



ElderActive Recreation Association

4061 – 4th Avenue, Whitehorse, YT Y1A 1H1

867-456-8252

www.yukon-seniors-and-elders.org

NEWSLETTER – December 2012

Regular office hours – 9:30 am – 1:30 pm. Tuesday through Friday.

The office will be closed from 1:30 pm, Friday Dec 21st to 9:30 am, Tues Jan 2nd.

Join Us – in our 5th Annual Winter Competition

ERA Members 55+

Where – Whitehorse - Canada Games Center

When – January 25th and 26th, 2013

Who – Teams of 4 or 5 – 4 to play each game, one to spare

Cost - \$15.00 per person

Prizes -

Carpet Bowling

1st Place - \$400.00 per team

2nd Place - \$200.00 per team

3rd Place - \$100.00 per team

Floor Shuffleboard

1st - \$200.00 per team

2nd - \$100.00 per team

3rd - \$ 50.00 per team



There will be a dinner at the Golden Age Society Hall at 6:00 pm Saturday evening.

Accommodation and travel allowance will be provided, paid at the rates listed in the ERA Travel Policy, for one vehicle per team. Registrations and Entry fees must be received in Whitehorse by January 18th, 2013 to ensure a guaranteed place.

WANT MORE INFORMATION: Contact the ERA office at (867) 456-8252, office hours Tue-Fri, 9:30am-1:30pm

On going programs –

Regular Wednesday Games at Canada Games Center will shut down on Dec 12th for Christmas, and will resume again on January 9th, 2013.

ERA is now taking names for a new **Nordic Walking class**. Call Kim during regular office hours and leave your name and phone number to register.

NEW PROGRAMS:

ElderActive Recreation Association is pleased to offer these opportunities to our members in partnership with:

- Nordic Walk ‘n’ Talk Group – information next page
- Nordic X Country Ski “n” Tea – information next page
- Nordic SnowShoe Lessons - information next page
- Osteofit classes may start when the instructors finish their training sessions.



Reminder from Prospector Pete –



If you tell people about the Subsidy at Canada Games Center - City of Whitehorse rules are that you must be 60+ to obtain a senior pass.

Passes are then available at ERA office during regular office hours.



Nordic Walk 'n' Talk Group

Join other ERA members for Nordic Walk 'n' Talk...

Join a group to keep up the Nordic Walking skills you have already learned. Our leader, Janbro, will arrange group walks, accompany the group and provide some tips on technique. This program is for ERA members who have already taken a Nordic Walking class.

Dates and Times:

First walk will be at the Canada Games Center, future walks may be outside if the group agrees.

December 4, 6 and 11th. 2012 - 10:30 – 11:30 am.

Cost and Registration:

Participants must be an ElderActive Recreation Association member and have taken a Learn to Nordic Walk class.

All participants must have a basic level of fitness, which means that you are capable of sustained physical activity for half to one hour at a normal walking pace.

There is no charge to participate in this program.

To register, please go to the main desk in the front foyer of Sport Yukon. This is where you will find registration forms and ERA membership forms.

Required clothing/footwear:

Participants need:

- A set of Nordic walking poles. ERA members can purchase poles from ERA for a special price of \$20.
- A good set of walking shoes or boots.
- Face protection such as balaclava, Buff, or neck gaiter
- Pair of dry socks – VERY IMPORTANT TO KEEP FEET WARM
- To dress in layers – sweaters and jackets rather than a heavy parka

Tea and a healthy snack will be provided at the end of the walk.



Ski 'n' Tea Group

Join other ERA members for Ski 'n' Tea...

Discover the convenience and beauty of the trails at the Whitehorse Nordic Centre (Mt Mac). This program is for ERA members who can comfortably cross country ski distances of 2 to 3 km on flatter trails. Join a group led by Jan Downing and gain experience exploring different trails on a weekly basis. Day passes and ski equipment rentals are provided at no charge.

For more detailed information, please call Jan Downing at 633-2111.

Dates and Times:

Fridays from 2-3:30

Jan. 18, Feb. 1, Feb. 8, Feb. 15, March 1 and March 8

Please arrive 20 minutes before if you need to borrow equipment and 10 minutes before if you have your own skis, boots and poles

Cost and Registration:

Participants must be an ElderActive Recreation Association member. ERA membership is \$10.

All participants must have a basic level of fitness, which means that you are capable of sustained physical activity for half to one hour at a normal walking pace. It is expected that participants can comfortably cross country ski distances of 2 to 3 km on flatter trails.

There is no charge to participate in this program. Day passes and use of equipment is provided courtesy of the Recreation and Parks Association of the Yukon (RPAY) and Yukon Government Sport and Recreation Branch.

To register, please go to the main desk in the front foyer of Sport Yukon. This is where you will find registration forms and ERA membership forms. Cheques for ERA membership are to be made payable to: ElderActive Recreation Association.

Required clothing/footwear:

Rental/use of ski equipment is provided. Participants need to dress in layers and bring:

- Face protection such as balaclava, Buff, or neck gaiter
- Pair of dry socks– VERY IMPORTANT TO KEEP FEET WARM

Location: Mt McIntyre Recreation Centre

At Mt Mac, you can park in the main parking lot and walk down the outside stairway on the north side of the building. Enter through the first door at the bottom of the stairs and go to The Ski Base, which is the small proshop where you will get your ski equipment and a day pass. Washrooms, change rooms, showers and saunas are available at Mt Mac. Tea and a healthy snack will be provided at the end of the ski.



Nordic Snowshoe Lessons

Learn to Nordic Snowshoe...

Discover the convenience and beauty of the trails at the Whitehorse Nordic Centre (Mt Mac). Learn to Nordic pole walk on snowshoes! This is a great way to get some fresh air and exercise at any temperature. Outings will be adjusted to accommodate fitness level and comfort. For only \$10, you will enjoy four, one-hour sessions including snowshoe and pole rentals, day passes, and lessons with Mike Gladish and/or Sarah Murray.

For information, please call The Ski Base at 668-4477 and ask for Mike Gladish.

Cost and Registration:

Participants must be an ElderActive Recreation Association member. ERA membership is \$10. The fee for one lesson set is \$10. This includes equipment, day passes and lessons. The minimum number of participants needed to run a lesson set is 3.

To register, please go to the main desk in the front foyer of Sport Yukon. This is where you will find registration forms and ERA membership forms. Cheques are to be made payable to: ElderActive Recreation Association.

Two Lesson Sets:

December 3, 7, 10, 14 from 1:30 to 2:30 pm

Registration Deadline: November 29

February 4, 11, 18, 25 from 1:30pm to 2:30pm

Registration Deadline: January 31

Please arrive at least 15 minutes before the lesson if you need snowshoes and/or poles and at least 5 minutes before, if you have your own equipment.

Required Fitness Level:

All participants must have a basic level of fitness, which means that you are capable of sustained physical activity for half to one hour at a normal walking pace.

Required clothing/footwear:

Rental/use of snowshoes and poles is included in the registration fee. Participants need:

- Warm boots such as Sorels or snowpacks
- Face protection such as balaclava, Buff, or neck gaiter
- Pair of dry socks to change into before going out
- To dress in layers – sweaters and jackets rather than a heavy parka

Location: Mt McIntyre Recreation Centre

At Mt Mac, you can park in the main parking lot and walk down the outside stairway on the north side of the building. Enter through the first door at the bottom of the stairs and go to The Ski Base, which is the small proshop where you will get your snowshoes, poles and a day pass. Washrooms, change rooms, showers and saunas are available at Mt Mac. Coffee, tea and hot chocolate are also available before or after the lesson.