

Elderfit NEWS

Pooling Together for Good Health

Merry Christmas!



On Thursday, December 12th, 65 Elderfit members and their guests met at the Holy Trinity Anglican Church Hall in Bridgewater to celebrate Christmas together. It was another very successful event, organized by the Social Committee (Sue Rushton, Rosalie Studley, Lynne McDormand).

Sue was the emcee and kept us laughing with her jokes. We started with a moment of silence for all the members and loved ones we lost in 2024. Rosalie Studley created 8 beautiful, hand painted wooden Christmas Boxes filled with colourful decor items - 8 lucky people won one!

The ACW served a wonderful chicken dinner. Maudie and Maggie, joined by Zelda the Elf provided the entertainment and organized activities! We also sang some popular Christmas carols together - always kicks off a great start to the holiday season.

Harbour House was the local charity chosen by the Board this year - our generous members donated \$1,191.00 to this wonderful cause! The attendees also brought donations of basic necessities for the families who often arrive there with nothing! This is truly the spirit of Christmas and we all thank our members and guests from the bottoms of our hearts!

The 50/50 draw of \$140.00 was won by Sherry Veinot! 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!

MERRY CHRISTMAS TO OUR MEMBERS AND LOVED ONES!



Mark your calendars with Elderfit Christmas Season classes:

LCLC will be closed on Christmas Eve, 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 email notifications and post them on Facebook if the facility closes; or phone the LCLC 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 isn't able attend, feel free to exercise with other members or do your own thing!

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

