



Elderfit NEWS

Pooling Together for Good Health

On March 31st the Elderfit Annual General Meeting was held at the LCLC with 13 members present. Highlights of the meeting will be summarized in this Newsletter. The existing Board of 9 Directors was reaffirmed for the next year. Any member is welcome to view the Elderfit Financials by appointment.

CHAIR REPORT FOR 2020 YEAR END

Well, it's been quite a year-a year in which we've learned a lot - about ourselves as individuals, ourselves as a group, a province, a country.

We've learned to adapt, to pivot, to adjust. It's not been easy, to say the least, but I'd like to thank the Board and the Instructors for their incredible ability to "go with the flow" and keep this wonderful program going. Susan S. will be giving a report of what our instructors have been up to this year shortly.

I'd also like to give a shout out to the LCLC for being responsive to our needs and suggestions as we've worked - and continue to work - our way through all these said adaptations, pivots and adjustments. One of the adaptations has been to welcome LCLC members into our classes in order to enjoy the full pool as well as have good sized classes.

It's sad that we've had to pause our classes at Best Western and Oak Island. Hopefully, we'll be able to resume things there once COVID is under control. We'll keep everyone updated on that. In the meantime, it's been lovely to see some of these members joining us at the LCLC!

Another casualty of this pandemic was the curtailing of most of our social events-all but one! Lynne will be giving you more details shortly.

And that brings me to thanking all of our members for continuing to support us, whether by continuing to attend classes or by offering encouraging words. By following the guidelines set out by the province, we've been able to keep our attending members safe while enjoying the benefits of our program. It's not easy to socially distance in the pool, especially while sitting on a noodle in the deep end, but you've done it! Thanks again!

Also, because of your support, we are in good shape financially. And what a fabulous donation we were able to make to the Salvation Army this year! Nancy will be giving her report to give you more details.

Finally, I'd like to thank Shirley Creaser who will be stepping down as a Board member this year. Your time and dedication have been greatly appreciated by all of us. I hope that we'll still see you at the pool enjoying our classes!

I think Martha is looking down and is very pleased to see how we've been able to keep going in these very challenging times.

SOCIAL COMMITTEE REPORT

Due to Covid restrictions, the only social gathering in 2020 was outdoors at Graves Island, where about 30 members enjoyed a lovely day together! Hoping to plan group events for 2021.

SECRETARY/TREASURER 2020 REPORT

Financial:

- * GST/HST rebate for Non-Profit Organizations registered with Joint Stocks NS. Each year we apply and receive 50% rebate on the GST/HST we've paid over the previous 12 months. For 2020, that will be \$771.62 (less than half what we usually receive).
- * In December, generous Elderfit members donated \$860 to present to the Salvation Army! That's the largest charitable donation Elderfit has made to a local group!
- * Issued eighty-eight 2020 Income Tax Receipts.
- * Elderfit remains in a strong financial situation, mostly due to the current agreement with LCLC that requires us to pay only for members attending classes - we are not making or losing any income with this agreement (we basically pay what our members are paying per class). Therefore, our additional expenses are small annual ones that total about \$3000.
- * A reminder to Elderfit members that applications for financial assistance for pool cards may be available. To inquire about financial assistance, email or call Sue at (902) 527-1887. All inquiries will be kept confidential.
- * Since our last AGM we have many members taking advantage of etransferring money for their pool cards; this works very efficiently, especially with 2 days notice.

Secretarial:

- * Met with LCLC admin on behalf of the Board in July to discuss resuming classes after Covid. Agreement at the time was stipulated with our goal of returning to the pre-Covid arrangement when province allowed more than one group in the lap pool at a time. We agreed that our program and instructors would not change; but we would accept LCLC members in our classes in order to have use of the whole pool without paying hourly rate (\$80-90); instructors or first timers not charged. Elderfit agreed to follow all safety protocols as set by the LCLC.

Annual Membership Report

After January/21 annual update:

Total current Enrolment on our list: 128

61 members did not buy a pool card in 2020 (or contact us) and were made inactive.

Information collected from 2020 waiver forms:

26 New Members heard about Elderfit mostly from friends, so word-of-mouth is the best advertising!

INSTRUCTOR COMMITTEE REPORT

Our Instructors showed resilience and dedication in 2020 by adjusting to larger classes, different faces and constant rule changes. Elderfit classes thrived with their hard work!

There was a successful Workshop in October with 11 Instructors present. A rotating monthly schedule is prepared which allows for all willing instructors to share the leading load. Congratulations and thanks to all Instructors who participate!

The next Elderfit Annual General Meeting will be in March, 2022!

THE BOARD WISHES A HAPPY AND SAFE SPRING TO ALL OF OUR MEMBERS; WE THANK YOU FOR YOUR PATIENCE AND LOYALTY AS WE NAVIGATE THROUGH THIS PANDEMIC!
