

Elderfit NEWS

Pooling Together for Good Health

25th Anniversary Year

On Thursday, December 7th, 75 Elderfit members and their guests met at the Lunenburg Fire Hall to celebrate Christmas together. It was another very successful event, organized by the Social Committee (Lynne Barkhouse, Rosalie Studley, Lynne McDormand).

Sue Rushton was the emcee and kept us laughing with her jokes. Rosalie Studley created 9 beautiful Christmas Sleighs filled with colourful decor items - a draw was held for each one. Vernon Oickle was added as the newest Elderfit Legacy Member (more later!)

The Ladies Auxiliary served a wonderful turkey dinner. Maudie and Muggins (Maggie's twin brother) provided the entertainment and organized a "sock exchange". They also sang, with Dean White, who had written a special Elderfit verse.

Souls Harbour Rescue Mission was the local charity chosen by the Board this year - our generous members donated \$1,055 to the Bridgewater location; the attendees also brought socks of all sizes to support their clients - we filled 3 bags! This is truly the spirit of Christmas!

The 50/50 draw of \$148.50 was won by Deborah Edwards!

Instructor gifts were distributed to our amazing volunteers by Susan Swallow and gifts were presented as well to Sue Rushton and Nancy MacDonald on behalf of the members. Pictures from the Luncheon are included on the next page. A good time was shared by all!





Mark your calendars with Elderfit Christmas Season classes:

LCLC will be closed on Christmas Day, Boxing Day and New Year's Day. All other weekdays, we will have classes at the regular time of 10:00 - but a reminder that if the weather turns nasty we will try our best to send out an email notification and post it on Facebook if the facility closes; or phone them before you head out! If the pool is open we will be paying for our 45 minute slot, so members can attend - if an instructor doesn't attend, feel free to exercise with other members or do your own thing!

Oak Island Elderfit will have their last class on Monday, December 18th and start again on Wednesday, January 3rd. Of course, all members are welcome to join us at the LCLC for some exercise during that busy season!

A very Merry Christmas and Happy New Year to all of our members and your loved ones!

