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FOOTHILLS

Seniors stay in shape playing table tennis

Story and photos by James S. Wood

ARIZONA DAILY STAR

Tucson, Arizona | Published: 06.26.2008

Among the many events at the Morris K. Udall Regional Center's Senior Addition is a fast-moving game that keeps the participants on their toes.

Anyone looking through the window at the Senior Addition, 7200 E. Tanque Verde Road, last Thursday between 10 a.m. and 1 p.m. would have seen adults darting back and forth, hitting little white balls through the air at high rates of speed.

Some would be surprised to learn that most of the seniors who play table tennis at the Udall Center are well over 50 years old.

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"Table tennis forces you to stay in shape," said Bert Lee, 81, who does sit-ups and push-ups every day. Lee, who was once ranked 19th in the country, has been playing since the early 1940s.

During winter's snowbird season, there can be as many as 30 people attending the afternoon sessions at Udall.

Seniors can play three times a week at the Senior Addition. Membership is free for people 50 and above. For more information, call 791-4121.

• Contact photographer James S.

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It's two against two as pingpong mania grips the 50-and-above set at the Morris K. Udall Regional Center.

More Photos (1):



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Wood at 573-4155 or jswood@azstarnet.com.



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