

It's Saturday Morning at Wesley Palms. Table Tennis Anyone



Dan Chang, far right, plays doubles with fellow residents.

If you're looking for ways to stay physically and mentally active, table tennis might be the right game for you. Just ask resident Dan Chang, who has been playing for months with a half dozen other residents. "I love the exercise," Dan said after serving a spin shot with a nasty, unpredictable bounce. "It may not be obvious at first but table tennis can be a good workout."

Table tennis has always been a game for all ages, and players compete internationally into their 80s and beyond. In fact, the 2010 PBS documentary, *Ping Pong*, looks at the fierce world of competitive table tennis among the over-80 set.

Table tennis is a lively game, yet it's playable at the pace the competitors choose. In other words, because there are so many ways to benefit from the game, it's not necessary to go full-tilt to enjoy it.

"My grandkids visit regularly just so my 12-year-old grandson can beat me in a few games," said resident David Brown.

Some benefits of playing table tennis include:

- A great way to stimulate the brain and promote quick thinking while improving hand-eye coordination.
- Low-risk of injury

- It's easy on the joints
- Offers a social outlet
- Improves balance
- Few games draw a stronger one-on-one competitive spirit

"We play for fun but one of our goals is to get good enough to challenge the Wesley Palms staff in a tournament and win," Dan said.