

From the community Mulberry Gardens GoodLife Fitness Center receives generous grant



Michele Boisvert, exercise specialist, monitors a resident as she works out at the GoodLife Fitness Center at Mulberry Gardens of Southington, 58 Mulberry St. (Posted by michelr, Community Contributor)

By **Community Contributor michelr**

FEBRUARY 6, 2018, 9:54 AM

A generous grant will fund improvements and new exercise equipment at Mulberry Gardens of Southington's GoodLife Fitness Center. The \$67,079 award was received in December from the Bradley Henry Barnes & Leila Upson Barnes Memorial Trust at the Main Street Community Foundation, a philanthropic organization.

Mulberry Gardens of Southington, located at 58 Mulberry St. in the Plantsville section of Southington, is a not for profit assisted living, adult day and memory care community, a member of Hartford HealthCare Senior Services.

"Mulberry Gardens is beyond delighted and honored to be working with the Main Street Community Foundation. GoodLife Fitness is extremely motivating for our residents' stability and good health. This grant will allow us to move towards the future of fitness for our residents," said Katie Mauriello, Mulberry Gardens executive director.

The redesigned gym will better serve seniors who are exercising, which has been shown to build energy,

strength and endurance as well as support a high quality of life. The project - which will include new senior-friendly equipment, redesigned flooring and lighting - has begun and is targeted to be completed in May. GoodLife Fitness, a program of Hartford HealthCare, is open to the public in addition to residents and members of the on-site adult day center. Michele Boisvert, exercise specialist, works one-on-one with members to develop and strive toward their personal goals related to mobility, agility and stability. Positive outcomes include reducing falls, improved ambulation, better heart rates and blood pressure, and maintenance or even improvement of functional mobility. Seniors also realize socialization and a sense of accomplishment. "Thanks to this grant, with these improvements, GoodLife Fitness will be able to see more seniors and better serve their specialized fitness needs to keep them strong, independent and cognitively engaged as they age," Boisvert said.

GoodLife Fitness, a program of Hartford HealthCare, is also offered in Bloomfield, New Britain, Newington, Southington and Willimantic. For more information about Mulberry Gardens of Southington, visit <http://mulberrygardens.org> or call 860.276.1020. For more information about GoodLife Fitness, visit <https://hhcseniorservices.org/health-wellness/goodlife-fitness>.

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