

## QuickReStart<sup>SM</sup> Gets Started at The Lodge at Old Trail

**Charlottesville, Virginia** (10/15/2013) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to announce that Matilda Blue Tennis has started a QuickReStart<sup>SM</sup> program at The Lodge at Old Trail, a senior living community in Crozet. QuickReStart<sup>SM</sup>, conceived by QCV as an adaptation of the kid-sized QuickStart Tennis format, is designed to reintroduce older senior citizens to tennis. It is an interactive, recreational experience for older adults to strengthen their motor skills – agility, balance and coordination — sharpen their mental skills and have FUN in a social atmosphere.

Chris “Cubby” Cabbage, founder of Matilda Blue Tennis, has extensive experience with adapting tennis instruction to suit students with differing physical and mental abilities. He uses tennis as a tool to stimulate and reawaken brain pathways and increase physical activity and socialization in the FUN QuickStart way.



QCV and Matilda Blue Tennis hosted a QuickReStart<sup>SM</sup> demonstration at the Senior Center in Charlottesville two years ago. David Hilliard, owner of The Lodge at Old Trail, and Judy Bowes, Executive Director, attended. They liked what they saw and said once

they got their new community up and running, they wanted to offer tennis to the residents. The new program at The Lodge is customized to offer two sessions on alternate weeks – one for memory care residents and assisted-living residents and another for independent living residents. Most participants are in their 70s or 80s. Twenty residents are participating in the inaugural program.

“There is nothing like seeing the joy on the faces of each resident who participates in this program. QuickStart Tennis has a focus on showing each resident involved their potential. It is wonderful to have our community involved in a program that is so beneficial and enjoyable to all who participate.” - Laura Ipock, Piedmont Life Enrichment Coordinator.

Lynda Harrill, QCV QuickStart Coordinator says, “QuickStart is a wonderful format on so many levels, and we are very fortunate to have someone with Cubby’s special skills in our community. He can work in so many different situations. His level of compassion and empathy is equaled only by his patience and caring manner. That’s what makes him so effective with people who otherwise wouldn’t be playing. During his last class one participant stood next to her walker holding on with one hand and swinging a QuickStart racquet with the other. There were lots of smiles all around, and they didn’t want Cubby to leave. We hope to expand the QuickReStart<sup>SM</sup> program in the future.”

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QuickStart Tennis of Central Virginia is an all-volunteer, grassroots Community Tennis Association established in 2009 as a 501(c)(3) charitable organization to promote, develop and grow QuickStart Tennis in 22 counties and one independent city in central Virginia for all beginners, especially underserved youth.

QCV’s Service Area includes Albemarle, Amelia, Brunswick, Buckingham, Charlotte, Culpeper, Cumberland, Dinwiddie, Fluvanna, Greene, Greensville, Halifax, Louisa, Lunenburg, Madison, Mecklenburg, Nelson, Nottoway, Orange, Prince Edward, Powhatan and Rappahannock counties and the City of Charlottesville.

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