



**ElderActive Recreation  
Association**

4061 – 4<sup>th</sup> Avenue  
Whitehorse, YT Y1A 1H1  
(867) 456-8252

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**NEWSLETTER – September 2014**

**Office Hours - Tuesday to Friday, from 9:00 am to 1:00 pm.  
ERA only accepts Cash and/or Cheques**

ERA's **Semi Annual General Meeting** is Friday Oct 3, 2014 at 10:00 am and will be held  
at the Elk's Hall in Whitehorse

Followed by a pot luck lunch and the **Fall Gathering Activities**

Entry Fee 10.00 per member for activities which includes dinner:

Golden Age Society - 8 Ball Pool, Shuffleboard, Floor Curling, Horse Shoes

Place TBA - Cribbage, Whist, Dominoes and Scrabble, if enough interest

5 pin bowling at Mad Trapper Alleys

Canada Games Centre – Carpet Bowling, Floor Shuffleboard, Bocce

Games Continue on Saturday

Chinese food Dinner at 5:30 pm on Friday at Golden Age Society

You may also renew your membership for 2015 at this meeting (\$10.00)

**Sponsored by RPAY - Interested in Nordic Walking?**

Register by phone at 668-4477 or email [info.xcskiwhitehorse@gmail.com](mailto:info.xcskiwhitehorse@gmail.com) for info

This program is free for ERA and RPAY members

Congratulations to Team Yukon 2014

Winner of the

**SPIRIT OF THE GAMES AWARD**

Team Yukon placed 3<sup>rd</sup> overall in the medal  
standings

with a total of **67.5 Medals**

**GOLD 25 - SILVER 22.5 - BRONZE 20**

Huge Thank You to Co Chefs Sue Meikle and  
Linda Stratis, Assistant Glen Doumont, Media  
Liaison Spence Hill and the Team Yukon  
Organizing Committee for all their hard work!

The Largest thanks are to the athletes and  
supporters that showed the true Yukon spirit  
throughout the games – You should all be  
proud!!!!

**Canada Games Centre  
Wednesday Sports Day**

Starts Wed Oct 1 @ 9:00 am

Carpet Bowling

Floor Shuffleboard

Other Ideas??

Call Brian Werlin 633-6468 to register  
before September 23 and for more  
information

**Senior Floor Curling Starts**

September 19 at 9:30 am at the  
Golden Age Society, with a "Learn  
what it's about" session. Come out  
and give it a try!

## YOGA WITH LISA VOWK

This program is sponsored by RPAY & ERA

There will be four separate sessions at \$10.00 per session

### **FOR            BEGINNERS            ONLY**

*(If You Have Not taken classes with Lisa before)*

**Session 1:**        Wed: Sept 17, 24, Oct 8, 15, 22, 29, Nov 5, 12, 19

**Session 2:**        Wed: Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11

### **FOR            INTERMEDIATE            ONLY**

*(You Must Have taken classes with Lisa before)*

**Session 3:**        Tues/Thurs: Sep 16, 18, 23, 25, 30, Oct 2, 9, 14, 16, 21

**Session 4:**        Tues/Thurs: Nov 6, 11, 13, 18, 20, 25, 27, Dec 4, 9, 11

For each session there will be a \$10.00 fee. Registrations **will not** be taken over the phone. You must come and pay at the ERA office in person to be registered – 1<sup>st</sup> paid – 1<sup>st</sup> in. Bring your own Yoga Mat. Classes will be cancelled if below -25 degrees.

**All Classes start at 9:00 am at the Golden Age Society**

### **Canada Games Centre Pass Subsidy Policy**

The Board of Directors approved a new Canada Games Centre Subsidy Policy at their June 9, 2014 board meeting. This policy was reviewed because the City of Whitehorse has raised the cost of passes annually, while ERA has not, and the number of members using this subsidy has increased substantially since the program started. We now have 296 members participating in the program. At the old rates, the Board felt that the program itself was not sustainable. The new rates are based on an approximate 25% subsidy. (You save about 25% of what the City would charge to non-ERA members) and will be reviewed on an annual basis beginning in September 2015. The new prices are:

**10 Punch Pass: 40.00    Monthly Pass: 30.00    Annual Pass 305.00**  
**Annual Disability Pass    185.00**

### **Respect, Protect, Educate – Engaging Older Adults**

**October 27 and 28, 2014 Westmark Whitehorse**

#### **Sponsored by the Yukon Public Legal Education Association**

You will hear/share positive stories; Learn about community/legal information/resources; Recognize appropriate actions for dealing with abuse, neglect and self-neglect; Connect and share ideas and develop actions; Be energized by the discussions, activities, speakers and materials!

Who should attend: Seniors/elders, family members, individuals who care!  
**Registration is free. Register by September 30<sup>th</sup> at [www.yplea.com/conference](http://www.yplea.com/conference)**  
*Do Not Register at ERA Office*