

MINUTES
REGULAR MEETING
COMMISSION ON AGING
LISBON SENIOR CENTER
MONDAY, MARCH 7, 2011
7:00 P.M.

1. Call to Order

The regular meeting of the Commission on Aging was called to order by Leonora Szruba, Chairman, at 7:00 p.m.

MEMBERS PRESENT: Edwin Brown, Joseph Doran, Judith Jencks, Fidelis Kershaw, Leonora Szruba

MEMBERS ABSENT: Dorothy Coggins, Mary Grant, Cheryle Joly, Ivy Mather

2. Reading of previous minutes:

a. 02/07/2011 Reg. Mtg.

A motion was made by E. Brown, seconded by F. Kershaw, to waive reading the previous minutes.

VOTE: UNANIMOUS MOTION CARRIED

A motion was made by J. Doran, seconded by J. Jencks, to approve the previous minutes as presented.

VOTE: UNANIMOUS MOTION CARRIED

3. Correspondence

1. C: letter, Thomas Sparkman, First Selectman, 3/1/2011, to Cheryle Joly, Re: Appointment

4. Bills and action thereon - None

5. Senior Coordinator's Report - Attached

6. Old Business:

a. Building Usage

Mrs. Szruba noted that this item was covered in the Senior Coordinator's report then added that all responses to the center improvements have been positive.

b. Line Item Transfers

c: Line item transfer approvals.

c. Copier – Discussed under Line Item Transfers

d. Town Website Update

Mrs. Szruba reported that though the entire website is not available to the public, it will, in a few days, have the capacity to allow the residents to pay their taxes via the internet.

7. New Business - None

8. Any other business which may properly come before the Commission - None

Commission on Aging

Monthly report

For the month of:	December	January	February
Center visitors	384/20 days	258/16 days	325/17 days
Van rides	97	74	110
TVCCA Meals		65	
Meals on wheels	215	183	217
Sandwich program	107	90	101
Other meals	65	-0-	63

Senior Center Trips:

NONE

The changes in/with the building are complete. Everything went very well. Positive opinions have been offered. The Shooting Stars covered the nearly \$2,000.00 that the work cost.

As you note the demand for van rides is on the rise. During Feb. we started to text for pick ups and find that to be very efficient. We'll see how it goes in the future.

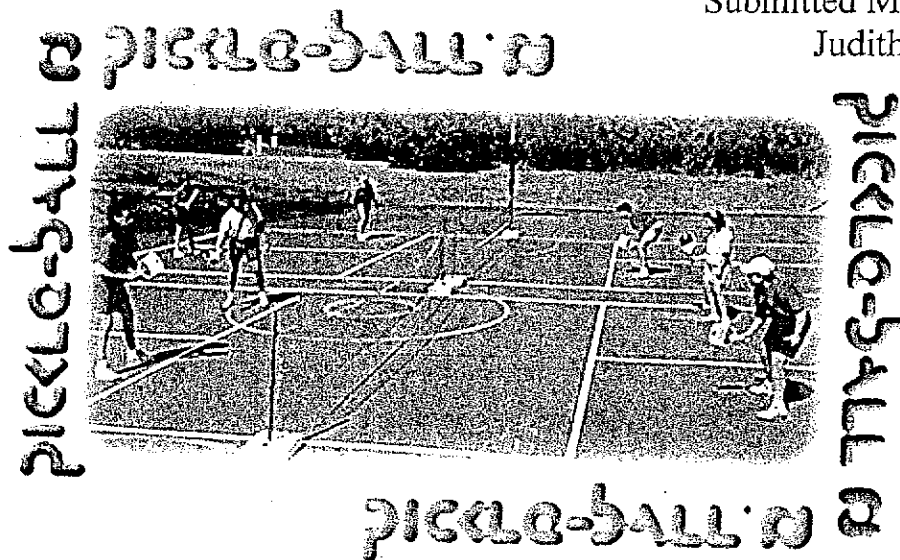
Lisbon has been invited to join a regional transportation program for medical appointments. These grant dollars are available to all 169 towns and I am certain Lisbon will qualify. This regional program is managed by ECTC with a minimal monthly time commitment by our staff. The biggest time commitment is the grant application.

There is also a transportation service that provides subsidized rides for qualified individuals. This program offers affordable and accessible rides when existing services are not able to meet client's transportation needs. This service can be used for rides to work, for healthcare, shopping, etc. Vouchers for this program cost \$25.00 per book of 10. Each book subsidizes \$50 (or \$5 per voucher) worth of meter fare. More details will be in the next Lisbon Link.

I'm investigating Pickleball. Pickleball is a combination of tennis, badminton, ping pong. It is played on a badminton sized court with a net similar to those used for tennis. It can be played on most any surface and enjoyed by all age groups. So far I have an instructor. I have talked to Ellen Joly and Sally Keating at the school about space and equipment. And we already have a few interested players. East Lyme started a program this winter and Groton's program is in the planning stages.

Don't forget the Area Senior Centers are doing a cookbook and we will be submitting at least 20 recipes. The book will sell for \$15.00 and will be available for the Oct. regional event at Wright's Mill Farm.

Submitted March 7th by
Judith M. Jencks



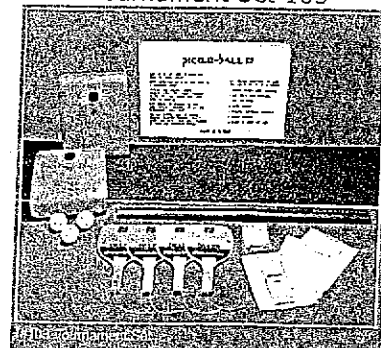
Pickle-ball

You will feel like a winner and a champion playing this exciting paddle game called Pickle-ball. Now you and your friends can join thousands of other people playing this net court game. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. Pickle-ball can be played on any hard surface and is ideal for small spaces. This exciting sport can be played on driveways, cul-de-sacs, tennis courts, and multi-purpose game courts like a Sport Court. Pickle-ball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages.

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Pickleball Basics

Introduction to Pickleball

Pickleball is a sport described as "a combination of ping-pong, tennis, and badminton", played in schools, parks and recreation centers, correctional facilities, camps, and retirement communities mostly in North America. It uses a simplified combination of tennis rules and strategies.

History of Pickleball

Pickleball was created during the summer of 1965 on Bainbridge Island - a short ferry ride from Seattle, WA. The original purpose of the game was to provide a sport for the entire family, according to co-inventors U.S. Congressman Joel Pritchard, William Bell, and Barney McCallum.

Pickles was the family dog that would chase after the errant balls and then hide in the bushes, thus Pickle's ball which was later shortened to the namesake of Pickleball. Initially, families played Pickleball in their backyards on a hard surface, on driveways, and on residential dead-end streets. Since the mid-1970's, Pickleball has grown and expanded from a family activity game to a paddle court sport with formalized rules. Now, over 20 years later, Pickleball is played in thousands of school P.E. programs, parks and recreation centers, correctional facilities, camps, YMCAs and retirement communities. This sport is becoming very popular among active senior adults at community centers and is growing in popularity on high school and college campuses.



Congressman
Joel Pritchard
in 1980

The Pickleball Ball

A pickleball is similar to a wiffleball, but it is made with a more rigid, heavy material and has smaller holes. The very best quality pickleball is the Fast Forty Dura Pickleballs. These come in three colors -- white, yellow and orange.

The common practice is to play outdoors with yellow or orange balls and indoors with white balls, but anything goes. The Big Hole Ball is a slightly slower ball that many people prefer for indoor play.

The Fast Forty Dura Pickleballs are coaches' #1 choice for baseball batting practice!

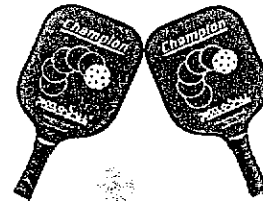


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The Paddle

The paddle is similar to a ping pong paddle in that it is solid and easily maneuverable with a turn of the wrist. When game was invented, wooden paddles were used and are still used at many institutions due to lower cost. The best quality paddles are made of lightweight fiberglass due to their lower weight and higher durability. Our champion fiberglass paddles come in a variety of bright colors.

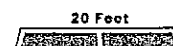
Our most popular item is the Champion Bundle. Two of our best paddles with 6 of our best balls.



2 paddles & 6 balls
Champion Bundle

The Court

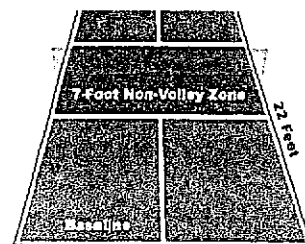
The game itself is played on a court that is the same size as a badminton court (20 feet wide by 44 feet long). The net is set at 36 inches high on the edges and 34 inches in the middle.



edges and 24 inches in the middle.

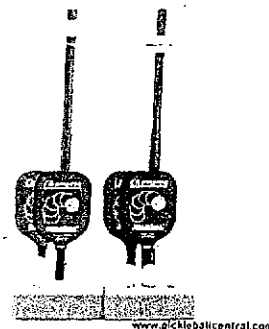
Pickleball's small court allows younger players or those with varying degrees of mobility to participate in a way that the larger court of tennis sometimes prohibits. Additionally, a rule prohibiting volleying (hitting the ball in the air) in the non-volley zone (the space 7 feet from the net) helps to equalize play and reduce overpowering smashes at the net.

Pickleball has become a common high school sport in gym classes and has gained popularity with teenagers as well as seniors. Schools often host tournaments. In New York State alone, it is estimated that over 500 schools include Pickleball in their curricula.



Getting Started

Pickleball Champion Set has the best of everything you need to start playing pickleball -- four of our best Champion paddles, six balls, a net, two water-fillable stands and poles to hold the net in place, yellow chalk and a set of the rules!



Pickleball Champion Set
4 paddles, 3 balls, rules, net,
returnjards & chalk

Webster University's Pickleball Terms

Dillball- a ball succeeding contact with the court (hitting the ground once) and currently live

Flabjack- a midair pickleball that must bounce on the playing surface (return of serve, or returning the returnjards & chalk

Champion Shot- a ball which double bounces in the No Volley Zone

VQIf3y Llama- a player attacking a ball in the No Volley Zone, illegal in gameplan

DangerZone- nickname of the No Volley Zone

Falafel- aka dead paddle, when a ball is hit with little to no force causing the shot to be extremely short.

Pickledome- the court on which the Championship Game is played on

Pickle!- shouted by the server pre-serve to alert the the playing field of the serve

oPA!- often shouted after the Flapjacks have been played and open volleying begins

Clubs and Organizations

Sun City Grand Pickleball
Sun City Pickleball Club
Happy Trails Pickleball
Arizona Traditions
Sun River St. George
Sun City West
Nottingham Pickleball Club
Pikes Peak
Plantation Pickleball
Association
Sun City Center
Okanagan Pickleball
Bella Vista
Voyager



Find Additional information at - USA Pickleball Association





Basics

When playing Pickle-ball the serve must be hit underhand and each team must play their first shot off the bounce. After the ball has bounced once on each side then both teams can either volley the ball in the air or play it off the bounce. This eliminates the serve and volley advantage and prolongs the rallies. To volley a ball means to hit it in the air without first letting it bounce.

No volleying is permitted within the seven foot non-volley zone, preventing players from executing smashes from a position within the seven foot zone on both sides of the net. This promotes the drop volley or "dink" shot playing strategies, as Pickle-ball is a game of shot placement and patience, not brute

power or strength.

Both players on the serving team are allowed to serve, and a team shall score points only when serving. A game is played to eleven points and a team must win by two points. Points are lost by hitting the ball out of bounds, hitting the net, stepping into the non-volley zone and volleying the ball, or by volleying the ball before the ball has bounced once on each side of the net. Player positioning on the court for both singles and doubles and playing strategies are found in the rules and DVD that are included in your # 103 Portable Tournament Set.

Specifics

The Serve:

Players must keep one foot behind the back line when serving. The serve is made underhand. The paddle must pass below the waist. The serve is made diagonally cross court and must clear the non-volley zone. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Then, the serve may be taken over. At the start of each new game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always start play.

The Volley:

To volley a ball means to hit it in the air without first letting it bounce. All volleying must be done with the player's feet behind the non-volley zone line.

Double Bounce Rule:

Each team must play their first shot off the bounce. That is, the first receiving team must let the served ball bounce, and the serving team must let the return of serve bounce before playing it. After the two bounces have occurred, the ball can be either volleyed or played off the bounce.

Faults:

- Hitting the ball out of bounds
- Not clearing the net
- Stepping into the non-volley zone and volleying the ball

The Court:

The court dimensions are identical to a doubles badminton court. The court dimensions are 20' x 44' for both doubles and singles. The net is hung 36" on each end of the net and 34" in the middle. A non-volley zone extends 7' on each side of the net. There remains 15' on each side of the court. On each side, these 20' x 15' rectangles are further divided onto two equal rectangles measuring 10' x 15'. When laying out the court, allow adequate space at each end and sides of the court boundary lines for player movement. (Three to five feet on each end and one to two feet on the sides).

Pickle-ball Inc. can provide court building instructions for building a multi-purpose game court or Sport Court®.

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Email: info@pickleball.com

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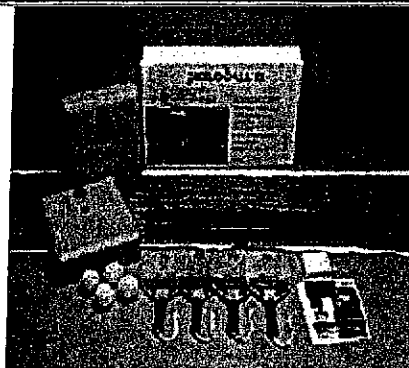
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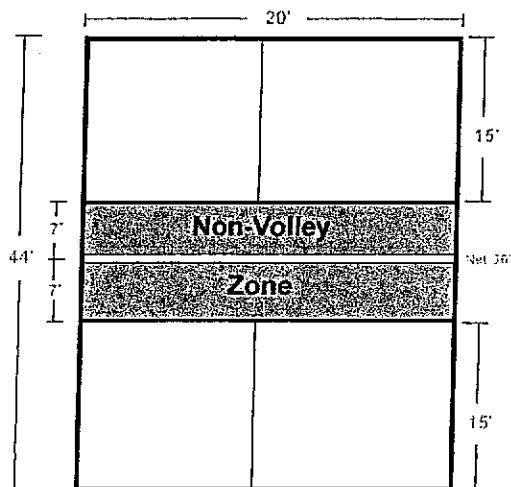
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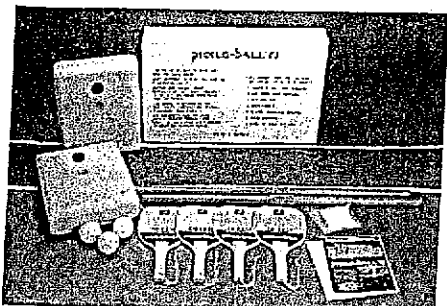
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MINUTES
REGULAR MEETING
COMMISSION ON AGING
MONDAY, MARCH 7, 2011
Page 2

9. Adjournment

A motion was made by J. Doran, seconded E. Brown, to adjourn at 7:20 p.m.


Marion Lefine, Clerk

APPROVED: _____
Leonora Szruba, Chair.

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CT ON 3/8/2011 AT 11:50 AM
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