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Healthy Aging is NVSO Goal

“One of the major goals of the Northern Virginia Senior Olympics is to promote and showcase healthy aging,” said Jack Hobbs, NVSO chairman. “NVSO recognizes that healthy aging encompasses both mental and physical activities which is why we offer such a wide variety of competitive events.” said Hobbs.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, shuffleboard, men’s basketball, Wii bowling, ten pin bowling, eight ball pool, horseshoes, softball hit and throw, yo-yo tricks, bocce, fencing, Frisbee throw, golf, miniature golf, bunco, men’s and women’s basketball free throw and team line dancing. Gold, silver and bronze medals are awarded after each event. The general public is invited to attend events free of charge.

The 2010 NVSO will take place Sept. 18-29 at over 10 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

The deadline to register is Sept. 1, Registration forms are available at senior residences, community centers, seniors centers, online at www.nvso.us or by calling 703-228-4721. Registration fee is \$10 which includes one event, additional events are \$1 each. NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.

Additional sponsors known as Gold Patrons are BB&T, Humana, Safeway, Greenspring Retirement Community, Goodwin House Incorporated, The Fountains at Washington House, ManorCare Health Services and Hermitage of Northern Virginia.

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