

THE RISE OF

Pickleball

Pickleball, a sport that originated in the United States, is rapidly gaining popularity at The Culpeper. As one of the fastest-growing sports in America, residents at The Culpeper have eagerly embraced it. Members of the Culpeper Pickleball Club measured off an outdoor pavilion and set up their court..

The Culpeper Pickleball Club comprises enthusiastic players who share their love of the sport with others. Led by Club President Amy Hinson, Secretary Brooke Hall, and Information Officer Tony Rozwadowski, they generously provide instruction and rules clinics for The Culpeper. Their guidance and support have helped residents develop their skills while keeping the game competitive and enjoyable.

Week by week, interest in pickleball

has been growing, with at least a half dozen residents participating in each game. Whenever needed, Betty Brooks, program coordinator at The Culpeper, fills in as an additional player. As everyone is in the learning stage, the atmosphere is lively and friendly, creating an excellent opportunity



to build new friendships while engaging in low-impact exercise.

One of the most exciting aspects of pickleball at The Culpeper is the increasing number of spectators. More and more residents are gathering at the pavilion to watch these exciting matches. It's inspiring to witness the community coming together to support one another and pickleball has added another opportunity to do so.

Due to its low-impact nature, pickleball is particularly beneficial for improving mobility, balance and coordination in older adults. The

community has warmly embraced the sport as an excellent way to stay active.

The addition of pickleball has brought much excitement to The Culpeper, providing an opportunity for socialization, friendly competition and exercise. The support and assistance offered by the Culpeper Pickleball Club have significantly contributed to everyone's enjoyment of the sport. With its rising popularity and a growing number of spectators, pickleball is expected to remain an integral and cherished part of The Culpeper for years to come.



The Culpeper Pickleball Club, 2023