

# Elderfit NEWS

*Pooling Together for Good Health*

## *25th Anniversary Year*



On June 1st, 53 Elderfit friends and guests gathered at the Holy Trinity Anglican Church in Bridgewater to celebrate 25 years of successful aquacize classes, serving more than 1500 members! Our luncheon together highlighted that Elderfit also provides a family atmosphere where we laugh, cry and enjoy being together.

Thanks to the Social Committee for another wonderful event! Special thanks to “Maggie and Maudie” (Lynne and Ella), pictured above, for the fun and laughter...the songs, trivia, and everything else they do! Thanks to our talented Rosalie for the creative “Frogie” doorprizes; we all wonder how she can continually come up with fabulous ideas and then make them! - the song certainly highlighted a lot of the things we’ve done together during our 25 years!

Also, thanks to Marilyn and Doreen for organizing the 50/50 - Brenda Fancey was the lucky winner of \$100! Good food, entertainment and great company kept us all smiling together!

## ELDERFIT LEGACY MEMBERS

**Elderfit Legacy Members are exceptional volunteers for at least five years; the Board of Directors will celebrate these Legacy Members with our membership annually. The following are the first 3 Legacy Members chosen by the Board; they were presented to members and guests at the Spring Luncheon, to kick off our 25th Anniversary celebrations! These members are all special for the huge efforts they made in shaping Elderfit as we know it today - we are so proud of everything they gave to our program!**

**Dr. George McKiel:** Always vitally interested in promoting health and exercise, Dr. McKiel founded Elderfit of Lunenburg County in 1998, with the endorsement and grants from Veterans Affairs Canada and the Lunenburg County Community Health Board. This ongoing program is respected and advocated by most healthcare professionals in the community, thanks to his ambassadorship and promotion. Since 1998 Dr. McKiel worked tirelessly, despite some significant obstacles, such as a lack of funding, to spread the “gospel” of the health benefits of aquacize for seniors.

In December of 2010, Dr. McKiel stepped down as founder, mentor, participant and first Chairman of the Board of Elderfit. The incoming board presented him with a well deserved Certificate of Appreciation, “For extraordinary service to the Senior Community of Lunenburg County”.

Dr. McKiel passed away in 2013. He was survived by his wife, Jean, also a former active member, instructor and promoter of Elderfit for many years.

**Lindy Guild:** Lindy is an original Charter Member of Elderfit, joining in 1998. She was a longtime Instructor, Board Member, and enthusiastic Social Convenor. Lindy has done it all for Elderfit - a program near and dear to her heart!

Lindy was respected on the Board of Directors for her common sense approach to making decisions and for always supporting our Manager, Martha Saunders. She’s also one of the nicest people you will ever meet! Members were saddened when she left NS in 2017 to live closer to family in the UK, but everyone wished her well! For her years of service to Elderfit, we won’t forget her!

**Martha Saunders:** Martha joined Elderfit in 2000 after moving to West LaHave. With a degree in Physical Education and experience teaching aquafit, Martha soon became involved with Elderfit as an instructor.

Martha dedicated herself for 18 years to managing and leading Elderfit to be the successful program that we all enjoy today. She did everything from coordinating and overseeing the programs at the pools, training the volunteer Instructors, paying the bills, welcoming new members, negotiating with various facilities for use of their pools, and much more!

Besides her obvious management skills, Martha’s spirit and sense of humour made Elderfit classes places not only for safe, healthy exercise but also where we can laugh, sing, and enjoy great company!

Sadly, Martha passed away in 2018 after helping to plan for the Elderfit 20th Anniversary Celebration. Her spirit will live on in every class at every pool!

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