

He Doesn't Look Or Act **95!**



SANTA CLARA LAWN BOWLS

Open to everyone, all ages. Low-key sport, easy to learn. Gentle, walking exercise in beautiful park. Day and night bowling.

For free lessons and information, call Chuck Bailey at 408.448.7439. Visit website: www.santaclaralawnbowls.org.

2625 Patricia Drive, Santa Clara.
Located off Homestead Road between Central Park Library and International Swim Center.

Meet Joe Cooper for the first time and you'll be amazed to learn that he's 95.

An avid lawn bowls player since 16, he's very fit with a sharp mind and plays a competitive game at the Santa Clara Lawn Bowls club in Santa Clara, CA.

Born in Yorkshire, England, Joe keeps bowling because it's social, fun and good exercise without being exhausting.

"It's pretty easy to learn but like any sport, hard to master," he said. "But I play just for the enjoyment and camaraderie of the club members. It keeps me going."



His secret to longevity?

Family genes. His mother lived to 96; father, 80; sister, 99; brother 96 and another brother still alive at 92. He also contributes long life to not eating lots of meat. Fish and chicken are his main diet.

A widower, Joe lives by himself and keeps up with his family and grandchildren on Facebook. He's a regular bowler at the Santa Clara Lawn Bowls club.