



NATIONAL
VETERANS
GOLDEN AGE GAMES



Monday, July 11, 2016

Athletes Arrive in Detroit!

The 30th National Veterans Golden Age Games kicked off yesterday here in Detroit, with the arrival of athletes, registration, a great Health & Wellness Expo at Cobo and three fantastic exhibition events: Basketball, Pickleball and Rowing!

“It’s great to finally welcome everyone!” said Adam Stephens, Local Organizing Committee Coordinator. “Our staff has worked so hard, helping to put this together, and we are excited for the week to begin! I think the athletes will be thrilled at what we have in store for them this week.”

The Parade of Athletes will take place tonight in the Renaissance Ballroom of the Marriott Ren Cen at 7 p.m. “It will be a program you won’t want to miss,” said Stephens. “There are a few surprises and a chance to see old friends and meet some new ones!

Competition officially begins this morning at 7 a.m. in Cobo Center with Air Rifle, NineBall, Table Tennis, Shuffleboard and Horseshoes.



WHAT is Pickleball?!

If you visited the exhibition event area in Cobo on Sunday you may have caught site of athletes trying their hands at **Pickleball!**



What is Pickleball? NO, it has nothing to do with a sweet or spicy cucumber! It’s a racquet sport that combines elements of badminton, tennis and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net.

The sport shares features of other racquet sports. Believe it or not, it’s a relatively new sport, invented in the mid 1960s as a children's backyard pastime but has become popular among adults.

**Parade of Athletes, TONIGHT, 7:00 pm., Marriott Renaissance Ballroom
Marriott Ren Cen**

Information

Athlete Meals

Breakfast,
Monday–Thursday,
5:30–8:00 a.m.,
Marriott Ren Cen
Renaissance
Ballroom

Lunch, Dinner
Use your Debit Card
provided at
Registration!

Medical Suites:
Area outside of Cobo
Halls A & B

**Command Center,
Lost and Found:**
Cobo Center, Room
314, Motor City Room
313-576-2016

TAKE Charge!!

Make sure to visit the Veterans Lounge/Charging Station at Cobo! Participants can charge phones, check email and play a round of checkers, even visit with friends! It's an added feature to the 2016 Games, located in the atrium area outside of Halls A and B!



Health and Wellness Sessions Add More to Games



Take a break from cheering on your fellow athletes this year and check out one of several Health and Wellness Sessions taking place this year at Cobo! It's always said that the Games are more than just about competing; they are about promoting health and wellness for participants! Check out the schedule in the official Games program! You can attend sessions on everything from breathing to setting smart health goals!

Monday, July 11th

Air Rifle

Cobo Rm 310 A & B
7 AM-10 AM, 10:30 AM-
12:30 AM, 2 PM-5 PM

Horseshoes W/C & VI

Cobo Hall A
7 AM-11 AM: 55-59, 60-64,
65-69
1 PM-5 PM: 85+, 80-84, 75-
79, 70-74

Nineball AMB

Cobo Hall A
7 AM-11 AM: 85+, 80-84
1 PM-5 PM: 70-74

Table Tennis AMB

Cobo Hall B
7 AM-11 AM: 85+, 80-84
1 PM-5 PM: 75-79

Shuffleboard W/C & VI

Cobo Hall A
7 AM-11 AM: 85+, 80-84,
75-79, 70-74
1 PM-5 PM:

Golf

Lakes of Taylor
8 AM-3 PM: All Ages

Health & Wellness Session

Cobo Rm 321
9 AM-11 PM
2 PM-4 PM

Boccia AMB

Cobo Hall B
1 PM-5 PM
Single/Double 60-64

PARADE of Athletes

Renaissance Ballroom,
Marriott Ren Cen
7 PM

Sunday Photo Album



Photos

Award ceremony photos can be downloaded at no cost from **Shutterfly**.

<https://nvgag2016detroit.shutterfly.com/>

Official VA flickr page:

www.flickr.com/photos/veteransaffairs/albums