



# PLAY *Pickleball!*

## WHAT IS IT AND WHY?

### About

Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body. The rules are simple and easy for beginners to learn. Visit [pickleball.com](http://pickleball.com) for more information and rules of game play.

### Indoor Play

**Available indoors for individuals 55+ at no cost.** Instructors are not at the location, and those attending will rotate play. Paddles are available upon request and space is limited. No registration required.

**Location:** Community Life Center-Good Shepherd, 4000 28th St S, Moorhead

**Days:** Mondays and Thursdays

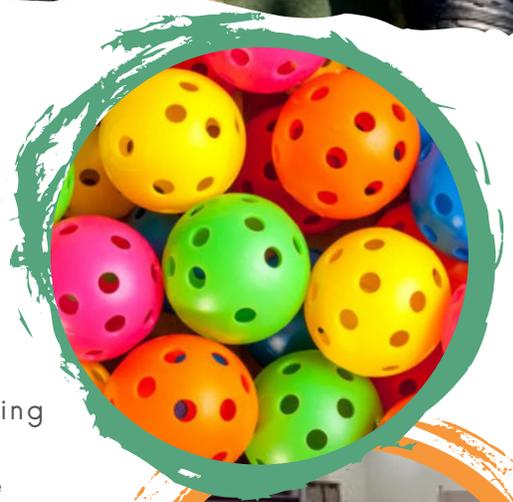
**Time:** 12:30-2:30 pm

**Dates:** Oct 9, 2023-Apr 29, 2024

\*No pickleball on Oct 26, Nov 23, and March 21

### Outdoor Courts

- Horizon Shores Park, 3801 24th Ave S
- Riverview Estates Park, 3801 5th St S
- Village Green Park, 2601 Village Green Blvd
- Alm Park, 1300 Elm St S
- Hansmann Park, 1320 12th Ave N



Moorhead Senior Center  
202 1st Ave N  
Moorhead, MN 56560

218.299.5514

[moorheadseniors.com](http://moorheadseniors.com)

  @moorheadseniors