



Elderfit NEWS

Pooling Together for Good Health

Elderfit Annual General Meeting

The 2019 Board of Directors was reconfirmed for 2020 with no new nominations. The President did express a need to recruit someone in the near future who is willing to help with the book keeping and other financial matters - if interested in volunteering, contact any Board Member (names on page 8).

Lots of tasty snacks were shared by the attendees (doesn't every Elderfit gathering involve good food?). Reports for 2019 were shared by the various directors and committees; some great questions and comments were also voiced (summaries of some of the reports are elsewhere in this Newsletter).

The only changes for 2020 involve acceptance of etransfers for the purchase of pool cards, etc. See Secretary/Treasurer report on pg.4 for details.

The Board discussed the Covid-19 outbreak and any possible ramifications for Elderfit. If pools are kept open, classes will proceed - members should consider risks for their own health and that of others in deciding whether to attend. As the Department of Health has stated that travel outside of Canada should result in self-isolation for 14 days on return, Elderfit would trust that our members would follow this directive.

Eight of our volunteer instructors are attending a YMCA-led program to receive Aquacise training and certification, which also includes a course in CPR. They will then share any new ideas with the other instructors at a workshop in May. Elderfit is still looking for members who are willing to train as a "spare" instructor at BW and OI. If interested, contact any instructor!

Many thanks to the wonderful volunteers who step up to sit on the Board of Directors and lead our classes; we all benefit from your dedication!

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CHAIR REPORT FOR 2019

2019 was a year of ups and downs as we said a final goodbye to one of our longtime Elderfit instructors, Susan McDormand and wished a happy retirement to two others, Shirley Creaser and Ellie Burt.

Our wonderful Board continued on with their great work. You'll be hearing about this in their reports coming up but here's a quick recap.

We were able to obtain an operating grant from MODL. We've had good attendance at all our pools and because of Susan asking for donations in her memory, we are in very good shape financially.

We had three lovely events organized by our Social Committee over the course of the year which many of you attended. We continue to be a presence in many health professional's offices, local papers and online because of our Outreach committee. We've also attended several health and wellness fairs. Our instructors continue to improve their capabilities. We would be nowhere without them.

Thanks to all of you who filled out the survey at the Christmas luncheon. We received a LOT of positive feedback and, for those things we have control over, we will try to improve upon them. Sorry to say, change room size and temperature and water temperature are out of our control though I wish they weren't! And we sincerely hope that Oak Island is back in operation soon. We continue to try to get voice amplification for the LCLC but it's proving to be a challenge, to say the least!

2020 presents to us a unique opportunity for our instructors to partner with the Y. We have been given the opportunity to obtain certification in the Y Aquacize program. The first segment was in February with the other three portions in March. This will give our instructors even more tools to make them the best they can be.

My sincere thanks to the Board and the Instructors for their continued dedication to this wonderful organization and to our members for making us such a unique and wonderful group!

Sue Rushton

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.

- * Elderfit will have a display table at the Healthy Living Fair at HB Studios on March 28/20 from 10:00-2:00; there will be many displays around health and wellness.
- * Elderfit will also have a display at the annual Michelin Seniors' Expo on June 10th 12:00-3:00.
- Please stop by and enter your name in a draw for a free pool card! We appreciate all opportunities for sharing info about the great program we enjoy so much!

On January 24th, Heather Wood led a big class at the LCLC as a test to become an Elderfit Certified Instructor! She did an awesome job! So congratulations, Heather, on joining our wonderful group of dedicated volunteer instructors. Susan Swallow presented Heather with her badge after class and a certificate at the AGM.

Yippee! Oak Island Pool is scheduled to reopen in early April, after being closed 4 months for hotel renovations! Members at BW and LCLC have enjoyed seeing some OI friends at our classes, but we're happy your own pool will finally be available! Stay tuned in case something changes!!

ELDERFIT NEWS

Secretary/Treasurer's Report Summary for 2019:

Members at each pool: BW: 25, LCLC: 102, OI: 50. Total: 177

In 2019, 40 new members; over half joined because of a friend!

Donations to Elderfit : \$1647.25

New Horizons Grant for new computer and software: \$1641.00

MODL operating grant: \$2500.00

HST/GST rebate (50%) \$1576.01

Elderfit is in sound financial shape currently with good attendance at classes and revenue exceeding expenses! Any Elderfit member can ask for access to the financial books with advance notice. As a Registered Society, Elderfit Lunenburg meets all regulations required by Canada Revenue and NS Joint Stocks.

*** Elderfit can now accept e-transfers of money for pool cards, donations and gifts. Email your money to elderfitlunenburg@gmail.com at least one day ahead of the class you need the card for (instructors at each pool will be emailed the details) and Nancy will email an acknowledgement of payment to the senders. We are using auto deposit, so no security question will be asked. If there is an issue with this, just tell the instructor how you paid and email Nancy with any concerns - this is a new process so please bear with us as we work through the process!**

Social Committee Report for 2019:

In 2019, three social events were organized. The spring luncheon in June was held at Osprey Ridge Golf Club, 51 in attendance. A summer picnic at Graves Island Park was attended by approximately 35 members, with no expenses or income involved. The 67 people who attended the Christmas Party at the Lunenburg Fire Hall really enjoyed the musical presentation by the South Shore Ukulele Players.

The spring and Christmas luncheons each resulted in a small balance, and the 50/50 draws and charitable donation to the VON were well supported. We were able to keep the meal cost at \$20 per person, which was no small feat given rising food costs.

Respectfully submitted, Lynne Barkhouse, Rosalie Studley and Eileen Ross

The Long Lasting Joys of Aquafit Culture

(summarized from Judith Timson, Toronto Star)

When the going gets tough, the tough go to aquafit. That was my thought bubble on a recent Saturday morning after a ridiculously stressful week.

I was in the deep end, metaphorically but also literally - in my fitness club pool, when under the shrewd yet non-judgmental eye of our instructor, energetically doing my best version of cross-country skiing interspersed with jumping jacks and a couple of leapfrogs. "Are you feeling it yet?" She yelled.

What I was feeling was deliriously happy and grateful to be in my aquafit class - surrounded by 20 women of all ages and stages, and even a few men. Many of the women are just like me; let's call us "seasoned".

It's almost too easy to poke fun at the territorial intensity of some women of a certain age - a few of them, dripping wet, used to treat me as if I were Putin annexing Crimea as they tersely pointed out that I was in their space. Oh yeah, does it have your name on it? I have been immature enough to think, if not say, as I paddled off. According to one of my fellow aquafitters, low-level conflict can actually power your workout. And, truth be told, I'm a bit of a water-wanderer.

More notable are the kindness, community spirit and bravery of my classmates of various shapes and sizes as we wriggle into bathing suits for 45 minutes to an hour of sustained aerobic exercise.

My instructor - excellent at setting the pace and at paying attention to each of us - maintains that aquafit is one of the best activities for all levels of fitness: "easy on the joints, as you get a full-body workout without even having to know how to swim."

It's not lightweight at all - you can attach wrist or foot weights and go as hard as you want. When I've glanced around, I've been awed by the stamina of some of the participants. Classmates have included a stroke survivor who measures her steps just getting to the edge of the pool; a woman who spends her days caring for a husband with a fatal disease; people who have poignantly decided that despite having serious weight issues, they will join a class and get fit. We all have our own challenges. Mine include highly vulnerable ankles that could never take this kind of exercise on land.

The water, and its glorious buoyancy, makes all of us athletes.

The good news about Aquafit is that it's democratic and devoid of vanity. We care not if your body is not "beach ready", as those women's magazines terrifyingly put it as summer looms, so there's no perfect-bathing-suit emotional surtax (I've always maintained that anyone who wants to sell bathing suits to women should be an accredited therapist). I splurge on special aquavit outfits, but others wear old suits until they lose the battle to chlorine.

Aquafit is focused on our bodies getting stronger. And because there is a clear link between aerobic exercise and improving mental health - from mood disorders to memory loss - aquafit helps you as you age (occasionally my phone auto-corrects it to "aquavit", and I may one day need those memory-boosting benefits to distinguish between the two!)

My very close friend got me going to this particular class because she knew I would love it. She began aquafit a few years ago, after surgery for a non-malignant tumour. It not only got her moving again and ramped up her heart rate, it even lessened her chronic head pain. She describes the joy many of us feel during, and especially after, class as the result of being "invigorated, energized and relaxed".

Some of the women in the pool have had big careers: professor, doctor, brain researcher, head of a tech company. Some have never worked outside of the home. And some have lived lives so fascinating that I'll tread water to find out more about them.

It made me realize that in determinedly going to aquafit, no matter how young we are, we're all playing the long game!

Thanks to Susan Swallow, who presented me with pages torn out of a Readers' Digest and containing this story! As I typed it, I could picture many of our Elderfit members who fit some of these descriptions! Does it make you think of some friends at the pool?

If you have a subject, story, or testimonial for Elderfit you think our members would enjoy, please email Nancy at nmacd3@icloud.com. It's not always easy finding new information that we haven't already covered and that would interest our membership!

Aging with Humor (from atimetolaugh.org)

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Walmart. "Walmart?" the preacher exclaimed, "Why Walmart?" Then I'll be sure my daughters visit me twice a week."

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart says, "For fast relief."

Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.

Elderfit members love to laugh together - it's really what gets us to the pool, even on those mornings when we don't really feel like going! Sometimes we even cry or complain together; but that is what brings a family together and makes them strong - we are there for each other!



All Elderfit members are encouraged to offer suggestions and/or ask questions from the 10 members on the Elderfit Board of Directors. The Directors do their best to represent the interests of all of us, and appreciate any and 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), and it will be passed on to the Directors at their regular bimonthly meetings.

Our Instructors~

The Committee that coordinates Elderfit Instructors (Susan Swallow, Lynne McDormand, Brenda Fancey) 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 the committee members through elderfitlunenburg@gmail.com or talk to the committee member or instructor at the pool!

Elderfit Certified Instructors

Lynne McDormand	Wendy McKinnon
Sylvia Brown	Sue Rushton
Susan Swallow	Ella Rafuse
Brenda Fancey	Barb Proux
Liz Hubley	Cheryl Murray
Maggi Ansell	Heather Wood

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 902 527-1887

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ELDERFIT NEWS

Elderfit Pool Schedule

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

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

*** OI is closed for renovations until further notice)**

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

The next Elderfit social gathering will be the Spring Luncheon on Tuesday, June 16th from 11:30 - 2:30. This event will take place at Holy Trinity Anglican Church, 78 Alexandra Ave., Bridgewater. Lunch will be soup, sandwiches, sweets, etc.

Stay tuned for more details!

Thanks to the Social Committee (Lynne Barkhouse, Rosalie Studley, Eileen Ross) for organizing this annual event!

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!

Elderfit Board of Directors

President: Sue Rushton

Sue Nichols

Eileen Ross

Vice President: Susan Swallow

Marilyn Branson

Shirley Creaser

Secretary/Treasurer: Nancy MacDonald

Rosalie Studley

Brenda Fancey

Lynne Barkhouse

For more information, contact: Sue Rushton (902 527-1887)

email: elderfitlunenburg@gmail.com

web: www.elderfitlunenburg.ca

Facebook: Elderfit Lunenburg County