



Elderfit NEWS

Pooling Together for Good Health

Elderfit Annual General Meeting

Elderfit has been in existence in Lunenburg Municipality for about 24 years and has held classes at 5 different pools during this long history. Elderfit is a nonprofit Registered Society that has offered aquatic exercise classes to well over fifteen hundred local seniors!

On Friday, March 25th, at 11:30 the Elderfit Annual General Meeting will take place at the LCLC in the Multipurpose Room. At this annual meeting, which is open to all Elderfit members, we will hear reports from the previous year and plans for the upcoming one. This is an opportunity to express your opinions or ask questions.

The Board of Directors will be also be elected with any returning members and an opportunity to nominate new members. If you are interested in working on the Board, let any current Board member know and they will give you more information. Our current Board members are Sue Rushton (President), Susan Swallow (Vice President), Nancy MacDonald (Secretary/Treasurer) and Directors: Marilyn Branson, Lynne Barkhouse, Sue Nichols, Brenda Fancey and Rosalie Studley.

Directors: Brenda Fancey, Marilyn Branson, Sue Nichols, Rosalie Studley

The Board meets regularly every 2 months (and more if needed). They make decisions affecting every aspect of our successful program. The past 2 years have been difficult for all as we dealt with the realities of living through a pandemic. Our temporary partnership with the LCLC has allowed us to still have classes while remaining in a safe environment; the Oak Island Resort pool has also been able to offer Elderfit classes since October.

During the one hour meeting, snacks and coffee/tea will be available. Hope you can join us!



On Feb.16th Elderfit lost a member and friend in Eileen Ross. Eileen joined Elderfit classes at Oak Island, later attended at emOcean and ended up at LCLC, so many of you may have known her. Eileen joined the Elderfit Board of Directors in 2017 and has served on several committees since then. Eileen was a very quiet, private lady with a great sense of humour. She hadn't attended classes since Covid so newer members likely won't recognize her. She did a lot of volunteer work for the Red Cross. Eileen was a retired nurse and massage therapist. She passed away suddenly of natural causes at her home. There will be a memorial sometime in the future. Anyone wishing to make a donation in her memory can direct it to the Red Cross in Bridgewater (tax receipts available). Her obituary can be found at: arbormemorial.ca

One of our members, Sharron Isnor, recently shared her Testimonial to Elderfit: Nancy, your heartfelt endorsement struck a cord with me. Elderfit saw me through the lead up to 2 knee replacements and subsequent smooth recovery. I've been a Covid scaredy-cat since Omicron took over but now I am feeling weaker, flabby and at times, grouchy! I do need the exercise as I don't go for long walks. With that all in mind, I plan to resume next week!

If you'd like to share your testimonial with our members, just email it to Nancy!

Elderfit Pool Pass

1 pool pass for 10 classes \$60

2 pool passes purchased together \$115

3 pool passes purchased together \$165

Pool passes can be used for any Elderfit class at any pool, and never expire! Passes are required to be marked by the instructor at each class.

Passes will be available at each pool for purchase and MUST be presented for each class; if no pass, members are required to pay the single class fee of \$7.