



Movement as Medicine!

Move well; live well.

2017 - 2018

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
2:00PM	Intermediate Tap Dancing, Carolyn (\$5)	Claire Teague Center, GB

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

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
10:30AM	Balancise with Sandy French (\$3)	So. Egremont C. Church
4:00PM	Misha's Advanced Movement Class (\$10)	Claire Teague Center, GB

Friday:

9:00AM	Tai Chi with Christine (\$3)	Claire Teague Center, GB
10:00AM	Chair Exercise with Ann (FREE)	Claire Teague Center, GB
11:00AM	Aquatic Exercise (\$3)	Simon's Rock, EG COA
12:45PM	Beginner Tap Dancing (\$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 Saturday 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.

New COA Coordinator We wish to welcome Peg Muskrat as our new coordinator. Peg has been a resident of Egremont since 1972 and has been active in Town activities. She will be available at Town Hall on Thursdays from 9am to Noon. Peg is looking forward to working with our seniors and reaching out to them to learn their needs, and to assisting them in getting the support they need.

Egremont &

Mt. Washington

Seniors: MARK

YOUR CALENDARS

The Councils on Aging are offering the following exciting calendar of events at The Egremont Village Inn unless otherwise noted:

October 4 12noon
Nonagenarian Tea Party

November 1 12noon
Luncheon and Talk with Jane Apkin (Seniors Helping Seniors)

December 6 12noon
Luncheon and Fire Safety with Egremont Fire Chief Joe Schneider

December ? 4:00-6:00PM
Holiday Party!!!
With Sandy & Sandy

January 3 12noon
Luncheon and Tai Chi with Helen Krancer

** 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