

**Town of New Ashford  
188 Mallery Road  
New Ashford, MA 01237**

Dear New Ashford Residents,

October 5<sup>th</sup>, 2019

Hello once again from the New Ashford Council on Aging

We are pleased to announce the start of New Ashford's *Seniors Program for YOGA and Stretching*. John Wall, a Berkshire County resident, will be the instructor. John has worked with Council On Aging groups in Becket, Hancock, and Hinsdale, and will structure his presentation to fit participants individual needs. The type of Yoga practiced by John is *Hatha Yoga*, offering a *gentle to moderate* level of YOGA and Stretching. It is ideal for beginners or advanced level students. Yoga and Stretching can restore strength and flexibility, relieve stress, and calm the mind, for students of all ages! The class environment will also provide an opportunity for a half-hour of "light socializing" with fellow students at the end of each session.

We will meet in the New Ashford Town Hall on Mallory Road in New Ashford. Our program will run for five weeks from 3:30 PM until 4:30 PM with our socializing immediately after. It will last for 6-weeks starting Tuesday, October 29<sup>th</sup>, ending Tuesday, December 3<sup>rd</sup>. We will not meet on Tuesday November 5<sup>th</sup>, as this is Election Day. Classes are designed to make use of an ordinary folding chair for support if desired. Of course, if you are currently using a Yoga mat, please bring it along because the class *is* designed for beginner through the advanced senior students, like ourselves.

There is no cost for this program and guests are invited to attend when accompanying a Resident Senior of New Ashford. In the future, it is our hope this program will be a success in challenging us to exercise our body, while offering an opportunity to socialize a bit with friends. This will enable us to add our town to the growing list of other towns whose Council on Aging offer a reciprocal invitation to Senior Non-residents.

There are a number of other items of interest being investigated by your New Ashford Council On Aging so be sure to keep an eye on the mail box, both electronic and USPS, for information that is designed to keep us informed.

Sincerely,

Your *New Ashford Council On Aging* Members:

Hedy Lipez-Burbank    Eileen Gabriel    Dianne George  
Linda Seney            Sherry & Frank Youngkin