

RPTC Ramblings

Retirement Tennis Based Program

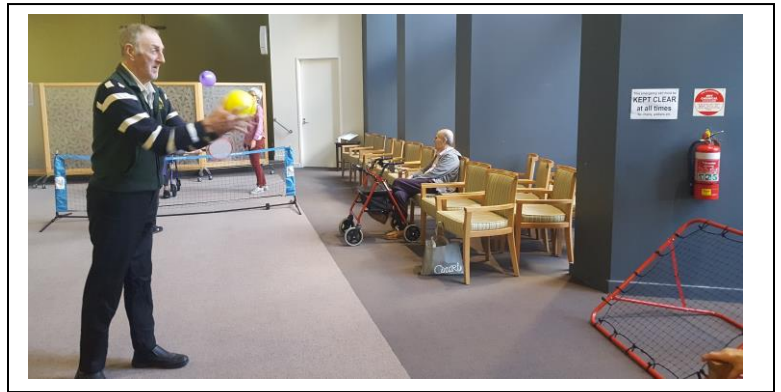
Royal Park Tennis Club, Matt Gregory Coaching Mercy Place Apartments Parkville have joined forces this term thanks to a grant provided by the Australian Sports Foundation.

The tennis based program is being provided once a week onsite at Mercy Place over six weeks. Danni Skiba from Matt Gregory coaching has been instrumental in designing and running the program at the facility. She has had to take into account the wide range of abilities and mobility and has activities ranging from balloon tennis to basic mobility and hand eye coordination activities.



Royal Park are also opening our doors to some of the facilities residents. We invited residents to the club for afternoon tea on Saturday 18th of August. This coincided with the Victorian Masters Pennant Finals which are being played at RPTC.

Veronica Shewan the activities coordinator at Mercy Place has said “The sessions are going well – we have a lot of residents who are returning each week which is a good sign. It’s especially good for our residents with dementia. “as well as that “Exercise and active games have many positive outcomes for our residents .”



Despite the arctic weather conditions the excursion to the club went extremely well both to socialize and watch some good tennis. The residents are keen to visit again.

RPTC would like to thank The Australian Sports Foundation for their support in this program.

Janice Lacy
Member Services Manager
RPTC

