

Elderfit NEWS

Pooling Together for Good Health



On September 17th, about 30 Elderfit members gathered safely together at Graves Island to enjoy each other's company socially for the first time since the Christmas lunch! It was a lovely day with moderate temperatures, which didn't stop a few hardy members from taking a plunge - can you guess who they are from behind? It was so relaxing to be together and catch up with many members we haven't seen for months!

One of the best things about being an Elderfit member is being part of a positive social group that basically is at the same stage in life and has many of the same interests. Overheard at the picnic were a few comments about how we are a family - we've laughed and have cried together many times over the 22 years that Elderfit has offered affordable aquasize to the seniors of Lunenburg County. Our groups provide support in many ways to regular members, just like family!

The Elderfit Social Committee plans several special events a year - usually there is a catered luncheon in the spring and at Christmas at a local hotel, firehall, church, etc. In late summer there is a picnic at an appropriate location, like Graves Island! Our members from all pools are wonderful people and we do enjoy relaxing with them!

What does it mean to be an ELDERFIT member?

- ***Elderfit Lunenburg*** is a registered nonprofit society whose mandate is to improve the health and quality of life of seniors and/or physically compromised persons of all ages and genders. We certainly gain from not only the exercises but also the stress relief, social interaction, and the low impact benefits of exercising in water. Elderfit has helped almost a thousand members over our 22 year history!
 - As a Registered Society, Elderfit hosts an *Annual General Meeting* in March of each year. The Elderfit Board of Directors invites all members to attend and offer their input on program plans for the upcoming year. Member feedback is crucial to direct decision making!
 - Elderfit issues *income tax receipts* to members who purchase at least one pool card in the current year.
 - Elderfit Pool Cards **NEVER** expire! The cards are good for 10 classes and will be honoured even after long absences, regardless of the reasons.
 - ***Elderfit Certified Instructors*** are all volunteers who have completed our training programs and led several classes successfully. A committee of experienced instructors assist new trainees and seasoned instructors to hone their skills with biannual workshops, that feature expert speakers (therapists, specialists in appropriate fields, etc.) and best practices. These instructors teach in the pool with our members, so the timing of the exercises is appropriate, and members are always urged to work at their own pace. Elderfit classes do not use **LOUD MUSIC** as our members listen to the guidance of the instructors - this generates a relaxed atmosphere that is conducive to an enjoyable experience!
 - When it is safe to resume our program as it was pre-Covid, Elderfit's goal is to return to offering classes to our members at all 3 pools we were renting beforehand. For the present, we will continue to host classes at the LCLC for our members and LCLC members who wish to join us, and adhere to the government guidelines. The Elderfit Board will continue to pursue the best situation possible for our members' health, safety and well-being.
 - ***The Elderfit Board and Instructors*** are always there to listen to your questions and concerns - you are all part of our Elderfit Family!
 - Most new members to Elderfit are referred by friends and are always given a free class to try it - so please continue to tell your friends and family what it means to be an Elderfit member!
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