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## **New Events Announced for 2026 Northern Virginia Senior Olympics**

What do rock climbing, weight lifting and the game of darts have in common? They are new events in the 2026 Northern Virginia Senior Olympics (NVSO) to be held Sept. 9 – Oct. 4. Due to its growing popularity several events are being held prior to the official opening on Saturday, Sept. 19 at the Thomas Jefferson Community Center in Arlington.

Over 70 events will take place at more than 30 venues throughout Northern Virginia. Most events are in five and 10 year age groups and by gender. Michael Coleman, NVSO Chair said, “We are quite proud of the diversity of events offered each year, truly something for everybody.” He said, “For example, in addition to track and field, tennis, swimming, cycling, pickleball, golf, ten pin bowling and more for active seniors, we also offer scrabble, canasta, Mah Jongg, poker, line dancing, jigsaw puzzles and more.” A full list of events is on the website at [www.nvso.us](http://www.nvso.us).

Coleman said the registration fee remains the same at \$20 for an unlimited number of events and will open July 6 and close Aug. 24. Registration is online only. Participants are encouraged to check the website for additional information or email at [nvso1982@gmail.com](mailto:nvso1982@gmail.com).

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church. Additional support is generated by Gold, Silver and Bronze Patrons which goes toward equipment and supplies. There is no paid staff. Volunteers are always welcome.

2026 Gold Patrons are AARP Virginia, Adobe, Ashby Ponds by Erickson Senior Living, CareFirst Blue Cross Blue Shield, Falcons Landing, Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Retirement Unlimited, Inc. (RUI), Seniors Helping Seniors, The Beacon Newspapers, The Jefferson, The Mather in Tysons, United Health Care, Vinson Hall, Woodleigh Chase by Erickson Senior Living and Woodlands Retirement Community.

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