

## **TRUMBULL SENIOR CENTER**

### **PRESENTS**



Our Pickleball games are open to any member of our senior center  
Games are scheduled for Friday mornings between 9:30am – 11:30am  
New to Pickleball?...instructions are available- we love to teach 😊  
Paddles and Pickleballs are supplied by the center  
(Please sign in when entering the center)

#### **Top 7 Health and Social Benefits of Pickleball**

- Mood & Mental Health. Playing pickleball can improve your mood and ward off depression. ...
- Burn Calories. ...
- Improve Balance. ...
- Better Agility. ...
- Reduce Health Risks. ...
- Make New Friendships. ...
- It's Fun!

The game requires agility and quick thinking. But it can leave you in a pickle if you overdo it, so don't forget your sneakers-and wear comfortable clothes.