



TABLE TENNIS IN HSC





HSC Annual Table Tennis Tournament 07/24/2025



Mr. Lv (84, the oldest plyer in HSC) and flying Lily (March 2025)



The Herndon Senior Center (HSC)

873 Grace St # 1, Herndon, VA 20170

Phone number: (703) 464-6200

The HSC provides services to meet the social, physical, emotional, and intellectual needs of adults 50 years of age and older. The Center opens weekdays (Monday through Friday) 8:00-4:00.

Table Tennis is one of the key features of the HSC. There are 4 tables in the HSC. On every weekday, the Table Tennis Room is always full of the players.

Table tennis, also known as ping pong, offers a range of physical health benefits. It's a versatile sport that improves cardiovascular health, coordination, reflexes, and can even aid in weight loss. It's also known for being easy on the joints, making it accessible to people of various ages and fitness levels.

Here's a more detailed look at the physical benefits:

- Cardiovascular Health
- Improved Coordination and Reflexes
- Muscle Strength and Endurance
- Calorie Burning and Weight Loss
- Joint Health

Editors: JJ Zhang & Shaning Yu

HSC Table Tennis Annual Tournament 2025 乒乓球年赛

Sponsors: HSC and Silver Light Senior Association (SLSA)

Date & Time 日期和时间: 07/22 & 07/24/2025 Tuesday & Thursday

- Men's Single 男子单打
 - 1st Place 第一名: Yanlin LiYanlin Li
 - 2nd Place 第二名: David Wang*
 - 3rd Place 第三名: Wilson Qu
- Women's Single 女子单打
 - 1st Place 第一名: Ergita McLaughlin (GiGi)
 - 2nd Place 第二名: Susan Sun*
 - 3rd Place 第三名: Ying Li*
- Doubles 双打
 - 1st Place 第一名: Ergita McLaughlin & Shaning Yu
 - From Left : Lee Jane Chen - **SLSA President**
 - 2nd Place 第二名: JJ Zhang & Yanlin Li
 - 3rd Place 第三名: Wilson Qu & Xin-Xiao Zheng

Becky Shearer (HSC Director)

Photos - From Left

Upper: Lee Jane Chen(SLSA **President**), Y. Li, JJ Zhang,

Becky Shearer (HSC Director)

Lower: Lee Jane Chen, S. Yu, GiGi, Becky Shearer

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MD Senior Olympics, Table Tennis, 07/12/2025

Winners of HSC members:

Men Singles

75-79 Gold — Wilson Qu

75-79 Silver — Shaning Yu Bronze — Shawn Lu

Men Doubles

75-79 Gold — Xin-Xiao Zheng / Wilson Qu

71-74 Gold — Steve Stone / Shaning Yu

Silver — Shawn Lu / Kai Xie*

Women Singles

65-69 Gold Ergita Maclaughlin (GiGi)

Mixed Doubles

65-69 Gold — Shaning Yu and Ergita Maclaughlin



Xin-Xiao Zheng (L) & Wilson Qu



From Left - Shawn Lu, K. Xie*, Steve Stone, and Shaning Yu

* Non-HSC Member



HSC members - Other Activities Champions Since 2022

Steve Stone - in Badminton, Pickleball and Swimming

- Pickleball in NVSO, 2024 (70-79), Champion in Single, Double and Mixed Double
- 14 medals in NVSO, 2023
- 2 medals in MDSO, 2023
- 2 medals in NVSO, 2022
- 7 medals in MDSO, 2022

In Table Tennis, MDSO

- Men's Doubles (70-74) – Silver w/ Wilson Qu, 2022
- Men's Doubles (70-74) – Silver w/ Wilson Qu, 2023



Wilson Qu

In Badminton, Pickleball and Tennis

- 11 medals in MDSO, 2023

In Table Tennis, MDSO

- Men's Singles (75-79) – Gold, 2022
- Men's Doubles (70-74) – Silver w/ Steve Stone, 2022
- Mixed Doubles (75-79) – Gold w/ Keminsky, 2022
- Men's Singles (75-79) – Gold, 2023
- Men's Doubles (70-74) – Gold w/ Steve Stone, 2023

In Table Tennis, National Senior Game in Pittsburgh, 07/15-07/19/2023

- Men' Single (75-79) - Bronze medal
- Men's doubles (75-79) – Silver w/ Neil Ackerman;
- Mixed doubles (70-74) – No. 6 w/ Suzanne Noe
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Ergita McLaughlin (GiGi)

MDSO 2019 Table Tennis