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Contact: Judy Massabny
judymassabny@aol.com
email: nvso1982@gmail.com

Northern Virginia Senior Olympics Set to Begin with Record Participation

Over 1000 senior (50+) adults have registered to participate in the 2024 Northern Virginia Senior Olympics which begin Saturday, Sept. 14 at the Thomas Jefferson Community Center in Arlington. “It has been our goal for some time to reach this record-breaking number which also marks a 15% increase over last year,” said Chair Riley Geary. “It is notable that half of the registrants are women, showcasing the inclusive and growing interest among seniors in maintaining an active lifestyle,” he said.

The public is invited to attend the opening day festivities which begin at 9:30 a.m. and includes the Alexandria City High School JROTC Color Guard, the National Anthem sung by the Arlingtonges Barbershop Chorus and the NVSO Olympics torch carried by Chair Geary. Following remarks by NVSO vice chair Michael Coleman, Cheryl Johnson, Chief, Community Recreation Director, Arlington Dept. of Parks and Recreation plus recognition of dignitaries and Gold Patrons, Coleman will declare, “Let the Games Begin”.

The events run through Sunday, Sept. 29 and take place in 28 different venues throughout Northern Virginia. There is an impressive lineup of 76 indoor and outdoor events awarding gold, silver and bronze medals after each event. Among the events are track and rowing which take place following the opening ceremony plus swimming, pickleball, bocce, bowling, scrabble, canasta, miniature golf, field events and line dancing. New to the lineup this year are the 100-yard individual swimming medley and a Sudoku Pentathlon. The full list of events is on the website: www.nvso.us.

The growing popularity of NVSO has also attracted attention from organizations dedicated to supporting the well-being of seniors. As a result, the number of Gold-level Patrons has increased by nearly 45% compared to last year. 2024 Gold Patrons are AARP Virginia, Adobe, Alexandria, Belmont Bay and Woodbine Rehabilitation and Healthcare Centers, Anthem HealthKeepers, Elance Luxury Living, Goodwin Home Health, Greenspring by Erickson Senior Living, Humana, Johns Hopkins Health Plans, Retirement Unlimited, Sentara Health Plans, The Jefferson, The Virginian and the Woodlands Retirement Community.

The NVSO sponsoring agencies are the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

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