



SEPTEMBER 7-19, 2013

Over 50 Events for Adults 50+

Track & Field - Golf - Tennis - Swimming - Diving - Pickleball - Scrabble - Bowling -
Table Tennis - Miniature Golf - Wii Bowling - Duplicate Bridge - Team Line Dancing -
Men's Basketball - Bocce - Billiards - Racquetball - Badminton - Volleyball - Cycling -
Mexican Train Dominoes - Football Throw - Basketball Field Goals & More

Gold, Silver & Bronze Medals awarded

FULL SCHEDULE & REGISTRATION INFORMATION

Call 703-228-4721; online at www.nvso.us; nvso1982@gmail.com

Online registration open July 1; no onsite registration

Registration Deadline: Aug. 23 (mail); Aug. 30 (online) Registration Fee \$12 (covers multiple events)

OPENING CEREMONIES – Saturday, Sept. 7, 9:00 a.m.

Thomas Jefferson Community Center, 3501 S. 2nd Street, Arlington, VA

8:00 a.m. - 3 p.m. Indoor Track & Rowing Competition

-Patrons' Exhibits-

Sports Massages by Cliff Dewitt, National Certified Massage Therapist

Other events on following days at different locations. All events open to the public.

Sponsored by: The Parks & Recreation Departments and other agencies in the Cities of Alexandria, Fairfax and Falls Church;
Counties of Arlington, Fairfax, Fauquier, Loudoun, Prince William and
conducted by the Northern Virginia Senior Olympic Committee

Gold Patrons: Safeway, Goodwin House Incorporated, Greenspring Retirement Community, Humana, Ashby Ponds, Westminster at Lake Ridge,
The Virginian, M. Quinn Designs, Inc./Pack 'n Move, Sommerset Retirement Community, Aetna,
My Serenity Home Care & Wellness Services.