

# Calendar

**Wednesday**

**Oct. 29**

**INTERFAITH SEWING AND SERVICE — WILLIMANTIC**

Interfaith Sewing and Service meets at First Congregational Church, 199 Valley St., Willimantic, from 10 a.m. to 2:30 p.m. Projects include drainage bag covers. Info: Barbara Leary, home (860) 228-9658; church (860) 423-6827.

**TODDLER TRAILS & TALES — POMFRET**

From 9:30 to 11 a.m., toddlers stories and activities take place at the Connecticut Audubon Society Center, 218 Day Road, Pomfret. Info: www.ctaudubon.org.

**BLOOD DRIVE — STORRS**

A blood drive takes place from 11:30 a.m. to 4:45 p.m., University of Connecticut Student Union, Glenbrook Road, Storrs. Info: redcross-blood.org.

**DOMESTIC VIOLENCE EXPO — WILLIMANTIC**

United Services will coordinate a domestic violence expo in the Windham Community Memorial Hospital atrium, 112 Mansfield Ave., Willimantic, from 9 a.m. to 2 p.m. Expo will provide education on local resources.

**EDUCATION DISCUSSION — EASTERN**

Marek Beck, a career educator from New York City, will discuss changes for future education from 3 to 4 p.m. in Science Room 104, Eastern Connecticut State University, 83 Windham St., Willimantic.

**AL-ANON — MANSFIELD**

Al-Anon meets every Wednesday at 7:30 p.m. at United Methodist Church, 29 Puddin Lane, Mansfield Center.

**Thursday**

**Oct. 30**

**AL-ANON — MANSFIELD**

There is an Al-Anon meeting at Natchaug Hospital, 189 Storrs Road, Mansfield Center, at 7:30 p.m.

**QVCC OPEN MIC — DANIELSON**

Quinebaug Valley Community College hosts a "Waiting for Yoko Spoken Word Series Reading and Open Mic" event at 6 p.m. in the QVCC Spirol Gallery, 742 Upper Maple St., Danielson.

**MEDICARE DISCUSSION — WINDHAM SENIOR CENTER**

Former state senator and former state Department of Aging commissioner Edith Prague will be at Windham Senior Center to discuss Medicare. Call (860) 423-4524 for an appointment. Center is located at 47 Crescent St., Willimantic.



G. Morty Ortega

## Making beautiful music

*Harumi Furuya plays violin with her two older sisters at a Furuya Sisters concert in the University of Connecticut's von Der Mehden Recital Hall on campus Sunday. Furuya began violin studies at age 2 and went on to earn a doctorate in government from Harvard University.*

# Senior exercise class to be revised, not closed

By DANIELLE FAIPLER  
Chronicle Staff Writer

COVENTRY — The steering committee discussed the senior chair exercise class Monday after a group of five seniors stood before the town council Oct. 20 to voice their disapproval, thinking the class was being cut.

However, the class is staying and Coventry Human Services Director Courtney Chan said Monday her department is evaluating trends in other towns about liability and the need for certified instructors.

Once taught by a single, volunteer instructor, the class has been run by members themselves since the summer, when the instructor — who is not certified — broke her ankle.

According to Chan, who has overseen the senior center since 2008, Jackie Mennig, the instructor, was in and out of teaching the class since July, prompting concerns over the popular class' future. "It won't disappear. We are taking time to pause and evaluate the class to identify needs. We're looking at different instructors and they (the seniors in the class) will pick who they like to lead the exercise class," said Chan last week.

During the steering committee meeting, Chan said, "the issue arose when the class's instructor had to step down for medical reasons. But there is a growing trend about liability and the need for certified instructors."

A trial period will begin Tuesday through Nov. 30, after which the

the class during the November trial period for a reduced cost.

"She was the one who was suggested to me by a few of the seniors," said Chan during the committee meeting.

According to Joey Barbera, a senior risk management consultant for CIRMA, Coventry's insurance provider, "certified instructors provide effective fitness programming specifically designed to preserve and promote older clients' cardiovascular health, musculoskeletal health, personal independence, energy levels, self-esteem, emotional well-being and motivation to stick with an exercise lifestyle; all while reducing the town's liability."

Human services conducted a study of surrounding towns to analyze which senior centers have a fitness class and which ones use a certified instructor.

Out of 27 towns, Coventry and Plymouth were the only two towns with fitness classes not taught by a certified instructor.

The survey also included information about using a DVD taught by a certified instructor to teach the class.

According to the survey, Enfield is the only town to use a DVD to teach a chair exercise class.

However, several other towns use a DVD to teach a walking class led by members.

Cromwell and Coventry were the only two towns to offer a free fitness class.

Cromwell's class is free because of a donation. Coventry's class is free because...