ramos State Summer Games events are being held in the city

New Mexico Senior Olympics, Inc. is funded in part by the N M Aging and Long-Term Services Department for health promotion activities. NMSO

of Las Cruces, June 18-22, 2025. Games will be held at the Las Cruces Convention Center and other sport venues, to include, New Mexico State University campus and Las Cruces Schools.

is a nonprofit 501(c)3 organization headquartered in Roswell, New Mexico and Cecelia Acosta is the Executive Director.

The largest multi-sport event offered for Seniors 50+

National Senior Games Week

FREE COME JOIN US
NEW MEXICO SENIOR OLYMPICS
IN CONJUNCTION WITH NATIONAL SENIOR GAMES ASSOCIATION
CELEBRATES SENIOR GAMES WEEK
MARCH 17-23, 2025
SAVE THE DATE
BRING 50+ SENIORS FOR A FUN DAY AND PARTICIPATE IN SENIOR SPORTS
Door Prize at Each Event Location

MARCH WED	BOWLING 9:00am-12 Noon Terpins and More 1435 Deborah Rd SE Rio Rancho, NM
MARCH WED	SWIMMING 1:00pm-3:00pm Rio Rancho Aquatic Center 745 Loma Colorado Dr. NE
MARCH THURS	SHUFFLEBOARD/CORNHOLE & EXERCISE 9:30am-1:30pm Bernalillo Recreation Center 370 Rotary Park Rd Bernalillo, NM

Group Travel Scholarships Available
FOR MORE INFORMATION CONTACT NMSO AT 888.623.6676

NEW MEXICO SENIOR OLYMPICS, INC. * P.O. BOX 2690 * ROSWELL, NM 88202-2690 * 1-888-623-6676
(505) 825-3777 * FAX: (505) 825-3744 * EMAIL: INFO@NMSENIOROLYMPICS.COM * WWW.NMSENIOROLYMPICS.COM

SEE WHAT'S HAPPENING FOR
NATIONAL SENIOR GAMES WEEK **MARCH 17-23, 2025**

New Mexico Senior Olympics & National Senior Games Association are celebrating Local, State, and National 50+ Senior Athletes across New Mexico. Come out and join the fun in your community!

CLOVIS **FREE!** **HOBBS**

FRI, March 14 10:00am-1:00pm Cornhole, Billiards, and Enhance/Fitness Demonstration **Door Prizes & Snacks** Hillcrest Senior Life Center 1254 7th St Clovis, NM Drop in or call 575.397.9301	Wed, March 19 2:00-4:00pm Cornhole, Horseshoes, Washers, Frisbee, Shuffleboard **Food & Door Prizes** Senior Center Courtyard 200 E. Park St Hobbs, NM For more information call 575.769.7908
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COPPER COUNTRY SENIOR OLYMPICS CELEBRATES
NATIONAL SENIOR GAMES WEEK **MARCH 17-23, 2025**

New Mexico Senior Olympics & National Senior Games Association are celebrating Local, State, and National 50+ Senior Athletes across New Mexico. Come out to cheer on the athletes participating in these local games!

FREE To Spectators

ALL TOGETHER NOW:
Share the Senior Games Passion
FREE invited to a national day only designed to inspire, energize, and celebrate the power of active, happy, and healthy aging! Free personal stories from senior athletes, learn from active aging experts, and an interactive call to action!
Whether you're a seasoned athlete or considering joining Senior Games for the first time, this community gathering will get you fully informed!
Mar 19, 2025 9:30 PM in Mountain Time

IF YOU ARE INTERESTED IN COMPETING ENTRY FEE IS \$20

BILIARDS
Wed - March 19th 10:00am
Senior Rec Center
205 W. Victoria St.
CONTACT: JAMES BOWLES 575.343.0334

Door Prizes
Courtesy of New Mexico Senior Olympics

AIR GUN
Sat/Sun - March 22-23 10:00am
Grant Co. Extension Bldg.
2610 N Silver St.
CONTACT: MARIQ QUINTANA 575.954.7848

FOR MORE INFORMATION CONTACT MARIQ QUINTANA-LOCAL COORDINATOR AT 575.950.2352

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New Mexico Senior Olympics, in conjunction with your Local Game Site, is celebrating National Senior Games Week which was established to raise awareness of local, state, and national Senior Games organizations and their positive impacts on participants and communities. This celebration encourages people aged 50+ to get active and involved in sports for their health and well-being. Check out the flyers above to see what's going on near you for Senior Games Week!

The goals for National Senior Games Week are to:

- Increase awareness, support, participation in local, state and national Senior Games.
- Empower individuals ages 50+ to get active and improve their health and well-being.
- Promote positive messages around seniors and aging.

Volunteer for State Summer Games!

New Mexico Senior Olympics is seeking enthusiastic volunteers—both new and seasoned—to help make the State Summer Games a success! Volunteering is a fun and rewarding way to be part of the action, whether you're young or young at heart. No prior experience? No problem! Our trained staff will provide all the guidance you need for tasks like scoring and timekeeping. Volunteers with AmeriCorps Seniors-RSVP will also receive credit for their service hours. Sign up for a 4-hour shift and you'll be entered into a drawing for

a \$100 gift card! Plus, all volunteers will receive a free T-shirt as a token of our appreciation.

Check out the attached flyer for details on specific sports in need of volunteers. We'd love to have you on our team!

RECRUITING VOLUNTEERS

for a fourth consecutive State Summer Games to be held in LAS CRUCES, NM. Sport venues are located at the Convention Center, NMSU, Field of Dreams, and other locations in Las Cruces. Volunteers signing up for a four-hour shift will receive a T-shirt and be entered into a drawing for a \$100 gift card. AmeriCorps Seniors-RSVP will receive credit for volunteer hours worked. Large GROUPS of 20+ can register your group by calling 575-642-6048 or by email to register@nmseniorolympics.org. Volunteers will be required to attend an in-person/online general Game orientation (1 hour maximum)

Sign up to volunteer on our website at www.nmseniorolympics.org

Game Dates June 18-22, 2025

Sport Coordinators will confirm all volunteers' specific assignments and provide training in advance. Certain sports require specific skills.

Pre-Game HQ	Game HQ	Souvenir Sales	Athlete Check-In	Fruit/Water	Result Posting
June 13-16 Fri-Mon	June 16-21 M - Sat	June 18-21 Wed-Sat	June 17-21 Tue - Sat	June 18-22 Wed-Sun	June 18 - 21 Wed-Sat
Convention Cntr.	Convention Cntr.	Convention Cntr.	Convention Cntr.	Convention Cntr.	Convention Cntr.
Basketball Skills	Cornhole	Cycling	Frisbee Distance	Huachas (washers)	Pickleball
June 18 Wed	June 18-19 Wed-Thurs	June 21-22 Sat & Sun	June 19 Thurs	June 20 Fri	June 19-20 Thurs-Fri
NMSU Activity Cntr	Conv. Cntr-East BR		NMSU Lower Field	Conv. Cntr-East BR	NMSU Activity Cntr
Power Walk/ Race Walk	Shuffleboard	Soccer Accuracy	Softball Distance	Table Tennis	Track
June 19-20 Thurs-Fri	June 20-21 Fri-Sat	June 18 Wed	June 18 Wed	June 20 Fri	June 20-21 Fri-Sat
Sibarro Park	Conv. Cntr-Exhibit BR	NMSU Pitch Field	NMSU Lower Field	Mesilla Valley	Field of Dreams

VOLUNTEER QUESTIONS ?

505-392-6305

OR EMAIL

volunteer@nmseniorolympics.org or nmsso@nmseniorolympics.org



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"You don't stop playing because you grow old, you grow old because you stop playing".

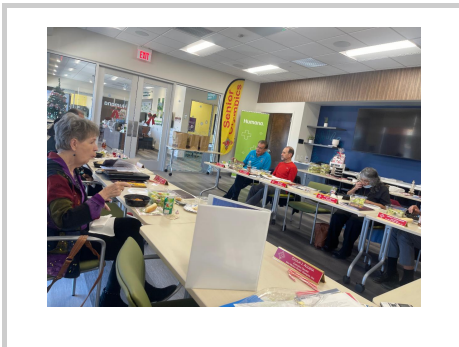


Stay Active with EnhanceFitness and More!

Looking for a fun and effective way to stay active? EnhanceFitness is a free, evidence-based program designed specifically for seniors to improve strength, balance, and mobility. With 18 locations across New Mexico, we offer not only EnhanceFitness but also other proven programs like Tai Chi, On the Move, and Matter of Balance, which support falls prevention.

Not sure if it's right for you? You're welcome to try a class before committing to the three-day-a-week program!

Find a class near you by visiting www.nmseniorolympics.org or clicking the logo above. For more information, call us at 888-623-6676.



Board of Directors

- Chair – Dick Griffith, Grants, NM
- Vice Chair-David Salazar, Albuquerque, NM
- Treasurer – Joe Quintana, Alamogordo, NM
- Laurie Dudek, Roswell, NM
- Pete Salazar, Bernalillo, NM
- Dorie Sandoval, San Mateo, NM
- Dorothy Terrazas, Anthony, NM
- Ex-Officio – Steve Duran, Roswell, NM

Nomination and Board Application Process

The future of NMSO is determined by the quality of our leadership. There is a need for

board members who can bring to the organization experience and knowledge in the areas of financial, legal, marketing, public relations, fund raising, and sports management. It is important that interested Board nominees complete an application and return to the State office. The NMSO Board of Directors will review the committee's nominations and vote for each nominee individually by a simple majority vote. All nominees will be notified by phone, and mail, as to the outcome of the Board's decision.

{Board members are solicited based on the overall ongoing needs of the Organization in relationship to the mission and current scope of work.}

Eligibility requirements:

- Applicant must be in good standing with the aging, healthcare and their own community
- Must be at least 21 years of age
- Must be a permanent resident of the state of New Mexico

Application Instructions:

- Complete and sign the Board of Directors Application Form
- Provide three (3) Letters of recommendation from people who have known you within the past five (5) years.
- Attach a current resume
- Applications will be kept on file for 1 year and these submissions will be considered

If interested, or for more information, email nmso@nmseniorolympics.org or call (575) 623-5777

New Mexico Athletes on the Road to Nationals!



New Mexico is proud to announce that 1,146 of our outstanding athletes have qualified for the 2025 National Senior Games, set to take place in Des Moines, Iowa, from July 24 to August 4, 2025. This remarkable achievement reflects the dedication, hard work, and competitive spirit of our senior athletes who continue to push their limits and inspire our communities.

The National Senior Games is the pinnacle of competition for senior athletes across the country, bringing together thousands of competitors in a wide array of sports, from track and field to pickleball, swimming, and basketball. Our New Mexico athletes have trained diligently to earn their spot on this national stage, and we couldn't be prouder of their accomplishments.

As our athletes prepare for this incredible experience, we wish them success and encourage the entire community to support them. Their journey serves as a testament to the importance of active aging and the opportunities available through senior sports.

For those inspired by these competitors, we encourage you to get involved! Participating in local and state games is the first step. Whether you are a seasoned athlete or looking to try something new, there is a sport for everyone. The New Mexico Senior Olympics provides a welcoming and competitive environment to help you stay active, engaged, and ready to take on new challenges.

Join us in celebrating our athletes and supporting the future of senior sports in New Mexico. Best of luck to all our competitors as they embark on this incredible journey to Nationals!

NEW MEXICO SENIOR OLYMPICS

SAVE THE DATE

WINTER GAMES



STATE GAMES NORTH IN SANTA FE

FEBRUARY 23-26, 2026

Check our website for the most up to date information
www.nmseniorolympics.org

New Mexico Senior Olympics
PO Box 2690, Roswell, NM 88202-2690
Email – NMSO@NMSeniorOlympics.org
TOLL FREE – 1-888-623-NMSO (6676)
Fax – 575-622-9244



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New Mexico Senior Olympics, Inc. | PO Box 2690 1600 SE Main, Suite C | Roswell, NM 88202
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