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Heatherwood Becomes Gold Patron Of Northern Virginia Senior Olympics

Heatherwood Retirement Community has signed on to become a Gold Patron (sponsor) of the Northern Virginia Senior Olympics. "NVSIO and Heatherwood have similar goals in promoting healthy aging," said Heatherwood marketing director, Lisa Pryor. "We are looking forward to meeting NVSIO participants and encouraging Heatherwood residents to participate in one or more of 25+ events," said Lisa. This year's NVSIO will be held Sept. 17-28 at various venues throughout Northern Virginia.

NVSIO was established in 1982 and is sanctioned and sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Falls Church and Fairfax. Residents who live in one of the sponsoring jurisdictions and are 50 years of age or more are eligible to compete. Many of the events are divided into five and 10 year age groups and some by gender.

There are both indoor and outdoor events which include track and field, swimming and diving, golf, miniature golf, tennis, table tennis, men's basketball, bocce, fencing, racquetball, team line dancing, Wii bowling, ten pin bowling, pickleball, backgammon, chess, duplicate bridge, scrabble, cribbage, yo-yo tricks, Frisbee throw, softball hit and throw and new this year, volleyball, badminton and a 1600 meter run in the eight track events.

Heatherwood will have a supply of registration forms in June which will also be available online at www.nvso.us. The registration fee is \$10 plus \$1 per event. The deadline to register is Sept. 1. Additional information is available by calling 703-228-4721.

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