

GOOD THINGS

happening in and about the Hudson Valley



From left, Gregg Swanzey, Kate Johnson and Glenn Hoagland of Mohonk Preserve, and Jeff Wood and Ellen Clewis of Ulster Savings Charitable Foundation.

At Mohonk, old is the new young

The Ulster Savings Charitable Foundation has provided a \$7,500 grant to Mohonk Preserve in Ulster County in support of its new seniors' project.

The project is based on the same principle as the preserve's award-winning NatureAccess program. Which preaches that everyone, regardless of physical ability, should have opportunities to enjoy and learn about nature. It was also designed to respond to the interests of the growing population of seniors across the Hudson Valley, many of whom seek to stay fit and spend time outdoors.

"The saying that age 70 is the new 60 and age 60 is the new 50 certainly holds true for many of our members and visitors, who come to the preserve to walk, bike, climb and run," said Kathy Ambrosini, director of education.

The seniors project has several components. Programs such as the Bob Babb Wednesday Walks and Singles and So-ciables Hikes will provide greater access for seniors who seek more frequent visits outdoors and improved physical fitness. The preserve will also develop new nature programs specially designed for grandparents and their grandchildren.

The Visitor Center will be assessed to identify potential barriers and upgrades. The project begins this fall and will continue in 2010 and beyond.