



Building Community in the Berkshires

living at home with peace of mind - links below for new inquiries

**VILLAGES OF THE
BERKSHIRES
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**VILLAGE
VOLUNTEER
APPLICATIONS -
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**VILLAGE
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A NEW CHAMBER GROUP IS FORMED

At the Launch Anniversary

Do you know what's happening in this picture to the right? A new music chamber group is forming right in front of your eyes. Yes - connections were made at the Launch Anniversary Celebration. New members and volunteers learned about each other and started a new group. We can't wait to hear them play!



Teach Your Arms and Legs to Flow

If you're willing to lose your way (and maybe laugh at yourself) as you learn a new skill, and if you're eager for that sense of satisfaction as you master the skill, and if you want to improve your balance (and prevent falls) along the way, I'm here to recommend a Zoom-based exercise course that's free and supportive.

Yes, there's that word *exercise*, but in this case the exercise is as beautiful as ballet and seldom causes participants to sweat.

I'm talking about TAI JI QUAN, related to TAI CHI but better because it provides even more help with balance. If you've seen TAI CHI practiced in person or on a screen, you know how remarkably calming it is to watch. Calming to do too—as well as challenging along the way as are all things worth learning.

Until now, I've had a problem with TAI CHI. The problem, in my humble opinion, rested on a shortage of informed and generous teachers. I'd tried TAI CHI lessons several times but never seemed to make progress until I signed up for the zoom course available through the connection that Villages of the Berkshires has with the Springfield [MA] College Department of Physical Therapy.

We're at the point in this essay where I say, "If I can do it, you can do it." Another one-hour, twice-a-week, twelve-week session of TAI JI QUAN will be offered to members of Villages of the Berkshires this winter. I encourage you to watch for the announcement and to sign up for the course. When you meet the understanding teachers—in senior positions at the PT department but totally approachable and empathetic—you'll realize you must not miss this free chance to teach your arms and legs to flow and all of you to relax.

– *Fran W.*

VoB Member and Volunteer

(See more information on the next page.)



...you'll realize you must not miss this free chance to teach your arms and legs to flow and all of you to relax....



Department of Physical Therapy
Community Mobility Clinic

"We're going to stay virtual with these programs for now. We'll be doing another start up of SAIL and Moving for Better Balance (Tai Ji Quan) around the 3rd week of January. Folks can actually join SAIL any time – they could reach out if they want to hop on for the last few weeks of this session." (Please email info@villagesoftheberkshires.org so we can get you in touch.)

DR. REGINA KAUFMAN
SPRINGFIELD COLLEGE



Stay Active & Independent for Life (SAIL) - 12-week session meets twice per week for an hour each time.

SAIL is a strength, balance, and fitness class for adults 65 and older. Classes are twice a week for 12 weeks. The program includes a period of continuous movement designed to get your heart rate up, followed by a series of balance, strengthening and flexibility exercises intended to improve your mobility and independence.



Tai Ji Quan: Moving for Better Balance® - 24-week program, offered in two, 12-week sessions. Meets twice per week for an hour each time.

Tai Ji Quan: Moving for Better Balance (MBB) is a balance improvement program based on Tai Ji Quan principles. The twice-weekly program uses a variety of movements from traditional Tai Ji Quan, with techniques designed to train balance and movement control for daily life activities. The program consists of 8 core movement forms and movement drills that progress throughout the series of classes.



Walk With Ease –6-week session meets once per week for an hour.

Walk With Ease helps you make walking an important part of your everyday life. Walk With Ease can help reduce the pain and discomfort due to arthritis, improve balance, strength and walking pace, build confidence in your ability to be physically active, and improve your overall health. This is a student-coached, self-directed walking program - we match each participant to a student coaching team that will check in regularly to provide support and information to supplement the Walk With Ease guidebook provided for free to participants.

Pass It On and Tell Your Friends!

Info SESSION



WHO WE ARE

We are residents of the Berkshires who are taking on the mission of enabling people to age in their own home by fostering independence, a sense of security, well-being, and a meaningful life.

The Village concept comes from a community of people who get together and/or volunteer their talents, skills and time to assist one another. Villages of the Berkshires is the "little bit" of help that keeps you living at home with peace of mind.

Do you live at home in the beautiful Berkshires of Massachusetts?

Would you like to remain where you are as you grow older?

Does volunteering to help a neighbor interest you?

During this information session we will talk about what Villages is all about. Our presentation will touch on formation, membership, volunteering and where we are now. We hope you can join us.

NOVEMBER 17 @ 10AM

[CLICK HERE TO REGISTER](#)

living at home with peace of mind

info@villagesoftheberkshires.org

www.villagesoftheberkshires.org

413-409-6400

P.O. Box 1821

Lenox, MA 01240



SAGE: SHEFFIELD, ALFORD, GREAT BARRINGTON, EGERMONT

Hub and Spoke

An engaged group of South County residents are taking proactive measures to grow membership.

Because the Villages Model is unique to each village that is formed, each Village can use the model that best suits them. Villages of the Berkshires serves all members in Berkshire County; however, pods or spokes that develop will help further serve those who work with us.

Because we are an opt-in volunteer-supported organization, having strong teams throughout the county will serve our members and volunteers better.

*SAGE is here to
welcome you, too.*



In an effort to "get the word out" some of our wonderful volunteers and members from SAGE participated in South County farmer's markets this past summer.

MONTHLY MEETINGS

Hybrid

In efforts to bring members together safely, we took advantage of the large patio at Ethelwynde, the home of Jamie and Ethan Berg, to gather.

Beautiful fall views and space allowed us to continue to make connections.

The October meeting went back to a virtual format. During the NEW IDEAS section of the meeting, several new initiatives were presented to the group. See the meeting agenda at the lower right of this page.

We will continue this fluctuating in-person and virtual monthly meeting format to accommodate all of our members across the county.

We look forward to seeing you at our next monthly meeting!



- 
1. One New Thing with You!
 2. Fall Service Calls
 3. New BCC Programs
 4. Idea Time
 - Virtual Youth Outreach
 - Healthy Meals
 - Living Well Program
 - Holiday Pot Luck
 - Village-Connect & our 1st Poll!



JOIN BCC STUDENTS THIS SEMESTER FOR SERVICE-LEARNING

This fall Villages of the Berkshires is teaming up with Berkshire Community College Service Learning Program in a new way! Students from Introduction to Sociology will work with VoB members and The Housatonic Heritage Oral History Center.

The Housatonic Heritage Oral History Center is located at Berkshire Community College's main campus in Pittsfield, MA. It was created to serve nonprofit, heritage-based organizations, businesses, municipalities, educational institutions (and more!) in the upper Housatonic River valley region.

This multi-generational, educational, skills-transferable program is a great opportunity to bridge community programs and people.

VILLAGE VOLUNTEERS



Virtual Volunteer Fair

Friday, November 12, 2021, 12-3pm via Zoom

Explore virtual booths to learn about the nonprofits and their volunteer opportunities, meet staff, and get volunteer tips

REGISTER: npcberkshires.org/events/virtual-volunteer-fair

Lending a helping hand.

NOV. 11 & 16

Volunteer Training.
[Click here](#) for the
Events Calendar to
sign up.

DRIVERS

Please make sure your
RMV screenings and
insurance information
is up-to-date with
VoB.

PET CARE

Send us an updated
email of pet care that
you are interested in
helping out with.
Thanks!

VIRTUAL VOLUNTEER TRAINING

sign up on our events page

In November we have two options for Volunteers to meet via Zoom. Both trainings are geared to hands on learning for those volunteers getting used to our website and sign-up procedures. You can come to one, or both.

Not yet a volunteer? Get in touch -
info@villagesoftheberkshires.org



Introducing

Villages of the Berkshires

CHAT

A great way to invite or participate in events and activities with your fellow Villages friends.

- 
- ☒ Daily Digest
 - ☒ Constant Stream
 - ☒ New Ideas
 - ☒ Meet-ups
 - ☒ Connections
 - Announcements

CHAT@villagesoftheberkshires.org

*Only for current members and volunteers

Villages
of the
Berkshires

Live at home with peace of mind



VILLAGE UPDATE

Fall Newsletter



#GIVING
TUESDAY

Mark your Calendars

November 30, 2021

Help us "unleash generosity" during this
National Event.

[Click Here to Donate Now](#)

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Check out our [OLLI reciprocal](#)
benefits on our website.

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