

Potomac. A launch is scheduled for Tuesday, Feb. 9, 11 a.m. - 1 p.m. at the Potomac Community Recreation Center. Center director Peter Selikowitz says the sport is similar to tennis, but is played at a slower pace making it attractive to seniors.

"It's really, really popular among 55 to 80 year olds," he said. "It like a cross between tennis and table tennis, but on a badminton sized court." Played with a paddle and a plastic ball, pickleball combines elements of tennis, badminton and ping-pong. Montgomery County Pickleball Ambassador Sylvia Bell is scheduled to attend the launch. Selikowitz says all levels of experience are welcome.

Give 'The Gift Of a Lift'

Potomac Community Village is seeking volunteer drivers to take Potomac seniors

to doctor's appointments, physical therapy, social activities and other life-enriching engagements. Volunteers play a vital role helping to keep people healthier, happier and involved with their community.

Potomac Community Village's volunteer drivers use their personal vehicles, are required to attend a training session, are professionally vetted, get free supplemental auto insurance coverage through the Village Rides program, and don't need to live in Potomac or be PCV members. Volunteer drivers have the flexibility to say yes to driving when they can or no when they can't.

Additional drivers are needed to meet the ongoing needs of members. Contact Jill Phillips at 703-424-0494 or jill.phillips@ymail.com. See www.PotomacCommunityVillage.org, or www.facebook.com/PotomacCommunityVillage.