

EGREMONT COUNCIL ON AGING - Spring 2023

You are never too old to set another goal or to dream a new dream. C. S. Lewis

Playgrounds For Seniors/Adults Coming Your Way!

After visiting Senior Playgrounds in Dalton and Lee we were inspired to establish one in Egremont. This spring we will be installing an Adult/Senior Playground at French Park! Thanks to generous donations we are able to purchase nine pieces of equipment which, hopefully, will be ready for use in mid spring.

Senior Playgrounds began in China about two decades ago after a national law came in to affect that mandated fitness programs for all ages. The idea of these playgrounds (also known as Outdoor Fitness Parks) quickly spread to England, Japan, Finland, Japan, Germany, Canada, and then to the U.S. At least 15 cities from New York to Miami to San Antonio to the West Coast now have some form of senior playgrounds and multigenerational fitness parks.

Whether you're climbing, pedaling, using the elliptical, or walking on the balance beam the immediate benefits of senior playgrounds are wellness related. They help to improve balance, minimize the risk of falls, and help build muscle strength and tone. Even more important.....these playgrounds offer participating adults and seniors socialization, fun and the opportunity to meet new people. Some things never change - playing outside in the open air relieves stress and improves our mood - just as it did when we were kids.

The equipment at French Park will include: Exercise Bike, Pommel Horse, Hip Twister, Chest Press/Lateral Pull, Leg Press, Ski Walker, Skill Trainer, Self-weighted Rower and Assisted Balance Beam.

We'll keep you updated with the progress and let you know when it's ready for your workout!



Exercise Equipment

News on Transportation

The Transportation Department now has more options for you to choose from when you need a ride! The Handicap Accessible Van, with two very competent and friendly drivers, is available Monday thru Friday.

The Town has also received the funds for an additional Taxi Grant. Rides for this program are available for medical appointments, local grocery shopping trips and work-related rides. For both services you need to make an appointment. It's best to make your appointment as soon as possible. To book a ride call Melanie at the Transportation Department from 9:00 - 3:00 at 528-0182 x 25! Or email

transpdepart@egremont-ma.gov. Remember to book early!!



Our new van!

Peg's Corner

Winter is almost done with us and Spring is around the corner - even though it often doesn't feel like it! Longer days (and no snowbanks) make it easier to get out and walk on our scenic roads. Planning a garden is another way to get in a spring frame of mind. Raised garden beds make it much easier to plant vegetables and flowers and saves on older backs and knees. Plant weed resistant plants and those that can survive some neglect. You may be a gardener that enjoys the peace and quiet or someone who likes to chat - do whatever works for you.

"Sand for Senior" Buckets are still available at the Town Hall outside by the picnic table. Please return empty buckets in the spring so we can reuse them next year. We can also pick them up for you. Just give us a call. Luncheons continue with either "Grab 'N Go" lunch or in person lunch at the Barn on the first Wednesday of the month.

We are in the process of planning for speakers and entertainment for our lunch calendar for 2023-2024. If you have suggestions for programs or speakers we would love to hear from you.

Nutrition News

March is "Save Your Vision Month". This makes it a great time to schedule your check up with your eye doctor.

You can help reduce your risk of progressive age-related macular degeneration by consuming adequate amounts of fruits, vegetables, and nuts. These foods contain antioxidants which are protective for your eyes. Antioxidants include Vitamins A, C and D. Some great foods that provide protective nutrients include citrus fruit, berries, melons, broccoli, tomatoes, red peppers, and cabbage (vitamin C). Vegetables, oils, nuts, wheat germ, whole grains (Vitamin E). Carrots, sweet potatoes, spinach, dark green leafy vegetables, winter squash, apricots are also good for you.

As we all know eating plenty of vegetables and

fruits can go a long way in protecting your health as you age. Happy Healthy Eating!

Lace Up Your Sneakers For Walk Massachusetts Challenge!

The Walk Massachusetts Challenge is again taking place this year from May 1 - October 31 and is open to all ages. You can register by going to their website www.walkmachallenge.com

During this time you will have chances to be entered into drawings to win a \$50 Visa Gift Card, \$25 Amazon or \$10 Dunkin Gift Card. The more you walk the more chances you will have to win. By completing the challenge our COA gets a raffle entry to win up to \$1000 for fitness programming. Choose a challenge that works for you.

Suggestions...walk x number of steps each day. Set a goal of how many miles you want to walk or how many steps you want to take. Walk the distance from Boston to Egremont (142.8 miles) or from Boston to Seattle (3,047 miles) Walk alone, with a group or make your own walking team. Base your challenge on your walking ability. You can walk inside, outside, on a track or treadmill. Or walk all of Egremont's public roads. We will have maps to assist you with challenge outside the Town Hall on the picnic table. A signup sheet will be there also.

And most important...wear one of our Be Seen Be Safe vests. They are also available at the Town Hall.

Safe walking everyone!

The Town has a supply of medical equipment available for you to borrow - wheelchairs, walkers, commodes, canes, shower chairs. If you need something give us a call and we will deliver to you.

528-0182 x 16.

Please give us a call if we can assist you in any way or just to chat. We love to hear from you. 528-0182 x 16 or email at coa@egremont-ma.gov

INTEGRATIVE MOVEMENT FOR SENIORS ON ZOOM!



©2021
Everyone's welcome - No experience necessary
Come away feeling relaxed and enlivened in your own home!

A class to...

RELEASE TENSION

DEEPEN BREATHING

STRENGTHEN MUSCLES

IMPROVE BALANCE, ALIGNMENT & FLEXIBILITY

INSPIRE MOVEMENT & CREATIVITY

Tuesdays @ 9:30am

**Meeting ID:
6466780360**

Suggested donation \$10

Pay with:

Venmo - pamelaknowles@hotmail.com or **Zelle** - 6466780360

www.pamelaknowles.com

646 678 0360

Exercise Classes - Claire Teague Senior Center

Sage Moves with Senta Rafaela - Mondays, 10:00

- 11:00 am

Tap with Caroline Calandro (Intermediate) -

Mondays, 2:00 - 3:00 pm

Move & Groove with Nadine Foster - Tues and

Thurs 9:30 am

Tai Chi with Christine \$3.00 - Fridays, 9:00 am

Tap with Caroline Calandro - Fridays, 1:00 - 2:00

pm (Beginners)

Tap with Caroline Calandro - Fridays, 2:00 - 3:00

pm (Intermediate)

Call 528-1881 to check fees and schedules or for
more information.

Exercise Classes - Sheffield Senior Center

*Breath & Movement-Mondays 1:00 - 2:00 pm

*Yoga with Senta - Tuesdays 2:30 pm

*Exercise with Sandy - Tues & Thurs 9:00 am

*Chair Yoga - Thursdays 1:00

pm

*Personal Training with Elaine - Fridays 9:00

Call 229-7037 for more information and to check
on fees.

Brown Bag Lunch

The Food Bank of Western Massachusetts
supplies a free bag of healthy groceries to eligible
seniors once a month. The food items are
specifically selected to meet seniors' special
dietary requirements to help them stay healthy
and active. Distribution is the second Wednesday
of each month. You can pick up an application at
the COA Office at the Town Hall or call 528-0182
x 16.

Fuel Assistance Program (HEAP)

Berkshire Community Action Council administers
the HEAP Program for Berkshire County. HEAP is
a Federal Program and runs from Nov. 1 thru April
30. This program provides income eligible
households with help paying their fuel bills.
Homeowners and Seniors may both be eligible to
receive assistance paying their winter fuel bills.
All primary heating types may be eligible - oil,
propane, kerosene, coal, cord wood, wood pellets,
natural gas and electric. Assistance is based on
household income. You can call Berkshire
Community Action Council for more information:
413-445-4503 Monday thru Friday between 9:00
a.m. and 3:00 p.m. Or go to Berkshire Community
Action Council and HEAP information will come up.

It's Back...COA Hour of Music

We're excited to let you know COA's Hour of
Music will return this spring! We last held this
annual event the year the pandemic began. So
save the date - April 16 from 4:00 - 5:00 at the
Egremont Village Inn.

Music will be provided by Manon Hutton-Dewys
and Ryan LaBoy. Seating is limited so make your
reservation early by calling 528-0182 x 16.

MANON HUTTON-DEWYS

American pianist **Manon Hutton-DeWys** has long
been earning praise and recognition for her

performances of classical and modern music. Dr. Hutton-DeWys has performed in some of classical music's best-known venues, including Weill and Zankel Halls at Carnegie Hall, and the Salle Cortot at the École Normale de Musique in Paris. She has also appeared at Symphony Space, Bargemusic, the Metropolitan Museum of Art, Steinway Hall, the Richard B. Fisher Center for the Performing Arts at Bard College, Northeastern and Tufts Universities, and The Jerome L. Greene Performance Space, home to radio station WNYC. Dr. Hutton-DeWys holds degrees from the City University of New York Graduate Center, Mannes College of Music, Bard College, and Bard College at Simon's Rock. A native of New York's Hudson River Valley, Hutton-DeWys is a Visiting Assistant Professor of Music and Professor of Applied Piano at Bard College at Simon's Rock and the Bard Academy.

RYAN LABOY

Praised for his collaborative spirit and eclectic music programming, **Ryan LaBoy** is an active singer, conductor, and educator, currently serving

as Artistic Director at Berkshire Children's Chorus and Choir Director at Bard College at Simon's Rock. and led the Voice Studio. Ryan holds degrees in Choral Conducting and Music Education from the University of Minnesota and Westminster Choir College. He moved to the Berkshires from the Twin Cities in May 2021, with his husband, Joel- who serves as pastor at Zion Lutheran Church of Pittsfield-their cat, Ruby, and dog, Dash.

COA Spring Happenings

- Wednesday, April 5 David Bosco - D Day - The Barn
 - Sunday, April 16 Hour of Music
 - Wednesday, May 3 Scamming with Egremont PD - The Barn
 - Saturday, May 20 Paint Out - details coming
 - Wednesday, June 7 Liz Keene, Indian Line Farm - French Park
 - Wednesday, July 5 Grab 'N Go - The Barn
- Coffee Hours continue on the 2nd and 4th Thursday of the month from 9:00 - 10:00 at Mom's Café.



PO Box 368
South Egremont, MA 01258

**Egremont Council on
Aging**
413-528-0182 ext 16
Mt. Washington COA
413-528-2839

BE SEEN – BE SAFE
Always walk facing traffic. AGE TRIAD has secured high visibility vests which are available at Town Hall and from Police Cruisers in Egremont & Great Barrington... Ask for one!