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**Nutrition Program for Senior Residents a Big Hit!**

The community room at Yosman Towers retirement home located on Broadway in Kingston was the setting on Thursday, April 23, for the last of six Nutrition Education sessions held for twelve female residents ranging from ages 80 to 91.

This six session program hosted by Cornell Cooperative Extension Ulster County's Eat Smart New York Program offered several aspects of nutrition education. Each session, led by Nutrition Program Educator, Pablo Shine included preparing nutritious recipes, lessons on label reading for better food choices, budgeting shopping lists and useful tips for navigating through grocery stores to locate the most nutritious variety of foods at economical prices. The participants were active in preparing these foods while learning about important facts and the benefits of good nutrition. Recipes selected for the sessions were written by members of Cornell Cooperative Extensions nutrition staff and focused on low sodium, high fiber, low sugar and optimal vitamin and mineral contents.

The women participated in many other hands-on activities, which included painting pictures of fruits and vegetables to correlate the benefits of eating a colorful diet and how these foods can reduce risks of certain diseases. As an added bonus the women were introduced to hand drumming at two of the sessions. This activity promoted physical activity for the enthusiastic women and created many big smiles around the room.

The final session on Thursday ended with a presentation by Cooperative Extensions Nutrition Education Coordinator, Eileen Polk and Pablo Shine as they presented certificates of achievement to the graduating class. The program was coordinated by Lee Potter Paashauss, a social worker intern for Jewish Family Services of Ulster County.

*Building Strong and Vibrant New York Communities*