

Elderfit NEWS

Pooling Together for Good Health



Happy Elderfit members and guests gathered at the Lunenburg Firehall on Dec.10th to celebrate Christmas and being together indoors for the first time since Covid hit! We welcomed 2 new instructors to the group of dedicated volunteers who lead classes at our two pools - Edward and Linda Rafuse! Congratulations!

A lovely turkey dinner was enjoyed by all; then the instructors were presented with gift bags that were filled by an anonymous group of appreciative members.

Gifts from the members of both pools were presented to Sue Rushton and Nancy MacDonald (President and Secretary/Treasurer of the Elderfit Board of Directors).

The 50/50 winner, Lynne McDormand, donated her winnings (\$76) to this year's charity: South Shore Hospice Palliate Care Society - bringing the total collected to \$875! Many thanks to everyone who supported this worthy, local charity, even if unable to attend the Lunch!!!

Thanks to the members of the Social Committee: Lynne Barkhouse, Rosalie Studley and Eileen Ross for another memorable Elderfit gathering!

Important dates to remember:

The LCLC pool will be closed on Dec 24th so no class! Other days classes are on! Oak Island's last class will be on Dec 22nd with no classes until Monday, Jan 3rd! All members are welcome at both pools at any time, so feel free to join any class.

Weather Reminder:

Now that winter weather is happening, we want to remind all members of Elderfit procedures at each pool.

At LCLC, unless the facility closes, we will still be paying rent on our regular days. If you feel safe going to the pool, we encourage you to do your own exercises or join together for some group fun **if no instructor shows up**. Instructors will decide as well whether they are comfortable driving to the pool. If the facility closes, we will try our best to notify you early in the morning by email and on Facebook. Feel free to call the LCLC as well or check their website.

At Oak Island, classes are cancelled whenever schools are closed because of bad weather; if the pool is open and no instructor is available, please do your own exercises and enjoy the pool.

Your safety is always our main concern, so make the best choice for you!

Merry Christmas to our members and their loved ones!



For the Christmas Lunch, Rosalie Studley made these stunning Snowman Hats as centrepieces for each table - they were taken home by lucky winners after a draw! The beautiful knitted Christmas stocking ornaments were made by Marilyn Branson for each attendee and the kitchen staff! Thanks again to both ladies - obviously a labour of love!

