

Villages Pickleball Club

Contact: Linda Eige

LindaEige@gmail.com

408-930-0771

Please publish November 14, 2019

Jonathan Lovell, Vera Hutton, Jan Ehrhardt and Bob Shuck taking advantage of a perfect fall day.



Fall is here, the days are getting shorter and many of us are feeling the urge to hunker down indoors and get cozy. That makes this a good time to remind everyone of the benefits of playing pickleball. Playing pickleball provides similar health benefits to other forms of regular exercise: heart health, stronger muscles, weight management, etc. The best benefit of pickleball is that it is fun and social. Get outside and enjoy these beautiful fall days, the weather has been perfect for pickleball!

If you are not yet familiar with pickleball, come join us. We play all year, weather permitting, on tennis courts 5 and 6. The wonderful Mike Walias volunteers his expertise every Wednesday and Friday from 1-1:30 to introduce and instruct new players on the basics of the game. No need to sign up, just show up! Wear comfortable clothes and court shoes.

More info at: villagespickleball.org

