



Movement as Medicine!

Move well; live well.

South County Senior Fitness Schedule**: All Seniors WELCOME

Monday:

9:15AM	Cross Training with Misha (\$3.50)	Claire Teague Center, GB
10:00AM	Awareness Through Movement with Misha (floor) (\$3.50)	Claire Teague Center, GB
11:00AM	Aquatic Fitness (\$3)	Simon's Rock, EG COA
12:45PM	Beginner Tap Dancing, Carolyn (\$5)	Claire Teague Center, GB
1:00PM	Balance & Movement, Misha (Chair, \$3)	Claire Teague Center, GB
2:00PM	Intermediate Tap Dancing, Carolyn (\$5)	Claire Teague Center, GB
3:30PM	Therapeutic Breath & Movement Class with Suzanne Mazzarelli (\$3)	Sheffield Senior Center

Tuesday:

9:00AM	Exercise Class with Sandy French (\$3)	Sheffield Senior Center
10:00AM	Pilates with Kathi Casey (\$5)	Claire Teague Center, GB
10:15 AM	Sit to be Fit Chair Exercise Class (\$3)	Sheffield Senior Center
3:30PM	Strength Training with Christine (\$3)	Claire Teague Center, GB

Wednesday:

9:30AM	Easy Does It Yoga with Joanne (\$3)	Claire Teague Center, GB
11:00AM	Aquatic Fitness (\$3)	Simon's Rock, EG COA
3:30PM	Chair Yoga with Senta Reis (\$3)	Sheffield Senior Center
5:30PM	Tap Dancing, All levels, Carolyn (\$5)	Claire Teague Center, GB

Thursday:

9:00AM	Exercise Class with Sandy French (\$3)	Sheffield Senior Center
10:00AM	Therapeutic Movement/Breathing Class with Suzanne (\$3)	Claire Teague Center, GB
4:00PM	Misha's Advanced Movement Class (\$10)	Claire Teague Center, GB

Friday:

9:00AM	Tai Chi with Christine (\$3)	Claire Teague Center, GB
9:30AM	Balancise with Claire Naylor Pollart (\$3)	So. Egremont C. Church
10:00AM	Chair Exercise with Harriet (FREE)	Claire Teague Center, GB
11:00AM	Aquatic Exercise (\$3)	Simon's Rock, EG COA
12:45PM	Beginner Tap Dancing, Carolyn (\$5)	Claire Teague Center, GB
2:00PM	Intermediate Tap (\$5)	Claire Teague Center, GB

Small Group Personal Training is a 6-week session on a rolling schedule at the Sheffield Senior Center. The class is from 9AM to 10AM; limited to 8 per class. If you are on the waiting list, you will be offered a slot automatically for the next session. The fee is \$30 for the six weeks, payable at the beginning.

"A Matter of Balance" is a free 8 week series through Berkshire Health Systems at the Claire Teague Center. Tentative dates are April 4 through April 27; time to be determined. Please call the Teague Center for information 528-1881.

"Five Week Workshop Series" Topics include health, nutrition, exercise, medication management, legal/financial/estate planning, emotional health and well-being, and community engagement. Wednesdays 6PM to 8PM at the **Sheffield Senior Center** from April 5 through May 3. Please call for more information 229-7037.

"Walking Club" meets at Mt. Everett HS at 3:30PM. Call Barbara D. at 229-8696

Egremont Seniors: MARK YOUR CALENDARS

The Egremont COA is offering the following exciting calendar of events at The Egremont Village Inn unless otherwise noted:

February 1 12noon
Luncheon with Nancy Wright – Quilting

March 1 12noon
Luncheon and Talk on scam awareness

April 5 12noon
Luncheon with Doane Perry – Photography

April 9 4:00-6:00PM
Music in the Afternoon – Matei Varga, Pianist

May 3 12noon
Luncheon and Cooking demo with Bob Climo, location tbd.

June 7 12noon
Annual picnic at French Park with Liz Keen

** Senior fitness classes are offered Monday thru Friday throughout most of the year by The Great Barrington Claire Teague Senior Center, the Sheffield Senior Center and the Egremont Council on Aging. All programs are open to all senior community members regardless of residency. Changes may occur to the listed schedule....

Call for more information.

BE SEEN – BE SAFE

Always walk facing traffic.

Can you be seen when walking or biking at dawn or dusk?

AGE Triad has secured high visibility vests which are

available at the Egremont Town Hall and police cruisers

in Egremont and Great Barrington. Ask for one.

BE SEEN – BE SAFE

Egremont Council on Aging

413-528-0182 x 17

Mt. Washington COA

413-528-2839