

Important Dates to Remember

Office Closed December 23rd at Noon



Office Reopens January 2nd at Noon

December 12th – 2017 Program Registration Begins

December 14th – Last Games Day of 2016 @ CGC

December 31st – 2016 ERA Membership Expires

January 6th – Games Day Starts Again 2017 @ CGC

January 13th – Deadline to enter Winter Tourney

January – Raffle tickets available to sell

January 27th and 28th – Winter Tournament

February 24th and 25th – Faro Carpet Bowling

March 31st – Dues \$20 Last Chance

Membership Dues Reminder

Your 2016 Membership expires on Dec 31st 2016.

You may renew your dues for \$20.00 at the ERA Office at 4th & Strickland Street – 3rd floor.

Monday 12:00 pm to 4:00 pm
Tuesday to Friday from 9:00 am to 1:00 pm
(ERA accepts Cash or Cheques only)

If your dues are not paid by March 31st, 2017 you will have to pay \$30.00 to rejoin

Dawson Yoga

New Yoga session beginning in January
To register please contact Diane Schroeder at dianesch2005@yahoo.co.nz

ERA Raffle Tickets will be available for you to sell in January – Watch your Email for Notice

9th Annual Winter Competition

January 27th & 28th, 2017 - Play will start Friday at 1:00 pm until 5:00 pm, and continue on Saturday at 10:00 am until 4:00 pm for Carpet Bowling and Floor Shuffleboard; *(dinner at 5:30 pm at Golden Age Hall)*. Pickleball will be played on Saturday from 10:00 am – 4:00 pm. All games at the Canada Games Centre.

Cost: \$25.00 per player for Floor Shuffleboard and Carpet Bowling

(includes Chinese Food Dinner on the 28th)

\$10.00 per player for Pickleball

(Cash Prizes and Dinner not included)



Please Sign up as a Team *(except Pickleball)*

Contact the ElderActive Office for more details; 456-8252; office@elderactive.ca

Carpet Bowling

- 1st Place – 400.00**
- 2nd Place – 200.00**
- 3rd Place – 100.00**

Floor Shuffleboard

- 1st Place – 200.00**
- 2nd Place – 100.00**
- 3rd Place – 50.00**

(Prizes may be adjusted to reflect number of entries!)

All entries (with payment) must be received by the ERA office no later than January 13th, 2017 at 1:00 pm!

(Extra Dinner tickets are available for \$15.00 per person)

456-8252; email office@elderactive.ca; Corner of 4th and Strickland Street – 3rd floor
Hours: Monday 12:00 pm – 4:00 pm and Tuesday – Friday 9:00 am -1:00 pm

Upcoming ERA Programs

Registrations begin Monday December 12 at the ERA office and are:

PAY IN PERSON: FIRST PAID, FIRST IN!

- **Beginners Yoga with Lisa Vowk**
Wednesdays 9:00 am – 10:00 am
10 classes: Jan 11th – Mar 15th
Registration Fee: \$25.00
- **Advanced Yoga with Lisa Vowk**
Tuesdays & Thursdays 9:00 am – 10:00 am
10 classes: Jan 10th – Feb 9th
Registration Fee: \$25.00
- **Snowshoeing at Mt. McIntyre**
Take walking and hiking to the next level!
Thursdays 1:30 pm – 3:00 pm
4 sessions: Jan 12th – Feb 2nd
Registration Fee: \$20.00
(Includes snowshoe rental and trail fees)
- **Stories with Arlin McFarlane**
Learn about storytelling, legacy stories, and get to know the people in your community.
Fridays from 1:00 pm – 2:30 pm
3 sessions: Jan 6th – Jan 20th
Registration Fee: \$5.00
- **Reflexology with Jeddie Russell**
Active Feet was a hit! Join us to learn more about active foot longevity and self-care.
Fri Feb 3rd, 3:30 – 5:30 pm; Sat Feb 4th, noon – 2:00 pm;
(And optional Sat, Feb 18th, noon – 2:00 pm for practice & introduction to advanced techniques)
Registration Fee: \$20.00
- **Mindfulness Group**
ERA has formed its own Mindfulness Group! Weekly on Mondays from 2:00 pm – 3:00 pm. Begins January 9th.
Registration Fee: \$5.00
- **Weekly Walking Group**
ERA has its own walking group that meets weekly to explore trails in and around Whitehorse.
To join please contact programs@elderactive.ca

Congratulations to ERA's Tom Parlee

Tom has been awarded the Sovereign's Medal for Volunteerism. This prestigious award will be presented to Tom at the Commissioner's Levee on New Year's Day at the Westmark Whitehorse. Come watch as Tom receives this deserved award.

Alaska International Senior Games

Are you interested in attending the Alaska International Senior Games? The 2017 games will run from Aug 11th – Aug 20th, 2017 in Fairbanks. For more information contact gmaccannell@yahoo.com; Graham at 689-0740

The More Things Change

These Kids Today! – "What is happening to our young people? They disrespect their elders. They disobey their parents. They ignore the law. They riot in the streets inflamed with wild notions.

What is to become of them?"

Plato, 427 – 347 B.C.

Faro Carpet Bowling Tournament

Feb 24th & 25th, 2017

Entry Deadline Feb 1, 2017

Choice of 4 places to pay to stay – or be billeted!
This Tourney is for people over 50, there is no entry fee, 3 or 4 players per team. Registration Forms available at the ERA office, and must be sent to Sally Baker, Box 389, Faro, YT, Y0B 1K0
Lots of Food and Fun Provided! Contact Sally at sallee baker@hotmail.com for more details.

Transportation is your responsibility.

ERA Travel Policy DOES NOT apply!

2017 Men's World Fastpitch

is looking for volunteers July 7th – 16th, 2017.

You will be credited ERA volunteer hours!

Note: Once is enough, *(don't sign up with ERA and then on Fastpitch website)*

You Must Sign up at ERA Office

The Board of Directors and staff would like to wish all of you and your families a very Merry Christmas and a Safe & Healthy New Year!