Ping Pong Parkinson's Night
Hosted by the Westchester Table Tennis Center
Every Wednesday 7:30pm - 9:00pm

PLEASANTVILLE, N.Y., April 27 - Will Shortz and Nenad Bach pioneered Westchester Table Tennis Center's (WTTC) Ping Pong Parkinson's Night on March 1, 2017. Since then, it has brought together Parkinson's patients from all over Westchester to raise awareness of the disease and to improve the health of those diagnosed. The goal is to slow the progression of the disease in patients by playing ping pong regularly.

Ping Pong Parkinson's Night meets at the WTTC every Wednesday from 7:30 pm - 9:00pm. The program costs $10/night. The first session is free. Typically, a session starts with stretching exercises, followed by instruction from volunteer coaches, and then play. Everyone is videotaped so they can see how they improve each week.

The Westchester Table Tennis Center is producing a video documentary on Ping Pong Parkinson's Night as well as a manual for other clubs to use in starting their own programs.

Numerous studies have shown that physical exercise coupled with mental activity is beneficial for Parkinson's patients. The participants in Ping Pong Parkinson's Night believe that table tennis is especially helpful because of the speed of the game and its intricate combination of physical and mental aspects.

Nenad Bach, the founder of the program, who was diagnosed with Parkinson's six years ago, discovered that since he started playing at the Westchester TTC two to three times a week last year, his Parkinson's symptoms have lessened considerably — more than 50%, he believes. His doctor noticed and commented, too.

Another participant, Margie Alley, is currently filming a documentary in collaboration with Columbia teachers college that focuses on the importance of exercise in slowing down the progression of Parkinson’s Disease.

The Westchester Table Tennis Center is located at 175 Tompkins Ave., Pleasantville, N.Y. It is owned by Will Shortz, the crossword editor of The New York Times, and managed by Robert Roberts, three-time table tennis champion of the Caribbean.

For more information visit: www.pingpongparkinson.com; or Facebook: PingPongParkinson or contact Irene Silbert: (914) 523-8783; irene84@gmail.com. For information about the WTTC: (914) 741-0738, or visit www.westchestertabletennis.com.

Advisory board: Dr. Stephen Frucht, Dr. David Russell, Dr. Art Dubow, Dr. Ivo Bach, Joel Levinson