



# ElderActive Recreation Association Newsletter

## September 2016

### Important Dates to Remember

**Office closed** – Sept 5<sup>th</sup> for Labour Day and Oct 10<sup>th</sup> for Thanksgiving

**Sept 6** – Registration open for Yoga with Lisa Volk (Beginners & Advanced) & Mindfulness with Ruth Lera

**Sept 12** – League play begins at Canada Games Centre

**Sept 14** – Recreation play begins at Canada Games Centre

**Sept 30** – International Day of Older Persons Fair

**Oct 14 & 15** – ERA's Semi Annual General Meeting & Fall Gathering



### Do you love walking?



ERA is starting it's own walking group!

We will meet weekly on different trails in and around Whitehorse to get some exercise & fresh air.

If you are interested and for more information, please contact

**Jennifer at**  
[programs@elderactive.ca](mailto:programs@elderactive.ca)

### ERA's Semi Annual General Meeting and Fall Gathering to be held October 14 and 15



The meeting is at 10:00 am at the Elk's Hall; followed by a pot luck lunch and various games on Friday afternoon.

A delicious Chinese Food Dinner will be served at the Golden Age Centre at 5:30pm on Friday.

Carpet Bowling and Floor Shuffleboard will start on Saturday at the Canada Games Centre at 9:00am.

**Come out and enjoy the fun!**

**\$15.00 covers everything!**

Sign up sheets for all the events will be at the meeting.

**Save \$10 by renewing your 2017 ERA membership dues at the meeting**



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!

The Canada Games Centre Pool reopens from it's annual maintenance at 7am on Sat Sept 10th

### Seniors Days at Canada Games Centre resuming in September for 2 days every week!



- Mondays – beginning Sept. 12 for League play (be there at 9:30am so teams can be drawn)
- Wednesdays - beginning Sept. 14 for drop in and Recreational play

**Our new office location is 309 Strickland Street on the 3<sup>rd</sup> floor  
(corner of 4<sup>th</sup> & Strickland)**



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### Sign up for our programs!

#### Current Programs

- **Birds of the Yukon** •1 class left!  
Thurs, Sept 8<sup>th</sup> from 10:30am - noon
- **Fall & Winter Gardening** •2 classes left!  
Wed, Sept 7 and Wed, Sept 14<sup>th</sup>  
4:30pm-5:30pm



#### Upcoming Programs

**\*Registration for our Upcoming Programs begins at 9am on Tuesday, September 6<sup>th</sup>\***

#### • **Yoga with Lisa Volk**

- Beginners session** •Wednesdays 9am-10am  
Sept 21 to Nov 23
- Advanced Session** •Tuesdays and Thursdays 9am-10am Sept 20 to Oct 25
- Registration Fee** •\$20 per session and is first paid, 1<sup>st</sup> in!



**Must register and pay in person in office**

#### • **Mindfulness Meditation with Ruth Lera**

- Dates** •Thursdays Oct 20<sup>th</sup>, Oct 27<sup>th</sup>, Nov 3<sup>rd</sup>, & Nov 10<sup>th</sup> from 1:00pm -2:30 pm
- Registration Fee** •\$10 for 4x class series
- Location** •TBA



Back by popular demand! Beginners and former students are welcome to join this class which will include a different guided Mindfulness Meditation each week. The sessions will also include discussions about how to bring Mindfulness into our everyday lives. Mindfulness meditation helps people connect to their inner strength, and quiet the mind, in order to reduce stress and increase health and well-being.

**& more programs TBA by email in the next month - Stay tuned!**

### Team Yukon cleans up at the Canada 55+ Games!



28 Gold Medals  
26 Silver Medals  
11 Bronze Medals



Grand Total: 65 Medals

**Congratulations to all the players!**

### Celebrate International Day of Older Persons

September 30<sup>th</sup> 11am-3pm at Kwanlin Dun  
Cultural Centre  
Information booths, see it & try it sessions, light  
snacks & beverages, & live entertainment!

For more info contact Mia at  
[mialouise.lee@yahoo.ca](mailto:mialouise.lee@yahoo.ca)

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