

# Elderfit NEWS

*Pooling Together for Good Health*



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### ***ELDERFIT Celebrates Christmas***

**On Dec.6, Elderfit members gathered at the Lunenburg Firehall to celebrate Christmas together in their 20th Anniversary Year! The turkey dinner and all the fixins' were delicious! The tables were decorated with handmade crafts by Marilyn Branson and Rosalie Studley, and everyone got to take home one of each - they are adorable! Door Prizes made by Wendy and Mike McKinnon were won by Carole Wile and Joyce Robertson. The 50/50 prize of \$106.50 was won by Betty Flack, who donated it to the Food Bank, in addition to the \$300 collected by the generous attendees (pictured above is our own Brenda Fancey presenting the money to Kathy Kirkpatrick of the Food Bank). The slideshow presented the highlights of twenty years of the history of our successful program. Thanks to the 20th Anniversary Committee (Marilyn, Wendy, Sue N and Nancy) for planning activities that highlighted how far Elderfit has come since 1998!**

Looking back through the Newsletters from the early days of Elderfit, I came across this interesting recipe that Martha had contributed. Most of us know Martha didn't much like to cook or bake, so I was intrigued to see her recipe! After reading it, I thought you all might enjoy this flashback - I know most of us still miss her laughter, leadership and friendship so much! Typing this with modern day spellcheck was not easy - took forever, but this is just the way she wrote it!!! Hope you enjoy Martha's sense of humour again, as I did.

## **MARITIME PICKLE CAKE**

### **(contributed by Martha)**

<b>1 cup sliced pickles</b>	<b>1 tsp. nutmeg</b>
<b>1 cup butter</b>	<b>1 tsp. baking powder</b>
<b>2 cups flour</b>	<b>1 cup white sugar</b>
<b>3 large eggs</b>	<b>1/2 cup brown sugar</b>
<b>1 or 2 qts Rum</b>	<b>1/4 cup chopped walnuts</b>
<b>2 tsp. cinnamon</b>	<b>pinch of salt and pepper</b>

**Before you start, sample the *Rum* to check for quality. Good isn't it? Now go ahead. Select a large mixing bowl, measuring cup, etc.**

**Check the *Rum* again. It must be just right. To be sure *Rum* is of the highest quality, pour one level cup of *Rum* into a glass and drink as fast as you can. With an electric mixer, beat one cup of butter in a large fluffy bowl. Add 1 season of nutmeg and 1 brown sugar, or whatever colour you can find, and beat again.**

**Again, make sure the *Rum* is of the finest quality. Try 'nother cup. Open second quart if necessary. Add 3 more eggs, 1 ounce of *Rum*, 1 cup sliced pickles and a lump of fluffy butter. Beat until high. If pickles get stuck in beaters, just pry loose with a screwdriver. Sample the *Rum* again, checkin' for consistency. Next, sift 2 cups of salt or pepper or anything into the sugar and flour. Sample the *Rum* again. Mix some cinnamon with the white sugar and nut. Sprinkle brown powder and one tablespoon of brown sugar wherever it looks best. Mix well.**

**Grease oven and turn cake pan to 350 degrees. Now pour the whole mess into the oven and bake. Finish *Rum* well you want. Turn off oven and let to get well she cools.**

# ELDERFIT NEWS

## Drips & Drops

### News Heard Around the Pool



#### **Elderfit Pool Pass**

- 1 Pool Pass with 10 squares \$60
- 2 Pool Passes purchased together \$115
- 3 Pool Passes purchased together \$165

Pool passes can be used for any class at any pool, and do not expire. Passes are required to be marked by the instructor at each class. Passes will be available at each pool for purchase at any time, but **MUST** be presented for each class. Members who do not have their pass available will be required to pay the single class fee of \$7.

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 • **Please be advised that the classes at the Best Western Pool in Bridgewater have decided to change their class times to 9:30-10:30 beginning on January 8/19!**  
 • **This Tuesday/Thursday class welcomes all new members, and any regular members who wish to join them in their lovely pool! Just bring your membership card with you to join any Elderfit class!**  
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*Congratulations to our newest Elderfit Instructor, Sue Rushton! Sue will lead classes at the LCLC. She is also President of our Board of Directors.*

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 • **Reminder that even if road conditions are not great, Elderfit does pay pool rentals unless the facility is closed. If your instructor can't safely make it to lead the class, please do your own exercises for the hour we have contracted. We do try to email members if we learn a facility is closed, but sometimes that is possible! Safety is always our primary concern for all of our members!**  
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## **Annual Seniors' Health Fair**

**LCLC; November 1st.**

**Brenda and Nancy take their shift covering the Elderfit display during the day long event. For the first hour, Liz was leading a good class in the pool, so we could just point at all the smiling faces to encourage people to join us!**

**Wendy and Mike provided the inviting display.**

**Good responses from visitors to the booth - hopefully we will attract some new members to our pools!**



## Simple New Year's Resolutions for Seniors

With 2019 just beginning, we thought we'd give our senior readers and their families a few ideas for fun, simple and somewhat unique resolutions for the upcoming year. While health and fitness resolutions often top the list for individuals of all ages, those are things we focus on all year. So in addition to being mindful of your diet and trying to exercise on a daily basis, here are some easy-to-accomplish New Year's resolutions that offer a handful of benefits to senior citizens.

- Engage your brain with a new activity. Mental stimulation is an important component of staying happy and healthy with age. Keep your mind engaged by participating in cognitive health activities. In addition to crossword puzzles and memory games, try something new such as enlisting in a college language class, join a book club or look for fun trivia games on the computer or even on a tablet device such as an iPad.
- Declutter your home. According to the Centers for Disease Control, a little more than a third of adults over the age of 65 suffer a fall each year. While staying fit and active are great ways to improve your balance to prevent falls, throwing away or donating some of your unused possessions can make the home a safer environment. The less you have in the way, the less likely you are going to experience a trip or fall!
- Call a friend at least once a week. With age, we sometimes let relationships with close friends and loved ones fall by the wayside. Make it a New Year's resolution to call one of your old friends at least once a week. Not only does regular social interaction with peers help combat loneliness and depression, your friend will likely enjoy hearing from you to chat about what's new in your life.
- Volunteer for a good cause. Following retirement, some seniors feel as if they're not needed any longer and yearn for responsibility. Check with your local organizations, community program or church to see if they need volunteers. Your loyalty, work ethic and spirited nature are all characteristics that can benefit your community and you can feel good knowing you're doing what you can to give back.

***Elderfit actually incorporates all of these good practices in our regular classes - we all benefit from exercising, sharing and socializing together every week. If you've taken a break through the holidays, make the effort to get back to attending classes at your pool...or try a class at one of the other Elderfit locations - all of the groups are welcoming and supportive and will help you meet your personal goals for 2019!***

# A LOOK BACK AT SOME MEMORIES OF 2018







**All Elderfit members are encouraged to offer suggestions and/or ask questions from the 11 members on the Elderfit Board of Directors. The Directors do their best to represent the interests of all of us, and appreciate all input! They work hard to ensure that Elderfit is a program we can all enjoy and be proud of! For a list of their names, see the bottom of Page 8. You can address questions or comments to the Elderfit email address ([elderfitlunenburg@gmail.com](mailto:elderfitlunenburg@gmail.com)), and it will be passed on to the Directors at their regular bimonthly meetings.**

## *OurInstructors~*

*The Coordinator of Instructors, Wendy McKinnon, works along with these Elderfit Certified and dedicated volunteer instructors who, together, lead the classes that Elderfit offers. The instructors attend semiannual workshops to remain current in techniques and to improve the quality of their instructions. Anyone wishing to become an Elderfit Certified Instructor is invited to contact Wendy ([barnmck1@gmail.com](mailto:barnmck1@gmail.com)) for additional information on how to become an Elderfit Aquacize leader.*

### Instructors

Nancy Allin	Lynne McDormand
Sylvia Brown	Susan McDormand
Ellie Burt	Wendy McKinnon
Shirley Creaser	Barbara Proux
Brenda Fancey	Ella Rafuse
Michele Haddal	Sue Rushton
Liz Hubley	Susan Swallow

#### Best Western Hotel, Bridgewater

Hwy.10, at Exit 12 off Hwy 103  
Tuesdays and Thursdays  
Classes begin at 9:30 am



#### Oak Island Resort and Conference Centre

36 Treasure Drive, Western Shore  
Mondays, Wednesdays and Fridays  
Classes begin at 10:30am



#### Lunenburg County Lifestyle Centre, Bridgewater

135 North Park Street  
All weekdays  
Classes begin at 10:00am



#### Elderfit

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## Elderfit Winter Pool Schedule

**Best Western Hotel, Bridgewater: Tuesdays and Thursdays 9:30am**

**Oak Island Resort, Western Shore: Mondays, Wednesdays, Fridays 10:30am**

**Lunenburg County Lifestyle Center, Bridgewater: Mondays to Fridays 10:00am**

**Our next Elderfit gathering will be at the Annual General Meeting (AGM) held this year on Friday, March 15th at 1:30 in the Multi-Purpose Room (beside the Library) at the LCLC. Watch for more info! At the AGM, members hear reports from the previous year and make plans together for the upcoming one! The Board of Directors will be nominated/confirmed. We all benefit from the input of our membership! Snacks and coffee will be provided.**

Members, please be aware that when we take Elderfit photos at events/pools they could be posted on our Website or on Facebook. If you do not want your image online, please inform the photographer! We have added this consent to our waiver forms. Photos for our Newsletter and Display Boards are used for local Elderfit purposes, but it is always your choice to be included or not, so please let the photographer know your choice!

### Volunteer Board of Directors

**President**  
*Sue Rushton*  
**Vice President**  
*Susan Swallow*  
**Secretary/Treasurer**  
*Nancy MacDonald*

*Sue Nichols*  
*Marilyn Branson*  
*Brenda Fancey*  
*Wendy McKinnon*

*Eileen Ross*  
*Shirley Creaser*  
*Rosalie Studley*  
*Susan McDormand*

### For More Information:

Contact: Sue Rushton  
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