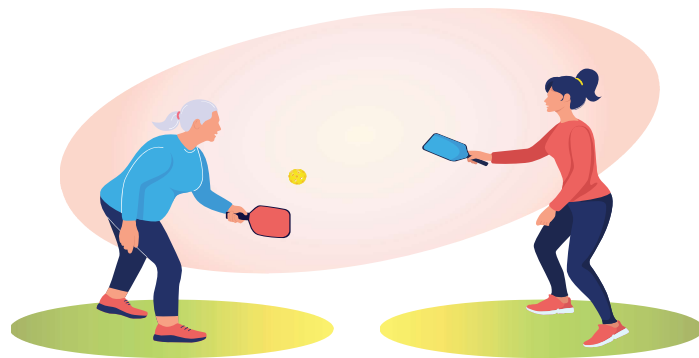




# July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>CLOSED July 4th</p>	<p><b>4</b> Meals on Wheels</p> <p>CLOSED July 4th</p>	<p><b>5</b></p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p><b>6</b></p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 2:00pm Coloring Kits</p>	<p><b>7</b></p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch &amp; Flow</p>
<p><b>10</b></p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p><b>11</b> Meals on Wheels</p> <p>8:30am Footcare 10:00am Support Group 11:00am Blueberry Muffin Day 2:00pm Bridge 3:45pm Growing Places</p>	<p><b>12</b></p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p><b>13</b></p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p><b>14</b></p> <p>8:30am Pickleball 9:00am Senior Food Pantry 10:00am Men's Group 10:30am Stretch &amp; Flow</p>
<p><b>17</b></p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p><b>18</b> Meals on Wheels</p> <p>8:30am Pickleball Clinic 10:00am Senior Hike 2:00pm Bridge</p>	<p><b>19</b></p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE</p>	<p><b>20</b></p> <p>8:30am Pickleball Clinic 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p><b>21</b></p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch &amp; Flow</p>
<p><b>24</b></p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p><b>25</b> Meals on Wheels</p> <p>8:30am Footcare 10:00am Support Group 2:00pm Bridge</p>	<p><b>26</b></p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p><b>27</b></p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p><b>28</b></p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch &amp; Flow</p>
<p><b>31</b></p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>

# HOORAY! PICKLEBALL IS HERE!



**We've been working on getting Pickleball set up and available for well over a year, and it is now a REALITY!**

**WHERE:** 2 outdoor courts are set up on the basketball court at Krashes Field

**WHEN:** The courts are reserved for senior play on Monday, Wednesday, and Friday mornings between 8:30-11:30AM, starting July 4th

**EQUIPMENT:** Players must bring their own racquet and balls. The COA will provide portable nets, court markers, and red carpenter's chalk to mark out the courts during our reserved play times. That equipment will be stored in a locked bin adjacent to the court.

**WAIVERS:** All players must have a signed waiver on file with the COA prior to signing up and playing the first time. The waiver can be found shortly on the COA page of the town website or can be picked up at the senior center. Please download the form, fill it out, and send it to the COA by email, snail mail, or drop it off in person.

**COURT SCHEDULES/SIGNING UP FOR COURT TIME:** We'll be using the Playtimescheduler app to set-up court times and administer the schedule. Individual players need to

download the app and set up a personal profile to be able to reserve court time. We're in the Central Worcester County MA group; look for Krashes Field, Princeton to find our scheduled times. You should be able to sign up for any scheduled sessions.

**GUIDELINES:** We're limiting the number of players to 16 for any given session – that allows 2 courts of 4 people/court to play for about 1.5 hours and then allowing the 2nd set of 8 to play. You should expect that you may have to wait to get on the court. We're asking that players relinquish their court after 1.5 hours if there are others waiting to play.

If a player won't be able to make a session they have signed up for, we're requesting they take their name off that session in the app so someone else can get a chance to play.

We're not reserving any sessions by skill level.

**MORE:** Parking and bathrooms are both onsite. Please watch NextDoor, our Facebook page, and flyers for more details. Or call us at (978) 464-5977 for more information.

**UNSCHEDULED PLAY:** The courts may be used at other times than the reserved senior sessions provided no other activities are scheduled and the court is not wanted for basketball. Be advised that 1.) the

COA and town are in no way responsible for any injuries or problems during unscheduled play, 2.) you will have to bring your own equipment, including a portable net, and 3.) the area must left in as good condition as you found it.

**Pickleball Clinics:** Come learn the basics of the game if you're a new player or pick up a few pointers if you're a more experienced one. **Mark Anttila**, USTA Pickleball Ambassador and Playtimescheduler Administrator for Central Worcester County Pickleball, and **Julie Graham**, pickleball instructor and fab player, will be leading our TWO CLINICS this July!

**When:** Tuesday, July 18th 8:30AM-11:30AM

Thursday, July 20th 8:30-11:30AM

**Where:** Krashes Field, Princeton (pickleball courts marked on the basketball court)

**Bring:** Your waiver, a racquet, and balls (we will have some balls)

**Register:** Registration is required and will be limited to 16 people per clinic, but we will have a waiting list for each session. Please register for one clinic ONLY. To register, call 978 464 5977.

## ATTENTION VETERANS!

**VETERANS BENEFITS HAVE INCREASED!** You may be eligible for additional benefits. If you need veteran services, please reach out to **Lynette Gabrila** at the Veterans Service Office at **978-630-4017** or email **LGabrila@gardner-ma.gov**