



Active Lifestyle

Wii Turns Elderly into Addicts



“Wii Sports can improve residents’ coordination, movement, flexibility and problem-solving”



Mona Vale House residents are addicted to Wii Sports. Wii Sports are so popular that residents who otherwise would prefer to stay in their room can be seen competitively hitting a tennis ball against the DON Jacqui and D.DON Sherri.

Wii Sports can improve residents’ coordination, movement, flexibility and problem-solving and allows

residents to engage in high-impact games such as tennis or bowling without the associated strain and exertion. Mona Vale House staff encourage families to play with their relatives and the response from grandchildren has been fantastic!!

Mona Vale House

