

LETTERS TO THE EDITOR

Boomer program should be national model

Editor, Townsman:

I can honestly say that the BoomerVenture Energize with Exercise classes on Thursday evenings have changed my life. Denise, who teaches this class, is the best instructor I have ever known. Growing up and attending Catholic school in the 1950s, I never had physical education or the opportunity to learn about aerobic exercise, muscle building or stretching. I knew I needed all three and a teacher to show me how to do them.

I have been searching for years for a place that felt comfortable and was oriented to the needs of someone over 50 who wanted to start an exercise program. I couldn't deal with the environment at a gym, nor could I afford to hire a personal trainer. The BoomerVenture class has supported and motivated me and the other students in the class to make real changes in our lives and to become healthier and stronger. I can't say enough how important I think it is to keep this program and to keep these classes going.

In addition, I have been very impressed with the overall program and with the coordinator, Karen Payne-Taylor. She works hard to make us all feel welcome and part of the community. Many Boomers have a lot of responsibilities and at the same time are going through life changes that may require finding new support systems and new ways

of connecting with their community. This program is a positive step in that direction. In fact, I have participated in the program as a temporary resident of Andover, and have had the idea of going back to my town in California and talking with our senior center about starting something similar.

I was impressed with the forward-thinking and groundbreaking idea of the BoomerVenture Program and I strongly encourage people to continue to provide and expand this much-needed service in Andover.

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