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Senior Olympics Offers Wide Variety of Events

You don't have to be a runner, high jumper, swimmer or tennis player to participate in the Northern Virginia Senior Olympics. NVSO chairman Herb Levitan of Arlington, says, "Many events such as scrabble, Mexican Train dominoes, Sudoku, cornhole toss, Wii bowling and Mah Jongg are just a few of the indoor events being offered in the 2022 Northern Virginia Senior Olympics." New this year is weight lifting. Competition is open to both men and women in five year age groups and will include three lifts, dead, press and back squat.

2022 marks NVSO's 40th Anniversary. It will be held Sept. 10-24 at 25 venues throughout Northern Virginia. Opening day ceremonies will take place at the Thomas Jefferson Community Center in Arlington. All events are open to the public. Adults 50+ years of age living in a sponsoring jurisdiction will compete in 78 individual events most in five or 10 year age groups. NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Loudoun, Fauquier and Prince William.

NVSO events include track and field, swimming, diving, cycling, tennis, table tennis, miniature golf, ten pin bowling, eight and nine ball pool, pickleball, handball, racquetball, badminton, bocce and more. Registration is online only at www.nvso.us beginning Friday, July 6 and closes Wednesday, Aug. 31. Registration fee is \$20 which covers multiple events. For more information, email, nvso1982@gmail.com.

NVSO is also supported by Gold Patrons who contribute \$1000 each which enables NVSO to purchase and replace equipment and services, promote participation and provide awards of recognition. 100% of money donated is used for NVSO activities. It is a non-profit 501-C-3 organization. Gold Patrons are Hunters Woods at Trails Edge, Chesterbrook Residences, Advanced Hearing Services, Greenspring Retirement Community, Westminster at Lake Ridge, Goodwin Living, Facial Plastic Surgery Center, The Jefferson, Ashleigh at Lansdowne, Heatherwood Retirement Community, Paul Spring Retirement Community and Wellington at Lake Manassas.

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