

The Benefits of Ping Pong

There are lots of reasons to participate in Ping Pong on Tuesdays 7pm to 9pm at the North Kawartha Community Centre.

Did you know that playing table tennis / ping pong is beneficial to maintaining good health? Studies have shown that the benefits of participation in this fun activity include improving hand-eye coordination, reflexes and alertness and stimulating mental acuity. Ping pong is great for older adults because it is easy on the joints and improves balance and overall coordination. Whether playing singles or doubles, ping pong can be a great way to burn calories and increase your fitness level. Depending on your current weight, you could burn up to 500 calories in a two hour session. Last, but not least, participating in ping pong provides opportunities to socialize. Adults who are socially active handle stress better, live longer and have better self-esteem than socially isolated individuals.

Local residents and cottagers of all ages are welcome. My husband and I have been attending Apsley ping pong for several years and have made many new friends. Twice a year special events are held. Players share appetizers and friendly conversation. The cost of participation is \$1.00 per night. You should bring a pair of indoor, non-marking running shoes and a water bottle. Ping pong bats and balls are provided. The program runs from September through July on Tuesday evenings between 7pm and 9pm. See you there!

Sue Murray, B.A. Gerontology, Certified Fitness Instructor



Photos here of Apsley Ping Pong players at the NKCC were provided by Daphne Ingram.



It's All About the Wild Life

By Liz Johnston

I've been on Lake Chandos since 1962 - first in South Bay and later in 1973 I moved to West Bay.

I've lived here full-time since 1996, and I've had many animal 'friends' with squirrels and chipmunks topping the list. Raccoons are cute but watch out if you feed them - they bring the whole family over and if you ignore them they will rip out your screen door to get your attention.

I once had a moose go across my back lawn in search of her lost calf.

An enormous owl perched on the telephone line beside my dining room window for a full day after consuming some kind-of animal which could have been as large as a small dog.

A few years ago, I had to call-in the good folks from Kawartha Pest Control after an army of squirrels invaded my house. We had been friends all summer and the lead guy sneaked in and sat on an armchair but left in a hurry when I screamed. That week, I went to Toronto

for a few days and when I returned, I was horrified to discover that the army had placed collections of their personal refuge down on my harvest table and several places in the house.

Once I was attacked by two beavers who were teaching their kids how to forage for food.

Now we have a settlement of muskrats living in a new hollowed-out area of our lake front. Oh goodness me - the wonders of wild life at Lake Chandos.

Photo below shows the aforementioned owl.

