

# Elderfit NEWS



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### **Merry Christmas Elderfit!**

67 delicious turkey dinners were served in Lunenburg by the LDFD Auxiliary to appreciative Elderfit members on Dec.5/19.

Thanks to Wendy for her pictures of 2019 Elderfit special moments. She also did a board in memory of Susan McDormand - definitely a few damp eyes as we remembered how much she loved Elderfit and attended every gathering! Susan Swallow presented Instructors, Board Members, Nancy M and Sue R with donated gifts; very much appreciated by all!

The party ended with a magnificent performance by the South Shore Community Players. With songbooks, Elderfit friends sang along with the Players, definitely kicking off the holiday season in style!

A generous donation was collected for the VON; \$265.25!

Winner of the \$100.50 50/50 draw was Emily Brown!

Congratulations to the Social Committee and volunteer helpers for a very special gathering. Your hard work was appreciated by everyone there!



**On Nov.7, Elderfit hosted a display booth at the annual Active Seniors Health Fair at the LCLC. Board members took turns manning the display which included a slideshow, a chance to win a Pool Card and rack cards with all the necessary information. The winner of the \$60 Pool Card was Kathy Muzzerall, and she has been giving it a try! This is Marilyn, looking very welcoming and informative! The Board members are doing similar displays in Liverpool, MODL Seniors' Christmas Party on Dec.12th, and various church and ladies' groups. Getting the good word out!**

**Elderfit Certified Instructors volunteer to lead our classes after training with other instructors and taking part in the Instructor Workshops. Elderfit relies on their dedication to run our successful program, so after completing the training period and successfully passing a practical test, the volunteer instructors are no longer required to pay for their classes.**

**As you know, our regular weekly instructors have trips, medical issues, or other things come up and need a spare instructor to cover their class from time to time. Elderfit still needs a few "spares" on our list to help fill in - if you are interested in training to be an instructor, please let one of the instructor at your pool know and she'll pass it on to the Committee. Thanks for considering this!**

# 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.

• • • • •  
 • **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 and put it on Facebook if we learn a facility is closed, but sometimes that is not possible - if in doubt phone the facility or check the [LCLC.ca](http://LCLC.ca) website. Safety is always our primary concern for all of our members!**  
 • • • • •

• **On November 8th, Maggi Ansell aced the test to become an Elderfit Certified Instructor! Congratulations, Maggi, on joining our wonderful group of dedicated volunteers. Maggi attends at the LCLC pool. Susan Swallow presented Maggi with her certificate and badge at the Christmas Lunch.**  
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#### **Important Dates:**

- \*LCLC will be closed on Dec.25 and 26; also Jan.1st.**
- \*BW will be closed the whole week of the 23rd.**
- \*OI continues to be closed for major renovations to the hotel - we are happy to see so many members joining classes at our other pools!**

***Update From Nancy (Secretary/Treasurer):***

- \* Our current Membership List has about 210 members; but in January we will be updating that List and suspending members who did not buy a pool card in 2019 so that total usually goes down. Members will be reminded by email and can keep active membership if planning to attend classes in 2020. Most new members hear about Elderfit from friends - so keep sharing!
- \* In February, Elderfit will issue income tax receipts (for \$60 plus) in the amounts spent on pool cards; a local physiotherapist signs them and most people can claim them as a health deduction.
- \* Elderfit is in a good financial situation currently, mostly due to generous donations and grants, as well as a decrease in expenses! 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 the end of the year, Elderfit, as a registered charity, applies for a 50% rebate on the HST we pay annually - which usually amounts to about \$2,000+!

**Testimonial of Annegret Pornschlegel, Elderfit member since 2008!**

I am here again from Germany and attending the Elderfit glasses 2x a week during my stay since many years. Every year when I come I am getting a more than friendly welcome. It made me feel like coming home. The exercises are very good for my body especially after many operations on both legs and back after my bike accident. Congratulations to the instructors!! Here are the girls from our Best Western group.

Thank you for letting me participate and all the information what's happening with Elderfit while I am in Germany!!

All the best for you and Elderfit 🙌🙌🙌 Annegret 👍😊🇩🇪🧜‍♀️

***The gang at Best Western!***



## New On The Surface

by Jocelyn Cameron

I tried not to slip. Grab the rail and descend slowly, I reminded myself. Who wants to make an unrestrained splash in front of twenty people you don't know? Soon successfully balanced on the pool floor, I looked up to happy hands raised in welcome. Seems a friendly bunch, I mused. Perhaps it won't be so bad as the lone novice in the pool. I've always had an aversion to being new - new province, new town, new church, new neighbourhood, new friends. The latter, I confess, had always turned out to be surprisingly positive.

We soon got into the exercise routines that I had become familiar with in my last group. Get that heart rate up and somehow, mysteriously, the water always warms to tolerable levels. Go figure. Our jog left me a bit winded, but with my joints responding favourably, I carried on. Next came the rocking horse motion - one foot ahead, the other back, weight on one and then the other. All you had to do next was lift the front knee. Actually, it proves a comfortable motion when you set your hands free to maintain your balance. The instructor positioned herself close by so I could easily hear her next directive. "Reach and scoop," she chimed. My right arm was raised to scoop the water across my front supported by that leg, quickly shifting to the left side that copied the motion. It causes quite a stir in the "pond" and inevitable splashes may affect your glasses if your neighbour happens to be a little too enthusiastic.

Soon after, we made our way to the wall for some quiet stretches. As bodies moved over to make room for extras, voices began to comment on the weather, health issues or plans for the next Elderfit outing. I felt pleasantly drawn into their banter with its teasing and easy laughter. Voices calmed as our instructor cooled us down with arms grazing the water and fingers bobbing in sequence. Finally, with arms raised and breath held, we finished up the session by exhaling the fresh air, feeling relaxed and refreshed. That would prove useful for the next stage - trying to put dry clothes on damp bodies - not the easiest challenge, especially in limited space.

Back inside the change room, it was hard not to marvel at the sincere welcome I was experiencing. Excited chatter continued as I was warmly invited to attend their monthly luncheon scheduled that day at a nearby restaurant. I happily accepted. Somehow I knew I wouldn't be "new" for very long

*Thanks to Jocelyn, now one of the regular Elderfit gang at Oak Island for writing this reflection of being a new member - we all remember those days!*

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

**As many of you know, the Lunenburg Lyme Association recently held a two day conference in Bridgewater. The first day was attended by 140 medical professionals! The second day was for the public - 2 theatres at Cineplex were filled - about another 500 attendees. I recently heard Yvonne Mosley, the President of the Association speak about the conference and how important it was for all South Shore residents. We discussed this topic at lunch at LCLC last week and thought you might like to get some more information! Maggi shared the following link about Lyme disease in NS:**

**<https://www.yourdoctors.ca/blog/general/what-you-really-need-to-know-about-lyme-disease-in-nova-scotia>**

**Nancy provided the following link from that Lyme Conference - it features the stories of local people who are battling Lyme or have gone through it with family members; some very scary stories!**

**<https://youtu.be/dr82nvg5Mzk>**

Elderfit recently lost one of our longtime members, Susan McDormand, after a lengthy battle with cancer. She was a valued and popular Instructor , Board Member and a dear friend to many of us - especially the classes at LCLC. Susan showed great bravery and determination to live life on her own terms - she attended her last Elderfit class a week before her passing! Every day her struggles became harder to watch - she told us it took her 2 hours every morning just to get ready to come to the pool. But the big smile on her face as she finally got in the water will be treasured by all who were there. On Oct. 18th many Elderfit members attended the Celebration of Susan's Life. Fifteen Elderfit members had rehearsed a special song for Susan called "Light A Candle" - she had a collection of beautiful candles she had gathered during her travels - they were on display in her memory; her two sons and grandchildren lit several of them. The Elderfit Choir only had time for one practice but did a marvellous job singing the song chosen by Lynne, Susan's sister. Susan will be greatly missed for many reasons, but we suspect she, Martha, and other Elderfit members we have lost over the years are still swinging those noodles together somewhere and will be kept in our hearts.

Below is a screenshot of the video of the Elderfit Choir - thanks to those who took part and/or attended the Celebration of Susan's life.





● **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 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    |                |

#### **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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 Bridgewater, NS B4V 3W6  
 elderfitlunenburg@gmail.com



# 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 social gathering for Elderfit members will be the Annual General Meeting (AGM) at the LCLC Multipurpose Room (beside the Library) on March 20th at 12:30, for about an hour. 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!**

## 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](mailto:elderfitlunenburg@gmail.com)*

*web: [www.elderfitlunenburg.ca](http://www.elderfitlunenburg.ca)*

*Facebook: Elderfit Lunenburg County*