

2018 Semi Annual General Meeting



**Friday October 12th & Saturday October 13th, 2018 – Elks Hall 10:00 am
Motion to Change Associate Membership**

Member registration starts at 9:00 am - Meeting Starts at 10:00 am

Please bring Pot Luck Snacks to share at the break. The meeting will be followed by our Fall Gathering, including 5 Pin Bowling, Floor Curling, Scrabble & Cribbage starting at 1:30 pm Friday followed by a delicious dinner at the Elks Hall at 5:30 pm.

More games on Saturday at the CGC from 10:00 am – 4:00 pm including Carpet Bowling, Pickleball & Floor Shuffleboard & **Pot Luck Lunch**. (*Saturday Only*)

**Sign up for games & dinner before the meeting, or at the Office (*in person*)
\$5.00 for Games, \$15.00 per person for dinner**

One motion will be presented.

The Membership committee of the Board of Directors present the following motion:

Be it Resolved that the Constitution be amended by;

Removing Section 2; (*MEMBERSHIP*) Number 3; (b) (*page 3*) Associate Membership, be removed from the Constitution, (*along with any housekeeping changes required*).

Rationale:

There have been complaints of people abusing this type of membership.

Many ways to solve this were discussed at length at the Annual General Meeting, however, there were no options raised that could pass a vote. Therefore, the Committee felt it best to remove this type of membership altogether.

CANADA 55+ GAMES – *Team Yukon*

Team Yukon's 159 members left in August for the City of Saint John, New Brunswick to participate in the 2018 Canada 55+ Games. As *Team Yukon* participated in the games they shared the vibrant Spirit of the Yukon, and had a great time. I am sure the fun of meeting up with old friends, and making new ones was part of the excitement and the challenge of attending the Canada Games.

Team Yukon won a total of 83.5 medals (24 Gold, 28 Silver, 31.5 Bronze). The average age of participants attending the games was 68 years with the eldest being 93 years young.

The next 55+ Canada Games will be held in Kamloops, BC in 2020. Looking forward to having you on *Team Yukon* 2020.

Important Dates to Remember Office

Now open Mon to Fri 9 to 3

Office Closed - October 8, and November 12

Team Yukon Wrap up Meeting: Thursday, October 11th at Mt McIntyre Recreation Centre
Doors open at 6 pm; Program 6:30 – 7:30 pm
(please wear your Team Yukon shirt)

ERA is pleased to welcome our new Program Coordinator - Alex Jegier.
Alex will officially start on September 17th.

And Charlotte Cornell is now our Office Admin person; some have already met Charlotte as she filled in over the spring and summer.

“ACTIVE IN BODY, MIND AND SPIRIT”

COMING SOON-GLASSBLOWING CLASSES – WATCH YOUR EMAIL FOR DATES!

Did You Know? Nordic Pole walking combines an upper body technique similar to cross country skiing with the lower body technique of regular walking. It improves balance and stability and it reduces stress on hips and knees. Nordic pole walking compared to running burns 20 – 46% more calories as 90% of the body muscles are engaged. Using the poles diminishes neck and shoulder symptoms in office workers and increased upper body mobility and other improvements in our bodies. Individuals who use Nordic Poles engage the core muscles and many other muscle groups. This is particularly good for those who use walkers. ERA has Nordic Poles *(accessories included)* for sale price of \$ 30.00 a pair

ERA Tuesday Bingo **NEEDS** Callers, Cashiers, and Cash Assistants to keep our Bingo running smoothly. We provide all training. Please contact Alex or Charlotte at programs@elderactive.ca or 456-8252

Current/Upcoming ERA Programs

Yoga w/ Lisa Vowk

Beginner – Wednesdays October 10th – December 12th

Intermediate/Advanced – Tuesdays & Thursdays

NEW SESSION October 16th – November 15th

(Now Taking Registrations)

Please register in person at the ERA Office.

Pilates @ LLMF

Long Lean & Mean Fitness

Mondays – 9:00 am – 10:00 am
September 10th to November 26th

No Class October 8th or November 12th

OR **Fridays:** Sep 14th to Nov 16th

or Silver Strength

Wednesday's – 9:00am – 10:00am

September 12th – November 14th

Please register in person at the ERA Office.

Your ERA membership expires on December 31st each year!
If you have not paid your 2019 Dues by March 31st, 2019, your name will be removed from the email and mailing lists. Don't miss out on any programs, ElderActive information or the Canada 55+ Games!
You may pay your 2019 dues at the SAGM on Oct 12th!

Quote for the Day

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”