



Lions Club of Merritton Supports Improving Community Mental Health and Well Being by offering Bowling Leagues and Pickleball Sessions

In support of Lions International Mental Health & Well-being Week of Service, October 4th thru 12th, The Lions Club of Merritton is proud to announce the beginning of its fall/winter bowling leagues and pickleball drop-in sessions. Studies have shown that engaging in bowling and pickleball can significantly enhance mental health by reducing stress, improving mood and fostering social connections. The Lions Club of Merritton is very fortunate to operate the Merritton Community Centre and be able to provide both these activities on-site to our community members at minimal cost.

Bowling leagues are run weekly, Monday evening and Tuesday afternoon at our bowling facility located downstairs at the Merritton Community Centre. Lanes are also available for rental to host children's birthday parties or other celebrations. The facility offers 5 pin bowling, with 8 lanes available and features automated pin setting.



Pickleball is played upstairs at the Community Centre with 4 courts set-up. Sessions for all skill levels are offered Monday, Tuesday and Wednesday evenings, 6:30 to 9:00 pm. Introduction sessions for players new to the sport and non-competitive recreational play is offered Monday and Wednesday at 4:30 PM. Balls and paddles are available to use for free.



Bowling and Pickleball are activities that promote both physical and mental well-being. Both can be enjoyed by people of all ages and fitness levels and help improve flexibility, balance and coordination. Regular play can reduce the risk of chronic diseases and improve cardiovascular health.

Both activities are proven to serve as an effective way to alleviate stress and anxiety. The focus required during gameplay helps distract players from daily worries, while the

physical activity promotes the release of endorphins, leading to improved mood and reduced feelings of anxiety and depression. These games also provide a cognitive workout as players must think quickly, force concentration on technique, aim and release. The mental engagement is particularly beneficial for older adults, as it may help prevent cognitive decline.

One of the most significant mental health benefits of bowling and pickleball is the social aspect. Bowling alleys and pickleball courts are where people gather, compete and have fun. This social aspect can combat feelings of loneliness and isolation, which are significant contributors to mental health issues.

If you would like any information about Bowling or Pickleball hosted by the Lions Club of Merritton, reach out to any member and they will connect you with play co-ordinators.

Submitted by Lion Keith Brown