

Elderfit NEWS

Pooling Together for Good Health



Happy Elderfit members and guests gathered at the Anglican Church Hall on Dec. 1st to celebrate Christmas and being together! A lovely turkey dinner was enjoyed by all; then the instructors were presented with gift bags from appreciative members. Rosalie Studley made stunning centrepieces that went home with 8 lucky winners! Every year this is a labour of love for her and we love her for it!

Maggie and Maudie (Lynne and Ella) entertained us with their “Syndicated Advice” to questions from the crowd - tears of laughter rang through the room!

Gifts from the members of both pools were presented to Sue Rushton and Nancy MacDonald (President and Secretary/Treasurer). Gift pictured above included baskets made from fishermen’s rope, a collection of goodies and gift cards for groceries - we both thank our wonderful members!

The 50/50 winner of \$142 was Heather Wood - congrats!

The biggest winner of the day is the *Brighter Days Campaign* with a whopping \$5700 collected from generous members! Thanks to everyone who supported this worthy, local charity, even if unable to attend the Lunch!!!

Thanks to the members of the Social Committee: Lynne Barkhouse, Rosalie Studley and Lynne McDormand for a very special Elderfit gathering! We all went home feeling happy to be part of our special Elderfit family!

Important dates to remember:

The LCLC pool will be closed on Dec 6,13 and 20 for lights upgrades and on Dec.26th for Boxing Day.

Oak Island's last class will be on Dec 21st with no classes until Monday, Jan 2nd!

All members are welcome at both pools at any time, so feel free to join any class.

Weather Reminder:

Now that winter weather is approaching, we want to remind all members of Elderfit procedures at each pool.

At LCLC, unless the facility closes, we will still be paying rent on our regular days. If you feel safe going to the pool, we encourage you to do your own exercises or join together for some group fun **if no instructor shows up**. Instructors will decide as well whether they are comfortable driving to the pool. If the facility closes, we will try our best to notify you early in the morning by email and on Facebook. Feel free to call the LCLC as well or check their website.

At Oak Island, classes are cancelled whenever schools are closed because of bad weather; if the pool is open and no instructor is available, please do your own exercises and enjoy the pool.

Your safety is always our main concern, so make the best choice for you!

Merry Christmas to our members and their loved ones!



On the left is one of our dear instructors, Maggi Ansell, being presented with a new Ferby friend...its busy, chatty voice made for more laughs.

On the right is a picture of just one of the tables decorated with deluxe Christmas Crackers, provided by Marilyn Branson.



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.

Dear Elderfit Friends,

Christmas, 2022.

It is with so much gratitude that I am able to write this note to you all. I dreamed of, but never hoped to attend, yesterday's Christmas Luncheon. I may be a little past my sell-by date, and being plied with so many drugs to keep me rockin' takes a toll on my mental state as well as my physical mobilities — forgive me, but inside, I'm still me!

It seemed to me that yesterday there was a large number of Luncheon attendees, and it was just humming with friendliness and bonhomie. How Joyous!

The ladies and gentlemen of the Alexandra Road Anglican church provided a most delicious Turkey Dinner accompanied by piping hot tea and coffee, and home made pies, all served by dedicated volunteers.

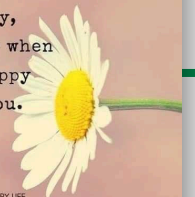
While we were left to absorb all this generosity, we had the privilege of being entertained once again by "Lynne McDormand and Ella Rafuse as the most indomitably spirited Elderfit duo, Maudie and Maggie." They had us rocking with laughter — the glue that holds us together.

Let's hope 2023 is a much better year for attendance at our Elderfit classes. The volunteer instructors and the board members work so hard to keep you all in tip-top condition.

Farewell, good, kind and talented friends, there's never been a bunch quite like you!

Maggie Ansell 😊

Life is good when
you are happy,
but much better when
others are happy
because of you.



LIVE A HAPPY LIFE