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## **NVSO Mission: Living Healthy Longer**

Michael Coleman, Northern Virginia Senior Olympics Chair said recently that Living Healthy Longer is NVSO's Mission. "We are proud to offer an ever-expanding variety of events that provide exercise, promote mental acuity and encourage socialization, all of which contribute to living longer healthier lives."

The 2026 NVSO runs from Sept. 11 to Oct. 4. Online registration is open until Aug. 24 at [www.nvso.us](http://www.nvso.us). Registration fee is \$20 for an unlimited number of events. Participants must be 50 years of age by Dec. 31 and live in one of the sponsoring jurisdictions. Coleman said that among the 2026 events are track and field, swimming and diving, tennis, pickleball, cycling, 10 pin bowling, bocce, rock climbing, weight lifting plus scrabble, Mah Jong, duplicate bridge, canasta, darts, cornhole toss, 9 hole golf, miniature golf, line dancing, sudoku, jigsaw puzzles, crossword puzzles, horseshoes, table tennis and much more. Most events are in 5 or 10 year age groups and some by gender. A full list of events and venues are on the website.

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. Volunteers are always welcome. There is no paid staff.

2026 Gold Patrons are AARP Virginia, Adobe, Ashby Ponds by Erickson Senior Living, CareFirst BlueCross BlueShield, 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-Tysons, United Health Care, Vinson Hall, Woodlands Retirement Community and Woodleigh Chase by Erickson Senior Living. Silver Patrons are Chesterbrook Residences and Koons Arlington Toyota. NVSO is also a 2026 recipient of a generous grant from Johns Hopkins Health Plans Corporate Grant Program.

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