

*Sponsored by cities of Alexandria, Fairfax and Falls Church;
counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William*

For Immediate Release 5-27-10

Contact: Judy Massabny, 703-228-4721

2010 Northern Virginia Senior Olympics To be held Sept. 18-29

The Northern Virginia Senior Olympics (NVSO) committee has announced the 2010 competition for senior adults 50 years of age and over will be Sept. 18-29. The Thomas Jefferson Community Center, 3501 S. 2nd St., Arl., will host opening day, Sat. Sept. 18 with welcome ceremonies at 10:30 a.m. followed by track events. Virginia Hospital Center will sponsor a health fair from 9:00 a.m. – 11 a.m. and the Traveling Bicycle Museum will be open from 9 a.m. – noon.

Over 25 other events will take place during the 10 day competition at various venues throughout Northern Virginia. Participants must be 50 years old by Dec. 31 and live in one of the sponsoring jurisdictions: cities of Alexandria, Fairfax and Falls Church, counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

In addition to track and field, events will include swimming, diving, ice skating, tennis, table tennis, bowling, golf, miniature golf, pickleball, racquetball, board games, card games, shuffleboard, horseshoes, men's 3x3 basketball, team line dancing, yo-yo tricks and more. New in 2010 are bocce and fencing. Registration is \$10 which includes one event; additional events are \$1. Registration forms are available at senior centers and senior residences or by calling 703-228-3600, ext. 9996 and can also be downloaded at www.nvso.us. Registration deadline is Sept. 1.

NVSO Gold patron sponsors are Goodwin House Incorporated, Greenspring Retirement Community, BB&T, Humana, The Fountains at Washington House and ManorCare Health Services.

#####