

Senior News

Georgia

Providing Helpful Information for Mature Adults in GEORGIA!



*I'm
Going
To Get
Pickled!*

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I'm Going To Get Pickled!

By Carolyn Brenneman, Columnist

COVER: Jody and Carmen are the “It” Girls!

Well, as promised in last month's story on pickleball, we are continuing with our obsession with this crazy, fun, and wonderful sport. As we now know, pickleball is one of the very favorite pastimes with seniors, who fill up their life with the anticipation, participation, excitement, and reputation of pickleball, the mini tennis. Oh, absolutely! Pickleball has totally taken over as the “it” activity for many seniors, and they're loving every second of it.

First off, there's the anticipation. Yes, my friends and I always have our paddle ready by the door the night before, and if we are going to play outside, we are checking the weather app constantly. Margie, Jody and I are in a group text chat, going back and forth – "Who's playing tomorrow? The court is clean and ready at 9 a.m., so ladies, don't be late!" It certainly gives us something exciting to look forward to and a great reason to get moving.

Then comes the participation. Better get to the park early and get a good parking spot. Well, it's not always to get a good parking place, but more of being the “early bird.” Just like Jody, and Kimmy, and Dorthy, they are known as The Jumpstart Queens, in my neighborhood. And it's no joke. These three always show up early, more so to set the tone for the day, and to let everyone else know, “Y'll better bring your A-game.” While waiting for the games to begin, there's laughter, some playful gossip talk, and definitely a little competitive edge. But it's not just about winning. It's about being active, social, and part of a group. And hey, it's way easier on the joints than tennis.

And the excitement? It's real. Watching us, one may think that we were playing in the finals of the U.S. Open. There are high-fives, fist pumps, and even post-game drinks, treats or snacks.

And then there is reputation – that's huge. Everyone knows who's competitive, who's fun, who's got the sneaky spin serve, and who always brings snacks. Yes, especially my good friend Jody, who shows up early not just to warm up, but to



They got pickled!



Playing pickle ball at 99

y/o 🌟

Angie is a
new player!

It's never too
late to "STAR!"



Yes... she is ROCKIN'!

be seen as one of the MVPs. Her consistency, energy, and presence build her status. She's not just playing the game, she's making herself a name. But then she's only 58 years old, and a retired dancer. So all hats off to her. Aside from the social and emotional perks, pickleball provides a surprising boost to your physical health.

A regular game gives our heart, lungs, and muscles a solid workout. It helps with coordination and flexibility. Plus, the mental challenges that come with the game keep our mind sharp and engaged. Plus, pickleball is a very low impact exercise. It's gentle on the joints unlike tennis or volleyball. It's gentle on our knees, hips and ankles.

And Dr. James Anderson, a local geriatric physician, recently stated: "The mental health benefits of pickleball are just as important as the physical ones. It's a social outlet that keeps seniors active and mentally engaged."

So, there we have some inspiration to start a new game. If you have never played before, call your local YMCA, or Senior Center, and they will lead you to a new challenge that is entertaining, fun and social. So, let's get ready for a great adventure, and soon we will say "I'm going to get pickled!"



Getting ready to go to the court!