

# SENIOR LIFESTYLES



Gold medal winner Bernard Gibson, left, shares a congratulations with silver medalist Jewell Perry after their 60-64 age group table tennis finals match.



Bernard "Bud" Konan came all the way from Texas to participate in the 60-64 age group table tennis competition.

You're only as old as you feel, the National Veterans Golden Age Games show. More than 450 athletes from across the country, ages 55-92, gathered for the 13th annual games held Aug. 7-12 at Hobart and William Smith Colleges in Geneva. It was the first time the games, hosted by the VA Medical Center at Canandaigua, were held in New York. Cosponsored by the Department of Veterans Affairs (VA) and the Veterans of Foreign Wars of the USA (VFW), the games are open to any U.S. veteran 55 or older receiving care at any VA medical facility. For some vets, the games are a way to keep in touch with old friends, and to learn what became of others. Above all, VFW National Commander-in-Chief Tom Pouliot said, "There is no better way to lift the human spirit and rehabilitate the human body than through the competition found in sports."

PHOTOS BY  
MIKE MERGEN

## Athletes 55-92 go for the gold



Warren Cathcart, silver-medalist cyclist in the men's 75-79 age group, warms up on a stationary bike for his quarter-mile race.



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