

*Calling All Seniors! It's Time
for the Pickleball Game!*





After the games, the group gets together!

Calling All Seniors... It's Time for the Pickleball Game!

By Carolyn Brenneman, Columnist

COVER: Carmen is ready for the game!

The other day, I drove through my old neighborhood in Augusta, passing by the quaint little park I used to visit. It had the usual features: a few swings for the kids and a small tennis court. But wait! It now had another large court. What I found wasn't the peaceful, quiet park I remembered... it was a lively gathering of adults... all ready to play pickleball!

For years, I've watched some of my neighbors



Getting ready in Augusta!

in my old neighborhood walking the streets to stay fit and healthy. But now, a different kind of fitness movement is quietly taking the neighborhood by storm; and, it's being led by none other than our silver-haired seniors. That's right, I'm talking about the pickleball movement.

Well, how did pickleball start? First of all, it began as a simple backyard game in the 1960s and now has morphed into a nationwide phenomenon. While it appeals to people of all ages, it's the senior community that has truly embraced the sport.

Pickleball is taking over retirement communities, senior centers, and fitness clubs across the country. Why are so many older adults flocking to the pickleball courts? It's more than just a passing fad—it's become a lifestyle.

So, what makes pickleball so special? It's a hybrid sport that combines elements of tennis, badminton, and ping-pong. Played on a smaller court with a lightweight paddle and a plastic ball that moves slower than a tennis ball, it's easy to learn and fun for anyone—whether you're a seasoned athlete or a complete beginner.

For seniors, this makes pickleball a game-changer. Unlike tennis, which requires fast movements and lots of running, pickleball is much less taxing on the body. It's an ideal low-impact sport for anyone with joint issues, arthritis, or mobility challenges. And since the court is smaller, you're not sprinting from one end to the other—instead, it's a more strategic game focused on placement and timing.

Pickleball doesn't take years to master either. The rules are simple, and with a little practice, anyone can



Group of pickleball players waiting their turn!



Here they are excited to play!

Pickleball doesn't take years to master either. The rules are simple, and with a little practice, anyone can become proficient. It's accessible and enjoyable right from the start. Just check out the pickleball court in Augusta.

So, the next time you find yourself with some free time and the weather's nice, why not give pickleball a try? It might be exactly what you need. Just be warned: once you start, it's easy to get hooked! Be sure to check out Part 2 coming up next month.



Carmen and her partner ready to play!



Prepare to start the games!