

VALLEY TERRACE WALKING CLUB HELPS SENIORS STAY FIT

WILDER — An indoor walking club at Valley Terrace Assisted Living helps seniors stay active during the winter.

The club challenges residents to “walk” to destinations around the world, with one minute of walking representing one mile. This winter, residents in their 70s and 80s are walking to Dublin, Ireland, 2,969 miles away. Previous destinations have included China, France and Australia.

When they reach their goal, the group will celebrate with a party featuring Irish music, food and other traditions.

Residents look forward to the annual event as a way to get moving and socialize with friends, Valley Terrace Assisted Living said in a recent news release.

“I was always active growing up,” said resident Clare Ingalls. “Having three boys keeps you active. My husband and I did a lot of traveling, and it’s nice to revisit some of the places we went on vacation. I especially enjoyed walking to Hawaii, which is where my husband and I renewed our vows on our 63rd wedding anniversary.”

Reaching a destination usually takes the group two or three months, and members meet weekly to track their progress and keep each other motivated, Valley Terrace said. Staff members often award the residents door prizes and healthy snacks for their weekly accomplishments, and offer words of encouragement “to keep everyone focused on the end goal.”

“In the wintertime, especially in Vermont, the weather affects our residents’ ability to get outside and engage in

a lot of activities,” said Catherine Amarante, executive director of Valley Terrace. “It’s a time of year most people want to hibernate. This event is always the highlight of the winter and gives our residents a goal to work toward with a fun reward.”

The 14-member team averages a total of 1,950 “miles” per week.



Joan, left, and Maggie, residents at Valley Terrace Assisted Living, take part in the walking club.

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