

Minutes of the Shutesbury Recreation Committee Meeting  
January 16, 2019

Present: Rita Farrell, BZ Reilly, Christine Robinson, Christine Marglin  
Absent: Elizabeth Fernandez O'Brien

Special Guest Star: Mary Anne Antonellis

BZ called the meeting to order at 10:10

Mary Anne (MA) has come to answer our questions about the transition from the library sponsorship of yoga and strength training classes to sponsorship by the Recreation Committee (RC).

MA asks us to communicate better with the community about the classes, including announcing when classes are full so that people won't keep asking her. All notices should be on town website and Nextdoor Shutesbury and Town Announce, the official town announcement function. We need to get the word out that we, not MA, are now responsible for these classes.

We currently have 17 participants in therapeutic yoga, 16 in strength training and 8 people in gentle yoga.

Kathy Sward held the first of three classes last Saturday of sponsored by the Council on Aging. These are seminars on aging well that include some exercising. Increasing numbers of people seem to be interested in attending classes of these kinds overall.

MA will resume sponsoring Gentle Yoga mid-March and offer a limited series of Extra Gentle Yoga if the COA will cosponsor, as well as a beginners' series of Strength Training and therapeutic yoga classes if COA will cosponsor.

MA will not offer any classes for fee.

People have asked for evening and weekend classes. Some people can't attend classes during weekdays.

BZ: Has the town ever been surveyed on what they would like to see offered?

MA: I've done many surveys, people want everything all the time, though they don't necessarily show up when the things they've asked for are offered.

The RC should also be offering activities for families and children in town.

People are less likely to come out to things in winter.

Rita feels it is confusing if Gentle Yoga (offered by the library) is free and other classes are not.

The COA doesn't want to cosponsor with the RC because they already give money to the library's programs. MA is applying for grants available to libraries to offer fitness classes for 9-month stretches. She will hear about the grants in May and July. She currently has funding from the Arts and Culture Council and the COA to offer fitness classes. She got \$500 in the fall from COA which paid for some of yoga and strength training. New Salem Academy has given her a grant for a mindfulness stress reduction class.

March 20 through the end of November the library will offer Gentle Yoga. Chair Yoga will probably be offered for 6-8 weeks beginning early April depending upon funding from the COA. Yoga in the summer has previously been taught by a volunteer summer resident and might possibly be again. Beginners' Strength Training might begin in April or May.

The library also offers Line Dance, which is very popular. We may offer a dance class in future.

MA: Libraries usually don't offer fee-based classes. All library classes will be free. Some may happen in the evenings.

BZ: maybe we should offer all strength classes and the library offers all yoga classes.

MA hasn't yet spoken with Kathy Sward about teaching these spring classes.

MA is collaborating with other libraries for a 10-town reading of a book for adults, Stranger in the Woods: The Extraordinary True Story of the Last Hermit. John Elder Robison will speak Tuesday March 12 about the book. The library also offers museum passes. Museum passes have been funded in part by COA. They cost \$250 per year each.

MA left the meeting at about 11 am.

A motion was made by Rita to approve the December 12 minutes; minutes were approved.

It is still unclear whether therapeutic yoga will be sponsored by the library. We need to clarify with MA.

We need to clarify Kathy's availability and willingness to teach therapeutic yoga classes. Rita will contact her.

BZ will work on communications with the town as suggested by MA.

If we are going to continue offering classes, we need to create a master list of classes with all pertinent information.

We will talk more at our next meeting about fitness classes and about our work mapping trails. We would like to see if Gary Donnelly would be able to take over managing our trail endeavors. We will decide about taking over Strength Training and therapeutic yoga.

Rita raised the following policy issue: Someone wanted to sign up for some, not all of a class, after being told that it was necessary to pay fully for all classes. We agree to continue to follow this policy for all participants.

Meeting adjourned at 11: 20 am.

Next meeting: February 13, 2019