

# Discover the Sport of Lawn Bowling!



In a world where days are full and busy, there's something calm and satisfying about embracing a sport that allows for gentle competition, camaraderie, and a connection with fresh air and sunshine. Lawn bowling, often overlooked by the younger 50's group, offers precisely this kind of experience.

Played on lovingly manicured lawns, the game involves rolling biased balls (often

referred to as bowls) to land as close as possible to a smaller target ball, known as the jack or kitty. It's a game of precision, strategy, and skill, yet one that welcomes players of all abilities and fitness levels.

Lawn bowling offers a perfect balance of light physical activity and mental stimulation. The controlled movements involved in delivering the

bowl help improve balance, coordination, and flexibility, all while being gentle on the joints. Moreover, the strategic aspect of the game keeps the mind sharp, enhancing cognitive function and providing a welcome mental challenge.

One of the most appealing aspects of lawn bowling is its social nature. Whether you're playing in a casual match or a more

competitive setting, the sport fosters a sense of community and friendship. It's a chance to connect with others who share a passion for the game, forging friendships that extend beyond the green. Many clubs organize social events, tournaments, and gatherings, providing ample opportunities to socialize and make lasting memories with fellow players.

## It's easy to get started.

Best of all, little equipment is needed to get started playing lawn bowling. All you need is to arrive in casual clothing and a pair of flat soled shoes. The Penticton lawn bowling club provides equipment for newcomers to use, and the rules are easy to learn. Kind and supporting experienced players are always ready to help beginners learn the rules and develop their skills.

A sport for all ages, for those aged 50 and over lawn bowling can be a game played for a lifetime. Whether you wish to play socially

for an enjoyable outing or find yourself feeling competitive, there is something for everyone. The Penticton lawn bowling club has open play every day of the week. The club also hosts tournaments throughout the year. Tournaments include inter-club competition as well as events that include players from all over the province.

The club website is [www.pentictonlawnbowls.ca](http://www.pentictonlawnbowls.ca). Visit the site to learn more about lawn bowling, the club and the various open houses held in the Spring months. Join as a member to have access to the greens throughout the season or opt for a social membership to join in the social events held throughout the season. If you would like more information, please contact Bernadette by email at [membership@pentictonlawnbowls.ca](mailto:membership@pentictonlawnbowls.ca).

**Penticton Lawn Bowling Club**  
260 Brunswick Street  
[www.pentictonlawnbowls.ca](http://www.pentictonlawnbowls.ca)