

FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

Summer has arrived! How exhilarating to open windows, spend time outdoors, and reconnect with friends. Exercise and social interaction rejuvenate body and soul. I look forward to swimming, walking, gardening, and working out. What do you like to do?

“Exercising regularly - every day if possible - is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.” - Howard E. LeWine, MD, Chief Medical Editor of Harvard Health Publishing, Harvard Medical School



Betsy Pollock

You may know that the Brookline Senior Center offers a variety of no cost exercise opportunities, no matter what shape you're in - including Dance Fitness, Building Balance Skills, Exercises for Aching Joints, and videos for Tai Chi, Chinese Exercises, and Aging Backwards. We also have a Fitness Center for which there is a one-time assessment fee of \$35, and then a \$35 monthly fee. Membership includes personal training by Courtney Johnston, the Fitness Center Coordinator, who creates an individual workout plan for each member.

While the machines in the Fitness Center work, updated machines are sorely needed. For example, adjusting two of the machines is challenging for anyone of any age. Replacing our outdated machines would cost close to \$16,000. Given that we have exceptional expertise provided by Courtney Johnston and Sharon Devine, Fitness Instructor, I hope we can raise at least \$16,000 to purchase and maintain new equipment. Can you help us?

As we begin a new Fiscal Year at the Brookline Senior Center Foundation, I hope you will contribute whatever you can. Exercise is critical for our well-being. Your generosity also covers social programs, transportation services, caregiving support, emergency funds, and counseling.

Together we'll stay strong.

Warm regards,

Betsy Pollock, MSW

Foundation Board

