

## SENIOR SCAPE: Pickleball

By Sylvia Gilchrist

At the Aurora Seniors' Centre, things are buzzing. Pickle-ball is becoming more and more popular. The Centre has set up training sessions on Tuesday mornings to teach those who want to learn how to play pickle-ball; however, space is limited to eight people per 4-week session. The lessons are held at the Aurora Leisure Complex where there are three pickle-ball courts.

For those of you who have never played pickle-ball, it is a mix of tennis, badminton, and table tennis. The court dimensions are more or less the same as a doubles badminton court and that makes it ideal to use in small spaces.

The service is not unlike in tennis except it is underhand rather than overhand and the ball may not bounce before the server hits it. Another difference with the serve is that you may put one foot over the baseline, whereas in tennis you may not.

As in tennis and badminton, you serve diagonally across the court. And like in badminton and squash, you only score when you are serving. The game is played to 11 points but you must win by two points.

Paddles and balls are supplied by the Seniors' Centre but you will probably want to purchase your own paddle, if you find you love the game!

Another interesting little fact about Pickle-ball is that some say it was named after the dog the inventor owned at the time, named ?Pickles;? however, another thought is that it was named after the term ?pickle boat?, meaning the last boat to return from its catch. Whatever the source of the name it was invented in Bainbridge, Washington in 1965.

If you are 55+ and are interested in trying pickle-ball, the Aurora Seniors' Centre will help you get started. It is great fun and not as taxing as tennis but gives you a good work-out.

### THANKSGIVING AND FEDERAL ELECTION

Thanksgiving is a time when we get together with friends and family to celebrate the annual harvest, which we always hope will be bountiful. This year, however, we are still mulling over whom to vote for on Monday, October 19, but vote we must if we want to have a say in who governs this beautiful land. There is always the problem of whether or not to vote indirectly for the leader of a particular party or to vote for the local candidate. Good luck in making your decision.

For more information on the Aurora Seniors' Centre and all it has to offer, drop by 90 John West Way, visit the web site [www.auroraseniors.ca](http://www.auroraseniors.ca), email [auroraseniors@rogers.com](mailto:auroraseniors@rogers.com) or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.