

Exercise for seniors

Physical exercise and other 'healthy community' activities can help relieve some of the less welcome signs of aging. In this issue we list some forms of physical exercise available in and around Kangaroo Valley. Next month we'll look at other activities.

Pilates

Pilates is a gentle discipline that is well-suited to seniors, focusing on core stability, stretches, strength and flexibility. It can also correct a variety of muscular/skeletal problems.

A one-hour Pilates class has been running for several years in Berry and then in Kangaroo Valley, under different teachers and most recently with Melinda Mangold, on Thursdays at 2pm. This class will continue to run in November if enough people signal their interest. Ideally, there would be a beginners' class and an 'experienced' class, both on Thursday afternoon.

Please contact Melinda as soon as possible to register your interest on 0404 483 680 or highlandspt@hotmail.com.

Dorothy Curnow runs popular pilates classes in Nowra from Monday to Friday.

There are four people in each 75 minute class, and there's a social dimension as one does get to know the other three in the class quite well. Vacancies are sometimes hard to find, but with a new year coming up there could be a few.

The classes are held every day from 7am to 9pm, except for Friday when they finish about 2pm.

Contact Dorothy on 0418 604 105 (for text & voice messages) - best time to ring is over the weekend or dorothy.curnow@bigpond.com

Rhonda Tietzel runs a variety of classes in Central Nowra to suit all ages and levels of ability in a relaxed and friendly atmosphere:

Pilates - "will improve your core strength, posture, balance and flexibility. It can also correct the imbalance in muscles which can lead to sore knees, backs and hips".

Weight training - "this is one of the most important types of exercise we all need as we mature. As we age we lose muscle which is the reason our ability to do things declines. It also can improve bone density among many other things".

Booking is essential. Contact Rhonda on 0410 612 995 or rhocol@tsn.cc.

Iyengar Yoga

Iyengar yoga is wonderful exercise for mature people as it develops flexibility, strength and stability. The benefits are incremental over time and it is one of the very few disciplines at which you can improve in your later years. Rose Andrews is highly experienced with seniors and the props (such as bolsters and blocks) used in Iyengar yoga to assist you in the poses mean that you will get benefit from your very first session. The classes are held in a fully equipped yoga studio set in delightful bushland surrounds in Kangaroo Valley. Rose runs two-hour classes on Tuesday and Thursday at 6pm and Thursday at 9am. A shorter beginners' class will run on Tuesdays at 9.30am for six weeks starting in early November.

If you are interested in any of these classes, please contact Rose on 4465-1364 or bowralyoga@gmail.com

T5T yoga

Jillian Naidu runs courses for small groups or individuals at her studio in Kangaroo Valley.

This is a short course taught over two days (accommodation is available), and the beauty is that once it is learnt it is simple to continue without the hassle of attending classes.

There is also a free follow-up and a concession for pensioners and the unemployed.

Contact Jillian on 4465-2540 or jklnnaidu@gmail.com

NIA

There is a fun class called "NIA" - exercises to African music - on Friday afternoons, organised by Noelene Boycott. Contact Noelene on 0402 058 899 for further information.

Swimming

The Kangaroo Valley pool is open from November to March. Details appear on page # of this issue. For day-to-day information, contact the lifeguard on duty on 4465-1863.

The Bomaderry Aquatic Centre has an indoor, heated pool which is open year round and offers aqua-aerobic classes. For details see www.shoalhavenswimandfitness.com.au.

Bushwalking

The Kangaroo Valley Bushwalking Group meets in the village at 9am on (usually) the third Sunday of each month except January. The last two walks this year will be on 24 November and 8 December. In January each year Fran Pritchard and Lee Sharam decide on the program of walks for the year, and publish it in the February Voice. A week before each walk they do a 'recce', and Lee circulates details by email of the venue, degree of difficulty (usually easy or moderate) and other information. If you'd like to be added to Lee's circulation list, please contact her on 4465 1756 or leesharam@bigpond.com.

This information is provided as a community service by the Kangaroo Valley Seniors Accommodation and Support Committee.