

Elderfit NEWS

Pooling Together for Good Health

25th Anniversary Year

- * Our wonderful volunteer Instructors are taking part in their semiannual Workshop on Sept. 12th - hope they have fun together and enjoy sharing with us later!
- * The Elderfit Board will meet on Sept. 29th for their regular bimonthly gathering at the LCLC. If any member has questions or comments that they'd like shared at the meeting, please speak to a Board member or send us an email! We always appreciate input from

WELCOME BACK to the Elderfit members who have been away this summer or just busy doing things with family and friends.

Our classes at the Oak Island Pool resumed on September 6th with several new people giving it a try! Many of our members at the LCLC have been attending regularly when they can - and bringing guests with them to share what we all enjoy so much!

The Elderfit Board of Directors have decided to offer another FREE WEEK of classes to all of our loyal members at both pools! We appreciate your commitment to our Registered Society - Elderfit could not survive without you!

So, we invite you to attend as many classes as you wish during the week of September 25th to the 29th, with no need to have your pool pass marked - just have your name checked on the attendance sheet!

You can attend either pool:

- * **The LCLC in Bridgewater on any week day from 10:00-10:45**
- * **The Oak Island Resort on Mondays, Wednesdays and Fridays at 10:30.**



Graves Island Picnic

What a marvellous Elderfit Annual Picnic we celebrated at Graves Island on Sept.7th! The weather was perfect, with a nice little breeze off the water to keep the bugs away. More than 20 members gathered to have lunch together and enjoy the many extra treats brought by those who love to bake, make special sandwiches or provide a tasty snack - thanks to everyone who contributed!

It is always a special time to see our Elderfit friends who attend a different pool or come on other days than we choose. This event is always relaxing in every way - people arrive and depart when it suits them, eat what they enjoy for lunch and just mingle in the sun or shade. We all enjoy watching the boats go by and appreciate being beside the beautiful waters of Mahone Bay. But the best part is being together to laugh, share our stories, and celebrate being a member of Elderfit - a caring, unique group that has supported each other for more than 25 years!!!

Graves Island Provincial Park has a wonderful day use area with picnic tables, recycle bins and lots of handy parking. We are so fortunate to be able to use this site every year at no cost!

Hope you can join us next year!!

