

For Immediate Release
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Area Agencies Sponsor Senior Olympics

Since 1982 Northern Virginia Departments of Parks and Recreation and Area Agencies on Aging have been sponsoring the Northern Virginia Senior Olympics. Since that time, participation has increased to over 600 senior athletes competing in more than 25 indoor and outdoor events ranging from sports to card games to line dancing to board games. Seniors are eligible to compete if they are 50 years of age by Dec. 31 and live in the cities of Alex., Fairfax, Falls Church or the counties of Arl., Fairfax, Fauquier, Loudoun and Prince William.

The 2010 NVSO competition will take place Sept. 18-29 at over 10 venues throughout Northern Virginia. Events include track and field, swimming, diving, tennis, table tennis, pickleball, racquetball, golf, miniature golf, bowling, Wii bowling, eight ball pool, men's basketball, men's and women's basketball free throw, frisbee throw, shuffleboard, bunco, chess, scrabble, cribbage, duplicate bridge, softball hit and throw, team line dancing and yo-yo tricks. New in 2010 are bocce and fencing.

Registration forms are available at senior centers, community centers and senior residences or by calling 703-228-4721. It can also be downloaded at www.nvso.us. Registration deadline is Sept. 1. Registration fee is \$10 which includes one event; additional events are \$1 each.

Gold patrons of NVSO are Goodwin House Incorporated, Greenspring Retirement Community, BB&T, Humana, The Fountains at Washington House, ManorCare Health Services, Hermitage of Northern Virginia and Safeway.

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