

FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

Updated exercise machines are needed at the Brookline Senior Center's Fitness Center. Replacing our outdated machines would cost close to \$16,000. Given that we have exceptional expertise provided by Courtney Johnston and Sharon Devine, Fitness Instructors, I'm hoping that we can raise at least \$16,000 to purchase and maintain new equipment. Can you help?

"We do not stop exercising because we grow old – we grow old because we stop exercising." – Dr. Kenneth Cooper

The Brookline Senior Center offers a variety of exercise opportunities, no matter what shape you're in - including Broadway Dance, Ballet, Qigong, Stretch, Tai Chi, Workouts, Chair Exercises, and more.

A Brookline Senior Center Fitness Membership costs \$35 plus \$35 each month. This includes personal training by Courtney Johnston, the Fitness Center Coordinator, who creates an individual workout plan for each Member. (You don't have to be a Fitness Member to register for movement classes.)

We're fortunate to feature exercise expertise. Together we can offer excellent fitness equipment.

Please contribute whatever you can to sustain this precious resource by clicking our online donate button at <https://www.brooklineseniorcenter.org>. Then please note that your contribution is for fitness equipment.

Warm regards,

Betsy Pollock, MSW
Foundation Board President

