

Reaching for Fitness

I write today in praise of initiative! Lathrop has a new fitness option - yoga at the Meeting House beginning Feb 1 at 10am. Thanks go out to Arlene Jennings who had taken classes at Northampton's Karuna Center and wanted her neighbors to have the opportunity to share the important benefits. She found a group of interested folks in her community, considered the details and off they went. I hope many of you will join them.

I have written here before about the many gifts that come from a regular yoga practice: improved strength and balance, joint health, and overall circulation all woven with focused breath and concentration. We add yoga to our new and current programs including "Healthy Bones and Balance" classes and the on-going groups participating in chair exercise, Hiking with Hans, gentle chair yoga in Easthampton and resident led tai chi at the INN.

In my many wellness home visits, residents identify a wide ranging commitment to a variety of fitness activities. Clearly the benefits come with regularity, so finding activities that fit your style and schedule is essential. It shouldn't be easy but it should be sustainable. Each time we "get on the mat" in yoga we make the next session more likely. It's called a practice. In our community, it is clearly important to find ways to encourage each other and help connect folks with fitness options that they can make work.

It is important to remind ourselves that Lathrop is independent Living. Wellness and Resident Service funds are used to support you doing what you are called to do- which for most includes staying independent and making the most of your life at Lathrop. So what works for you? What is needed to support your commitment? And what are the obstacles? Deb Peavey and I want to gather interested folks from both campuses to form a Fitness Committee to help identify interests and develop strategies to get more of us moving and keep us coming back for more. Stay tuned for more on that, or give us a call if you're interested in participating. Arlene and her partners, Carol Neubert and the many others whose recent and ongoing efforts at arranging supportive programs are showing us the way.

Karuna Comes to Lathrop

"Lathrop Northampton will have a yoga class on Mondays at 11:00 in the Meeting House starting February 1, 2016. The course will be led by Susan Yard Harris, a teacher from the Karuna Yoga school in Northampton. Susan teaches Wise Yoga - for 50 and up and Restorative Yoga at Karuna. She will design her teaching around the individual needs and health concerns of the students. If you wish to attend you should email Susan your specifics at susanyardharris@gmail.com. Each student will sign a release at the first class.

There is a sign up sheet in the mail room for a maximum of eight students per session. The class fee is \$10 to be paid at the class. Students will need to bring their own mats. Other equipment will be provided.

If you have questions, ask Arlene Jennings, Dave Morrissey, or Sharon Rulfe."