



Movement as Medicine!

Move well; live well.

Spring 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
1:00PM	Therapeutic Breath and Movement with Suzanne Mazzarelli (\$3.00)	Sheffield Senior Center
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
10:30AM	Exercise, Balance & Strength Training with Elaine Ireland***	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
10:45AM	Exercise, Balance & Strength Training with Elaine Ireland***	So. Egremont C. Church
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

***These are six week sessions offered on Thursdays and Fridays starting in January and ending in June. The class is limited to 8 people per session. Cost is \$ 30.00 paid in advance.

Peg's Corner: It's been a busy few months in the COA office. It's been great speaking with so many of you and seeing you at our monthly luncheons. I'm continuing to work through our seniors' list so if you haven't had a phone call from me yet, you will soon. I'm at the Town Hall on Thursdays from 9 – noon. Please stop in or call 528-0182 ext. 24 with your suggestions, questions or concerns. Information is available on medical alert systems, transportation for seniors and programs to help you adapt your phones for hearing or vision issues. If you have issues, we can assist you in finding the resources to help you. Reflective vests are also available at Town Hall or in the Police cruisers. Wear them and... Be Seen, Be Safe! Please remember, the primary goal of the COA is to assist our seniors so let us help you!

Egremont & Mt. Washington Seniors: MARK YOUR CALENDARS

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

January 3	12 noon	Elaine Ireland Fitness Class
February 7	12 noon	Cooking w/Bob Climo
March 7	12 noon	Eunice Agar
April 4	12 noon	Talk on Scams with the Egremont Police Chief
April 8	4 to 6 PM	Battle of the Baritones with John Cheek, Michael Riley & Robert Kopelson
May 2	12 noon	Mumbet – Ann Elizabeth Barnes
June 6	12 noon	Annual Picnic at French Park

** 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 24
 Mt. Washington COA
 413-528-2839