

Elderfit NEWS

Pooling Together for Good Health

Elderfit Annual General Meeting



On March 20th, 17 Elderfit members gathered for the Annual General Meeting at the LCLC. The reports for 2023 were well accepted by those present. The snacks donated were amazing - such a wide assortment of yummy food! Thanks to everyone who contributed!!!

Pictured above is the Elderfit Board of Directors for 2024, including 2 new members, Jeanne Fay and Carole Swim. The Board expressed appreciation and thanks for the efforts of two resigning members, Sue Nichols and Lynne Barkhouse.

L to R, seated: Nancy MacDonald, Sue Rushton, Marilyn Branson, Rosalie Studley

L to R, standing: Dean White, Lynne McDormand, Doreen Fines, Jeanne Fay, Susan Swallow, Carole Swim.

The reports are following in this Newsletter - any questions or comments can be directed to any of the above at any time!



CHAIR REPORT FOR 2023 YEAR END

Thanks, everyone, for coming today to hear what we've been up to this past year. Can you believe we celebrated 25 years of fun and exercise in 2023? It seems like only yesterday it was 20 years. First off, I'd like to thank the Board and the Instructors for their incredible, continuing ability to keep this wonderful program going. Susan S. will be giving a report of what our instructors have been up to this year shortly. But, again, I'd like to give a huge thanks to them for their encouragement and support. I'd also like to give a special thanks to Sue Nichols and Lynne Barkhouse for their invaluable contributions while being part of our Board of Directors. Both ladies are stepping down from their roles this year. In honour of those who have contributed greatly to Elderfit over the years, namely Dr. George McKiel, the founder; Lindy Guild, a long time member and contributor to the program; and Martha Saunders, the foundation of the program for so many years, the Board inducted Vernon Oickle to the Elderfit Legacy program at our Christmas Luncheon this year. Keep an eye out for all our inductees' plaques at our social events and read up on their contributions to our programme. And speaking of the Christmas Luncheon, we've had some wonderful social events this year. Lynne B. will have a report about that shortly but I think it's safe to say that a good time was had by all! Shout out to Maggie and Maudie and Maggie and Muggins. What a hoot those characters are. If we play our cards right, maybe they'll be back with more of their antics. Most of all, thank you to all of our members for continuing to support us. Because of it, we are in good shape financially...so much so that we were able to offer our loyal members two free weeks this past year as a thank you. Nancy will be giving her report to give you more details. Thanks again to everyone attending today. Here's to a successful 2024.

Respectfully submitted by Sue Rushton

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Social Committee Report: It seems everyone wanted to put those Covid years behind us and venture out for some Elderfit camaraderie in 2023. Maybe the excitement of celebrating TWENTY FIVE years of acquasize together had something to do with that!

Fifty-three members and guests attended the June 1st luncheon at the Holy Trinity Church Hall to enjoy food, conversation and laughter, which always accompanies entertainment by Maggie and Maudie. The event raised \$240.15 after expenses.

About 20 members set out their lawn chairs at the summer picnic on a sunny September 7 at Graves Island. Eating, swimming and a fair amount of jaw exercising were the main activities of the afternoon. An amazing 75 party goers showed up for the Christmas lunch at the Lunenburg Fire Hall. A new dimension for this annual event, inspired by Maggie and Maudie, was a sock exchange amongst members who wished to join in that fun. As for revenue, we pretty much broke even. Soul's Harbour Mission benefitted from the generosity of our members in the form of a cheque for \$1055 plus three large bags of socks.

Thus, Elderfit's 25th anniversary year ended on a high note, thanks to the teamwork of all the Board members who pulled up their socks and pitched in to make each and every event a very happy success.

Respectfully submitted, Social Committee members Lynne Barkhouse, Lynne McDormand and Rosalie Studley.

ELDERFIT NEWS

AGM Secretary/Treasurer Report

For 2023:

Financial:

- * Donations: Collected for a specific charity from Elderfit members.
 - * \$1055 for Souls Harbour
 - * \$85 in memory of Erdine Chisholm
- * MODL operating grant: \$312.50
- * GST/HST rebate for Non-Profit Organizations registered with Joint Stocks NS. Each year we apply and receive 50% rebate on the GST/HST we've paid over the previous 12 months. For 2023, that was \$1444.00
- * 109 members were eligible for receipts for pool fees paid during 2023. Delivery via email or paper copy were offered. 30 members chose email, 16 chose paper copy and 63 chose no receipt.
- * Elderfit remains in a strong financial situation, mostly due to the current agreement with LCLC that requires us to pay a flat monthly rate of \$1380 (HST incl); this provides us with an opportunity to generate some income if numbers stay healthy and consistent. LCLC is no longer charging us for using the meeting rooms or pool time (saves us about \$150/year). Oak Island classes are covering the costs of pool rent for the 8 months they have been operating.
- * **The Board chose to offer 2 free weeks to our loyal members, one in February and one in September:**
 - LCLC: avg. 17.2 attendees; cost \$501**
 - OI: avg. 10.7 attendees; cost \$241.50**
 - Total cost for 2 free weeks: \$742.50**
- * Group Events: Small profit of \$163.65 for 2023.
- * Our additional expenses are small annual ones that total about \$2500 (pool rental not incl).
- * **A reminder to Elderfit members that applications for financial assistance for pool cards may be available. To inquire about financial assistance, email or call Sue at (902) 527-1887. All inquiries will be kept confidential.**

For further details, any member can ask to see the Financial Report for 2023.

Secretarial:

Annual Membership Report for 2023

After January/24 annual update:

Total current Enrolment on our list: 135

LCLC	84
Oak Island	51

(* only 7 members don't have email)

Average of Attendance at each pool:

LCLC: 12.4/246 over 12 months

Oak Island: 9.5 over 10 months

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2023 members who did not buy a pool card (or contact us) and were made inactive:

LCLC: 17

Oak Island: 6

TOTAL: 23

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Information collected from 2023 waiver forms:

New Members heard about Elderfit:

friend - 32

newspaper - 1

Health Professional - 1

Other - 9 (returns, OI desk, LCLC website, become instructor)

INSTRUCTOR COMMITTEE REPORT:

As anyone who attends the Elderfit classes knows, we have a wonderful group of dedicated volunteer instructors.

This past November we added another new instructor, Gretchen McCurdy, to our team. We now have 14 Instructors for two pools.

Twice a year the Instructors attend Workshops to learn new exercises and discuss interesting topics. On April 9/23 we had a workshop at the LCLC with special guest, Bob Urguhart, who is an Essentrics instructor. He taught us new exercises and stretches. Following in the classroom Jenny Kessler, a massage therapist, talked about voice projection. We also discussed Instructors' responsibilities.

The second workshop was held at a private outdoor pool on September 12/23. We worked on using the noodles in the pool followed by a general discussion and reiterating the responsibilities of the Instructors.

The next workshop will be held this spring.

The Instructors' Committee and the Elderfit members appreciate all the wonderful Instructors who make each class fun and enjoyable for us. We would like to particularly thank the Instructors at the Oak Island pool for putting up with the erratic schedule this winter.

Susan Swallow reported on behalf of the Instructors' Committee, which also includes Brenda Fancey and Lynne McDormand.

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The Board of Directors always appreciates the comments and questions from our Elderfit members. We haven't collected Testimonials for many years, so we've decided to encourage members to email their stories of how Elderfit has improved their lives in any way. Most of us know our mobility, balance, and overall health improve with attendance at classes - but some also have stories of emotional and social support. We'd love to hear from you - just email Nancy at nmacd3@icloud.com. Please be aware that we may post your testimonial to our website (elderfitlunenburg.ca) or share it with other members in our Newsletters. Looking forward to hearing your stories!

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The Elderfit Board of Directors wishes our members and their loved ones a Happy Easter!