

Staying active in winter can be difficult for seniors.

While you obviously shouldn't force yourself to go out in brutal cold temperatures, or on days when slush and freezing rain make roads and sidewalks treacherous, it is important to maintain your mobility. Along with helping to maintain muscle tone, regular exercise has been shown to help [delay the onset of osteoporosis](#), and [prevent cognitive decline in seniors](#), along with [various other benefits](#).



[Click here for a pamphlet from the CDC about exercise programs for seniors](#)

The most important thing for many seniors to remember is that exercise doesn't always have to mean going hiking or heading for the gym. Any activity that gets you out of the house and engaging in physical activity or interacting with others is beneficial. The most important thing is to avoid the temptation to stay home, isolate and hibernate all winter long. Volunteering with programs such as SCORE or Peace Incorporated is also an excellent way to remain active through the winter.

## Community Links

Baldwinsville Public Library Program Calendar

(315) 635-5631

<http://www.libraryinsight.net/calendar.asp?jx=y4>

Baldwinsville Volunteer Center

(315) 638-0251

<http://bvillevolunteers.org/>

Canton Woods Senior Center

(315) 638-4536

<http://www.baldwinsville.org/departments/cantonwoods>

Onondaga County Parks Events Page

<http://events.onondagacountyparks.com/>

Peace Incorporated

(315) 638-1051

<http://www.b-ville.com/business/1750/P.E.A.C.E.,+Inc.>

Service Corp of Retired Executives – Syracuse Chapter

(315) 471-9393

<https://syracuse.score.org/>

Syracuse New Times Events Calendar

<http://www.syracusenewtimes.com/calendar/events/>



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e: [info@bville.lib.ny.us](mailto:info@bville.lib.ny.us)**



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## Hours

Monday - Thursday: 9am to 9pm

Friday: 9am to 5pm

Saturday: 10am to 4pm

Sunday: 1pm to 5pm

Closed Sundays in July and August

## Staying Active in Winter

## A Guide For Seniors

