

Elderfit NEWS

Pooling Together for Good Health

Elderfit Summer Lunch!

On June 6th, 51 members gathered at Osprey Ridge Golf Club for a wonderful celebration. The food was delicious, service impeccable and the company was amazing. Jason, the Club Manager, treated us all like royalty, which made us feel so welcomed!

The Elderfit Instructors and Board Members were introduced and thanked for their voluntary service! After dessert, each table became a team to try to answer 20 Elderfit Trivia questions! The 50/50 draw netted \$93.50 (won by Doreen Fines).

The rain teemed down outside, but all agreed it was one of the best gatherings we've had.

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The annual Elderfit Picnic at Graves Island on Sept.5th attracted 30+ members who enjoyed a sunny, beautiful afternoon together. One could hear lots of laughter and stories as we got caught up with our Elderfit friends. Some brave ladies took to the water for a brief class led by Wendy on her noodle! The rest of us enjoyed watching and cheering them on. Goodies brought to share with each other made for a special lunch. It really was a perfect gathering in the ideal location!

ELDERFIT NEWS

News Heard Around the Pool

Drips & Drops



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.

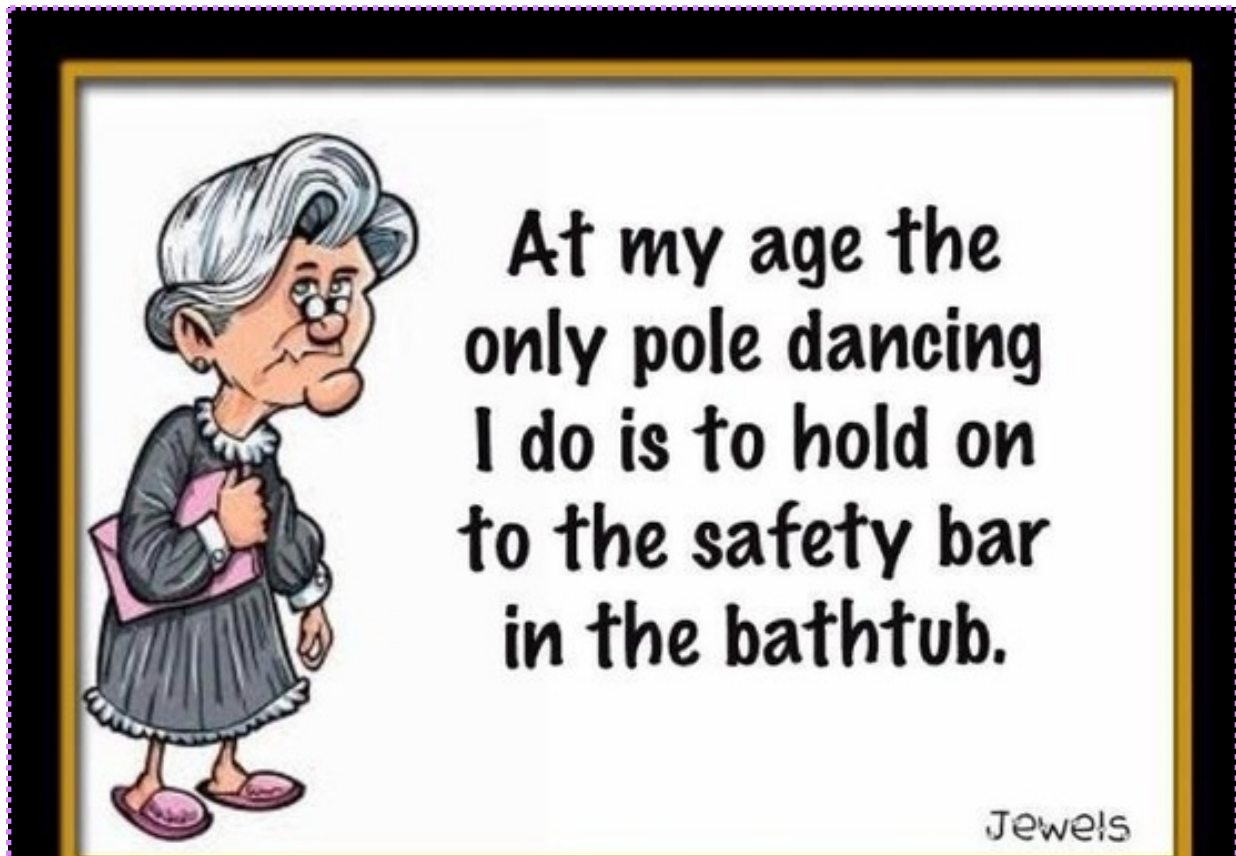
• • • • •
 • Happy September to our members - always nice to get back to our exercise routines
 • after holidays. Our pools are all open again and classes are flourishing! We are always
 • seeking new members, so share the good things that Elderfit brings to your life with
 • friends and family - and bring them along for a free, trial class at any of our three pools!
 •
 • Just a reminder that LCLC will be closed on Sept.16 and 17 for maintenance.
 • • • • •

• Elderfit always enjoys hearing
 • testimonials from our members - if
 • you have a story to share about how
 • Elderfit has helped you (in any way)
 • please contact nmacd3@icloud.com.
 • We will be happy to share with the rest
 • of our members!
 • • • • •

Congratulations to Cheryl Murray, a newer member at Oak Island. Cheryl completed her training to become an Elderfit Certified Instructor! Well done, Cheryl, and welcome to the team!!

Update From Nancy (Secretary/Treasurer):

- * Our current Membership List has about 187 members; most new members hear about Elderfit from friends - so keep sharing!
- * Elderfit is in a good financial situation currently, mostly due to generous donations received in 2018. Regular attendance at each pool is necessary for our continued financial stability. The Elderfit financial records are open for viewing to all members, if prearranged.
- * After missing the application date in 2018, Elderfit was again awarded an operating budget grant of \$2500 from MODL. Thanks to Sue Rushton for pursuing this grant money! The Board of Trustees will approve use of these funds for the regular operating costs of our Nonprofit Society. This grant allows Elderfit to keep our costs to members at an affordable level, while still maintaining our training program for the volunteer instructors, costs for meetings, legal and insurance fees, etc. Elderfit will provide a copy of our financial statements to MODL annually when applying for this grant.



Hitting The Pool Can Be Better Than Hitting The Gym

(Kara Redden; The Chronicle Herald July 27/19)

Swim for your life

Pool time is great exercise to improve physical and mental health.

The combination of buoyancy that support your muscles and joints, resistance that tones and defines your muscles and immersion that engages the whole body makes the swimming pool an accessible source of healthy exercise for a broad range of ages and abilities, including pregnant women, people with disabilities or injuries and people with medical conditions such as asthma, arthritis or MS.

Blood pumping

Swimming is a great cardiovascular and exercise. Adults need at least 150 minutes of such exercise each week. Studies suggest that swimming can lower blood pressure, control blood sugar, increase lung capacity and even reduce mortality rates. Water exercise, unlike running and other on-land exercise, also doesn't put stress on the joints.

Calories burning

Swimming laps can burn between 400 and 1,000 calories per hour, depending on the person's weight and pace. That's more than walking, practising yoga, cycling or even working out on an elliptical trainer — almost as many as running, without the impact on your body. The pool can be part of your weight-control program.

Muscles Toning

Swimming exercises the whole body — arms, legs, torso, stomach — not just individual parts. Because of the water resistance, 30 minutes of exercise in the pool is worth 45 minutes of the same exercise on land.

Mood elevating

Like other exercise, swimming released endorphins that improve the mood. It also fosters relaxation and reduces stress and anxiety. In one study, self-reported mild depression and stress fell from 44 per cent to eight per cent of the study group after swimming. Research also suggests that regular swimming can boost the mood of people with dementia.

Sleep enhancing

Research has shown that exercise can improve sleep, especially in older people. Swimming provides an opportunity for anyone to get the necessary exercise regardless of age or ability. You're also more likely to enjoy your no-sweat exercise in the pool and do it more often. Rather than fixed, repetitive equipment or pavement-pounding, the water provides a place for free-flowing variety. For example, each swimming stroke — breaststroke, backstroke, sidestroke, butterfly, freestyle — focuses on a different muscle group while engaging the whole body. Also, the pool is a place of fun, relaxation and socializing that will build your social health along with your mental and physical health.

Thanks to Wendy for suggesting this topic - if you have a subject you think our members would enjoy, please email Nancy at nmacd3@icloud.com. It's not always easy finding information that we haven't already covered and that would interest our membership!

The people at aqua aerobics don't care about your wobbly bits.

Reprinted from "The Irish Times" Aug 29/19

A hard house remix of Boney M's Rasputin blares into my ears as I snort chlorinated water. It burns, and my eyes stream as I cough violently. I think to myself the CIA has missed a trick not using this as a way to extract information from terrorists. My daydream of being a warlord is interrupted by a chirpy lady standing poolside throwing a water noodle at me: "Feel the burn."

You'll be the first to feel the burn when I stage my coup d'état, I think, as I jog harder.

Twenty minutes into aqua aerobics, I know this is the activity for me. The playlist consists of rave versions of wedding disco songs and by the time Karma Chameleon comes on I am humming along happily as I shadow-box a swimming pool.

I look around as 40 other women and I hold foam dumb-bells over our heads. It is comforting. Gyms scare me slightly. As a fat person you feel like a walking lesson to other gym-goers about the perils of too many cheat days. In water aerobics it's different. The clientele is older, bigger, they don't care about the wobbly bit of your arm you hide under a bolero – they've seen it all. All they worry about is protecting their feet from fungal infections.

There is a hierarchy within the class. I find that out on my first day as I change into my swimming costume. I see this shimmering lady rounding the corner. She opens her locker as if she is the Fonz getting a jukebox going. She turns and clocks me struggling to put my leg into my togs while holding a towel in my teeth to protect my modesty. I don't get her name, but she has an air of "Don't test me," so let's call her Testy.

She sidles up to me. "You're new?" This doesn't sound like a question. I feel this lady knows everything that goes down in this class. "It's great craic. Don't do your exercises in the right side of the pool: there's a terrible draught; it cut the neck off me last week."

She sidles up closer and speaks out of the side of her mouth. "Look, I'll say it, you're a bigger-framed girl, don't splash about in the pool too much. A young one – fierce big, God love her – she threw herself round the pool last week, wetting me hair. I told her to watch herself and she got thick with me, saying: 'I can't help it.' I said [here she stares straight into my eyes, her face darkening] 'You can help it.'

I tense up. She tries to keep it breezy. "I've been doing it years. Look at me arm." She shakes her upper arm in front of me – not so much as a ripple. I exhale in awe of this housekeeper cut of prime Irish woman flesh. "Not bad for 60? Eh? Eh?" She throws on her flip-flops and walks away, continuing the rest of her song.

I keep to the front. My eyesight is terrible. The instructor's enthusiasm rubs off on me. One of my favourite exercises is to run the perimeter of the pool with the rest of the class, creating a giant whirlpool. You turn and run against the man-made tide. I'm good at it. I see Testy in my peripheral vision. She stares at me and tries to outrun me. She wants to outrun a youth, and a very unfit, fat girl is her damaged gazelle. She didn't bet on my competitiveness. It's my worst trait. I've had to pay for a putter I threw into a lake when I lost a mini golf game to my dad. I've lost friends playing Scrabble. I put everything into beating Testy. Her firm arms bounce on the water, slowing. She can't overtake me. She looks at me with what I feel is respect. I do a small air punch in victory. Testy catches me, respect gone. I pretend I am trying to squeeze in an extra bit of exercise by shadow-boxing.

She turns her attention to the instructor. She knows his name. She seems to know everything about him. She gently ribs him about the exercises he has chosen, and he blushes.

It feels as though she owns this pool, owns us all. I know I have found my preferred mode of exercise and, people, aqua aerobics is the new . . . Well, it's the new whatever you're having yourself.

Sound familiar??? Elderfit members don't care about "wobbly bits" either, but some of us enjoy being a little competitive! I don't think we have any "testy" members, we're too busy laughing!!!

All Elderfit members are encouraged to offer suggestions and/or ask questions from the 12 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, Nancy Allin) 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 at your pool!

Elderfit Certified Instructors

Nancy Allin	Lynne McDormand
Sylvia Brown	Susan McDormand
Shirley Creaser	Ella Rafuse
Brenda Fancey	Sue Rushton
Liz Hubley	Susan Swallow
Cheryl Murray	Barb Proux
	Wendy McKinnon

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

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

The next social gathering for Elderfit members and guests will be the Annual Christmas Lunch. We will be returning to the Lunenburg Firehall for another fabulous turkey dinner on Thursday, December 5th. Everyone agreed that last year was a wonderful event to kick off the holiday season, so mark your calendar and watch for more information!

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

Vice President: Susan Swallow

Secretary/Treasurer: Nancy MacDonald

Sue Nichols

Marilyn Branson

Rosalie Studley

Susan McDormand

Lynne Barkhouse

Eileen Ross

Shirley Creaser

Brenda Fancey

Nancy Allin

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

email: elderfitlunenburg@gmail.com

Facebook: Elderfit Lunenburg

web: www.elderfitlunenburg.ca