

# EXERCISE MIND AND BODY AS YOU AGE

*Exercise can offset normal aging of the heart making it better pump, even for those who begin simple exercise (like walking) at age 60 or beyond. A simple daily walk is also one of the best ways to maintain memory and brain function.*



*Be sure to consult your doctor before starting any exercise program.*



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Many older people assume they are too old or frail to exercise. Nothing could be further from the truth.

Physical activity of any kind is good for you. It can bring weight loss, appetite control, less joint pain, improved mood and self-esteem, an energy kick, and longer life by decreasing the risk of heart disease, cancer, depression, diabetes, stroke, osteoporosis, and other chronic disabilities.

Even with all those positive factors, 75% of adults over age 50 remain inactive, even though research indicates that even moderate exercise for 30 minutes or more a day can reap hefty rewards.

Walking upstairs, dancing, carrying out the trash, bowling, golf, gardening, cleaning, hiking, shopping, vacuuming, making the bed are among the many activities that will increase your overall health.

It's never too late to start, even if you have never exercised. Here are a few tips to get you started:

- ◆ Start by seeing your doctor.
- ◆ Stretch for flexibility.
- ◆ Be aware of signs you may be overexerting yourself.

- ◆ Schedule time for recovery.
- ◆ Start slow and build on it.
- ◆ Include weight training at least twice a week to help counteract muscle loss due to aging.

You can even start your exercise program today by getting up and going for a walk right now!

## Office for the Aging Senior Exercise Program

The Senior Exercise Program is sponsored by the Dutchess County Office for the Aging, with partial funding provided by the New York State Office for the Aging and the U.S. Administration on Aging.

Participants start with one pound weights and gradually increase the weight when they feel they are able. Classes meet twice a week for one hour at the locations listed on the next page.

To register for a class, you must first fill out an application AND receive your doctor's consent. Contact the Office for the Aging for the appropriate forms.

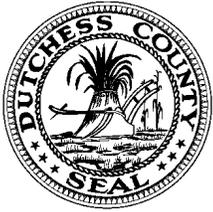
### Dutchess County Office for the Aging

114 Delafield St., Poughkeepsie NY 12601

(845) 486-2555 or toll free at (866) 486-2555

Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)

Web: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)



# Dutchess County Office for the Aging



## Senior Exercise Program Locations

### Amenia/South Amenia

Senior Friendship Center (South Amenia Presbyterian Church), T & Th, 10:00 AM

### City of Beacon

St. John's Church - T & Th, 10:00 AM  
Senior Friendship Center (1 Forrestal Heights) -  
W 11:00 AM

### Clinton

Town Hall - T & Th, 10:00 AM

### East Fishkill (Hopewell Junction)

Senior Friendship Center - Community Center  
(2 classes)  
M & Th, 10:30 AM & 12:30 PM

### Holmes/Whaley Lake (Pawling)

Holmes/Whaley Lake Civic Building  
M & F, 10:00 AM

### Hyde Park

Methodist Church, T & Th, 10:30 AM

### LaGrange

Town Hall - Stringham Rd., T & F, 9:00 AM

Milan - see Red Hook, Rhinebeck, Pine Plains

### Millbrook

Millbrook Free Library - T & Th, 9:00 AM

### Millerton

Northeast Community Center - T & Th, 9:00 AM

### Pawling (2 classes)

King's Apartments - M & F, 9:30 AM  
M & F 10:30 AM

### Pine Plains

Community Room (above library)  
T & Th, 10:00 AM

### Pleasant Valley

Town Hall (2 classes)  
T & Th, 9:30 AM; M & W, 9:15 AM

### Poughkeepsie (City)

Interfaith Towers - M & F, 9:00 AM  
Hudson Valley Comm. Ctr. - T & F, 10:00 AM  
Maplewood - T & Th, 10:30 AM  
St. John's Lutheran, Wilbur Blvd. T & Th 10 AM  
St. Simeon I Sr. Apts. - M & Th. 9:30 AM  
St. Simeon II Sr. Apts. - M & F, 10:00 AM  
Vassar Temple - T & Th, 10:00 AM

### Poughkeepsie (Town)

Senior Friendship Center, American Legion,  
T & Th, 11:00 AM  
Bowdoin Park - Sheafe Road (3 classes)  
M & W, 10:30 AM;  
T & Th, 10:30 AM & 12:30 PM  
*All classes at Pavilion 5 until April 2019*  
St. Martin De Porres (2 classes)  
M & F 8:30 AM  
T & Th 8:30 AM

### Red Hook

Senior Friendship Center at Red Hook  
Community Center - T & Th, 10:30 AM  
St. John's Reformed Church (Upper Red Hook)  
T & Th 9:00 AM

### Rhinebeck

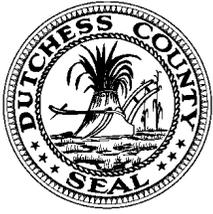
Wells Manor - T & Th 2:00 PM

### Wappinger/Wappingers Falls

New Hackensack Church - T & F, 10:30 AM

For more information or to form a new Senior Exercise Program group using Office for the Aging guidelines, call (845) 486-2555 or email [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

Many communities, senior centers and senior residences conduct exercise programs independently of the Office for the Aging. Contact your local town, village or city government for more information.



# Dutchess County Office for the Aging



## Brain Games Locations

(and other mental activities as noted)

### Beacon

Howland Library  
313 Main Street • 831-1134 x10  
Thursdays 10 am-11 am

### East Fishkill (Hopewell Junction)

East Fishkill Community Library  
348 Route 376 • 221-9143  
Mondays 2—3 PM

### Hyde Park

Hyde Park Elementary School  
4327 Albany Post Rd • 229-8086 x4  
Mondays 11:30 am to 12:30 pm

### Millerton/North East

Millerton-North East Library  
75 Main St. • 518-789-3340  
Mah-Jongg: Tuesdays (call for schedule)  
Bridge: Fridays 9:30 AM

### Pleasant Valley

Pleasant Valley Town Hall  
Route 44  
Tuesdays: 10:30 am—12 noon  
Mah-Jongg: Thursdays 10:30 am

### Town of Poughkeepsie

Adriance Library Boardman Road Branch  
141 Boardman Rd. • 485-3445 x3400  
Wednesdays: 1:30—3:00 pm

Town of Poughkeepsie Senior Center  
14 Abe's Way • 462-0265  
1st & 3rd Tuesday: 10:30 am

Castle Court at Concord Village  
486 Van Wagner Rd. • 485-7722  
Twice a month on Tuesdays: 10:45 am

### Town/Village of Rhinebeck

Rhinebeck Town Hall  
80 E. Market St. • 876-3409  
Cards & Games—Tuesdays: 1:00—3:00 pm

Starr Library  
68 W. Market St. • 876-4030  
Thursdays: 1:00 pm to 2:00 pm  
Mah-Jongg: Thursdays 2:30-4:30 pm

### Town of Stanford

Stanford Free Library  
14 Creamery Road • 868-1341  
Thursdays: 10:30am to 12:00pm  
Story writing, reading & games

### Town of Wappinger/Village of Wappingers Falls

Grinnell Library  
2642 Main Street • 297-3428  
Call to register & for schedule  
Thursdays: 2:00pm-3:30pm

*All phone numbers 845 area code unless indicated otherwise.*