

Elderfit NEWS

Pooling Together for Good Health

Elderfit Annual Picnic



On September 5th, 20+ Elderfit members and guests met at the Graves Island Provincial Park to relax together and enjoy a gorgeous day to reconnect socially after a busy summer season. It was a wonderful time to meet with our members from both Oak Island and LCLC. Thanks to those who brought a snack to share and complement our lunches with such yummy treats!

The weather was so nice that 2 brave members went into the chilly water at the newly cleaned up beach area - big rocks and seaweed had been removed and a wooden handrail installed - allowing easier access to that small beach area.

The photo above was taken after some had already left, but we were all waving at one of our regular picnic attendees who couldn't be there this year. All present agreed that it was one of the best picnics we've celebrated together - hopefully more members can join us next year! It's these special events that make Elderfit a unique exercise group - we're there for each other socially and emotionally while we work together to improve our health!

On a sad note, a longtime member and Board Director, Sue Nichols, passed away on Sept. 1st. Even though Sue hadn't been able to be in the pool for many years she continued to be an active Board Member who believed in and supported the Elderfit program. Sue always told us that Elderfit was a lifeline for her to participate in a social group while enduring physical challenges that kept her at home. She helped us remotely, especially with technology - one of her many talents! Sue will be missed, but is finally at peace.



We were all amazed to watch our fearless, independent member, Wendy M, make a huge effort to get into the salt water for the first time in 3 years! Wendy has amazed us with her determination to overcome the challenges of having her lower left leg amputated and learning to live with a prosthesis. Wendy continues to lead Elderfit classes at LCLC on a regular basis and keep attendees laughing at her jokes! She is an inspiration to all of us who know her! Bravo, Wendy!!!

Welcome back to our Oak Island members! Elderfit classes have resumed there as of September 4th and are following the regular schedule of classes at 10:30 on Mondays, Wednesdays and Fridays. We hear that the pool water is nice and warm - hope your classes can stay on a more regular schedule this year! LCLC members enjoyed meeting those of you who joined us occasionally during the summer!