CHAIR YOGA

NOW ON TUESDAYS AS WELL!



Join Marty Zurn, Kripalu RYT 500

Tuesdays, 6 week series: $50

January 7,14,21, February 11, 18, 25

11:00—12:00

Thursdays, 4 week series: $35

January 2—January 23

2:30—3:30

Looking to stretch, strengthen and restore balance in your body? Chair yoga is an adaptive yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to enjoy the benefits of yoga, and may (or may not) have mobility limitations. Chair yoga is an accessible, inclusive way for yogis to experience the benefits of yoga, without stressing joints, worrying about balance, or supporting body weight.

Advanced registration is required.
For more information and to sign up, please call Marty at 508-326-4224 or martyzurn@comcast.net

Brewster Council on Aging • 1673 Main Street



Yoga Program NEW!

This special 4-week Yoga Program weaves together practices from Yoga for Finding Balance, Yoga for Healthy Joints & Yoga for Osteoporosis!

At any age, balance, agility, and coordination are vital for daily living.

Join us to safely and effectively: promote the circulation of fluids inside the joints; facilitating ease and range of motion, build muscle and bone strength; increasing bone mineral density, and improve balance and posture through the practice of yoga that will include exercises from an evidence-based fall prevention program. Poses will be done standing, seated and lying down on a yoga mat. A chair will be available to aid you in getting up if needed.

Tuesdays - 2:30 p.m. to 3:30 p.m.

January 7th – 28th

Program Investment: $40

-Class size is limited and Pre-registration is required-

For more information or to sign up, call Janet Bettey, E-RYT at (978) 500-2390 or visit *www.bitofblissyogaofcapecod.com*

LOCATION: Brewster Council on Aging - 1673 Main Street, Brewster, MA

Hip Hop Chair Dance Exercise



January 15

11:00—12:00

Brewster Council on Aging

Join Rondae Drafts, Ph.D. abd, and Executive Director of MusicDance for a 1 hour chair dance class.

Have yourself some fun while bettering your body, mind, and soul!

Travel through time on the "soul Train" using clean-cut hip hop and rhythm and blues songs. Creative props, drums and African maracas will be utilized during the class to make this journey of dance come to life. **Advanced registration is required. Please the COA at 508-896-2737, to reserve you seat**.

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Music in Dementia with Dr. Randi Lebar

Thursday
January 23 @ 2-3:30pm



Dr. Randi Lebar will talk about the wild ride she has taken with her mother, pianist Elaine Lebar (born in 1928), who went viral on TikTok in 2020 while living in a memory care unit. Focusing on the power of music in dementia, the talk features many videos of Elaine, and includes lessons Randi learned along the way about finding meaning and joy in their relationship, in spite of her mother's mental decline. This program is offered in partnership with the Brewster Council on Aging.

Brewster Ladies' Library 1822 Main St., Brewster MA. 02631

Long Term Care Insurance Presentation



Wednesday, January 29th

1:30—2:30

Brewster Council on Aging

Jolene Cicchese of TLC Private Home Care in Buzzards Bay and Chatham will be hosting a discussion on how to work with your LTC (Long Term Care) carrier to open a claim and what questions to expect when opening a claim. Elliott Hughes from New York Life company will be in attendance as well; to answer any questions you may have relating to Long Term Care Insurance.

Don't miss this important presentation!

To sign up, please call the COA at 508-896-2737.

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