

September 2026 For Immediate Release

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2026 NVSO Events Conclude First Week

The first week of the Northern Virginia Senior Olympics, Nov. 11-18, took place at various venues throughout Northern Virginia. Gold, silver and bronze medals were awarded after each event. Results will be posted on the NVSO website, www.nvso.us. Events will continue through Oct. 4.

The first week included swimming at the Ashburn Recreation and Community Center; three mile power walk, James Madison High School track; diving, Long Bridge Aquatic Center; tennis singles, Wakefield District Park; eight and nine ball pool and cribbage, Lincolnia Senior Center; Sudoku, Mott Community Center; Texas Hold'em Poker, The Wellington; miniature golf, Oakmont Minigolf Center; softball, football, frisbee throw, Wakefield District Park; 10 pin bowling, Lucky Strike; jigsaw and crossword puzzles, Arlington Mill Community Center; bocce, Fairfax City Green Acres; Mah Jongg, The Woodland Retirement Community and Mexican Train dominoes, Goodwin House Bailey's Crossroads.

The second week of events began Saturday, Sept. 19 at the Thomas Jefferson Community Center with a Welcoming Ceremony including the JROTC Color Guard from Alexandria City High School, the National Anthem sung by the Arlingtines Barbershop Chorus and the running of the Olympic torch by NVSO Committee member Don Tillson of Annandale. Following remarks by NVSO chair Mike Coleman, Hashim Taylor, director, Alexandria Dept. of Recreation, Parks and Cultural Activities and Jane Rudolph, director, Arlington Dept. of Parks and Recreation, Gold Patrons were recognized. Nine track events and ERG rowing followed.

The next day Sunday, Sept. 20 began with 10K and 20K cycling at Vint Hill Village Green and badminton at Northern Virginia Badminton Club. The rest of the week saw disc golf, Bluemont Park; Wii bowling, Greenspring Senior Living; racquet ball, Audrey Moore Recreation Center; rummikub, Walter Reed Community Center; tennis doubles, Wakefield District Park; canasta, Chesterbrook Residences; duplicate bridge, St. Andrews Episcopal Church; golf 9 hole 3 par, Oakmont Golf Center; pickleball, basketball field goals and throws, Thomas Jefferson Community Center; bunco, Four Seasons at Ashburn Village; pickleball, Lubber Run Community Center; cornhole toss, Walter Reed Community Center; line dancing, Lincolnia Senior Center; weight lifting-power lifting, CrossFit Lorton; table tennis, Jim Scott Community Center and pickleball, Manassas Park Community Center. A third week of events will take place Sunday, Sept. 27 through Sunday, Oct. 4.

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.

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-Tyson, The Riviera & The Landing of Alexandria, United Health Care, Vinson Hall, Woodlands Retirement Community and Woodleigh Chase by Erickson Senior Living. Silver Patrons are Chesterbrook Residences, Koons Arlington Toyota and Mandy Whelan. NVSO is also a recipient of a generous grant from Johns Hopkins Health Plans Corporate Grant Program.

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