

Grow old (in chess) gracefully!

Only rule(s)

Give something back and enjoy it!

Does playing strength dip with age?

- Not necessarily ... well, not all that much really
- As long as
 - you continue to play and work hard on your game
 - your general health and fitness hold
 - you stay ‘youthfully’ enthusiastic and ‘sporting’

Role of chess for 'seniors'?

- Look at the photo
- Who is a senior?
- Who is the most active 'player'?

A motley crew!



Don't stereotype the 'oldies'!

With age, most of us:

- have gained experience
- are prepared to take on different roles
- want to give something back
- love the social side more ... but perhaps especially to beat juniors!

What do 'seniors' say about chess?

- Separate 'seniors' events are a 'good' thing
- So, too, are 'open' events
- Fight hard to beat 'us' ... 'we' show no quarter either!
- No ghettos!

Chess is a marvellously inter-generational mind-sport!

- we are lucky we can all play it for so many years
- it has a remarkably rich history and keeps 'seniors' active
- it even has scope for enrichment of life in more clinical settings

Can older people take up the game?

- of course, if they wish too!
- so make chess clubs welcoming to seniors
- offer introductory evening courses and coaching ... across all ages

Seniors have a lot to offer

Involve them!