

# Santa Monica Senior Center

presents

## Wii Simulated Health and Fitness Program

The Senior Center has integrated the *simulated* **Wii Health and Fitness** program! Most of you have heard about the Nintendo Wii, had experience with video games or participated in simulated driving. This popular video game incorporates video game play with simulation to give the overall feeling of realistic fitness and sports activities without the strains and pains. Playing Wii is a great way to stretch your muscles, improve balance, strength, aerobic fitness and at the same time exercise your mind.



Were you once a Tennis Pro? Bowling Champ? Avid Golfer? Or just played sports recreationally and can no longer do so but would like to? Maybe you never even played sports, but now is the time to start as the Wii is perfect also for the first time exerciser. The Wii offers games such as bowling, tennis, baseball, boxing, golf and ping-pong. It's very easy to use!



Staff is now conducting morning and afternoon play sessions so you can learn how to play each game on the following days and times:

**Monday/Wednesday/Friday**

**Time: 12:30 pm**

**Tuesday/Thursday**

**Time: 10:00 am**

Come and play games causally or competitively. Bowling, tennis and golf tournaments are scheduled to be formed in April for those who are interested. Be sure to contact the Senior Center and let us know what you're interested in. If the Wii has peaked your interest, come on over and give it a try, or just watch!

**ADVANCE RESERVATIONS ARE REQUIRED**



City of  
**Santa Monica**



**Senior Center**  
**1450 Ocean Avenue**  
**Santa Monica, CA 90401**  
**(310) 458-8644**

The Senior Center is wheelchair accessible. For disability related accommodations, please call the (310) 458-8644. (TTY: 310-458-8696)



The Senior Center is accessible by the Big Blue Bus lines 1, 7, 10 & Tide Ride.

