



## ElderActive Recreation Association

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

Email: [elderactive@sportyukon.com](mailto:elderactive@sportyukon.com)  
[www.yukon-seniors-and-elders.org](http://www.yukon-seniors-and-elders.org)



## NEWSLETTER – December 2013

Good Day Everyone! My name is Glen Doumont and I have been hired as the new ERA Office Coordinator. I am a lifelong Yukoner with a long history of working with and for nonprofit organizations here in Whitehorse. It will be my pleasure to assist you at the office during the hours **Tuesday to Friday, from 9:00 am to 1:00 pm.**

### *Merry Christmas and Happy New Year*

Plans are well underway for Team Yukon to attend the 2014 Canada 55+ Games in Strathcona County, Alberta on August 27 – 30, 2014.

Sue Meikle has again accepted a position of Co-Chef de Mission. Joining her as Co-Chef is Linda Stratis. The rest of the Organizing Committee is: Tom Parlee, Hank Leenders, Bill Simpson, Pamela Bangart, Nick Stratis, Brenda Dion, Diana Simpson and Paul Dabbs. Spence Hill has been appointed Media Rep for the Games. ERA thanks these people for their work!

## TEAM YUKON WANTS YOU !!!



The following activities will be offered:

|                |                  |                    |                    |
|----------------|------------------|--------------------|--------------------|
| 5-Pin Bowling  | Eight Ball Pool  | Badminton          | Bocce              |
| Carpet Bowling | Contract Bridge  | Cribbage           | Cycling 20k & 50k  |
| Darts          | Duplicate Bridge | Floor Shuffleboard | Floor Curling      |
| Golf           | Ice Curling      | Ice Hockey Men's   | Ice Hockey Women's |
| Pickleball     | Scrabble         | Slo-pitch          | Swimming           |
| Tennis         | Track & Field    | Whist              | MicroMarathon      |

Information sheets and "I Might Go" forms are available at Sport Yukon, the ERA office and on ERA's website at [www.yukon-seniors-and-elders.org](http://www.yukon-seniors-and-elders.org)

Deadline for "I Might Go" forms is February 28, 2014, (except Ice Curling – January 31)

### **...But the Sooner...the Better!**

**Playoffs – if required will be held in March or April 2014**

(Travel Subsidies may be Available)

#### **HOLIDAY OFFICE HOURS**

The ERA office will be closing December 24<sup>th</sup> at Noon and re-opening on January 2<sup>nd</sup> at 9:00 am.

ERA's Regular Office Hours are  
Tuesday to Friday 9:00 am to 1:00 pm  
**ERA only accepts Cash and/or Cheques**

#### **MEMBERSHIP RENEWAL TIME**

2013 ERA memberships expire on  
December 31, 2013!

You must renew your membership before you purchase your next Canada Games Centre Pass or register for any programs.

#### **IMPORTANT DATES TO REMEMBER**

**11 December** – Last Wednesday games  
Before Break

**8 Jan** – Wednesday Activities Return

**13 Jan** – Monday Games Start at CGC

Call Ken Burke – 668-2919/335-0344 for  
more information on weekly games at CGC

**January 24, 25**  
**Annual Winter Competition**  
(See Next Page)

**Our Cash Raffle Tickets will go on Sale in January - Please Contact the Office to Help us Sell Them Out !**

The Physical Activity and Motion Seminar that was postponed will be rescheduled in the New Year.

All those that registered will be contacted with the new date and time. If you missed out, please contact the office, or see August's newsletter for more information.

If you would prefer to receive newsletters and other ERA information by email rather than a paper copy – please send a short email to the ERA office.



**WINTER  
COMPETITION  
JAN 24, 25  
AT CGC  
CASH PRIZES**

**Carpet Bowling – Teams of 4 or 5 (one spare)**

Cost \$15.00 per person – Cash Prizes

- 1<sup>st</sup> Place Team – \$400.00
- 2<sup>nd</sup> Place Team – \$200.00
- 3<sup>rd</sup> Place Team – \$100.00

**Floor Shuffleboard – Teams of 2 or 3 (one spare)**

Cost \$15.00 per person – Cash Prizes

- 1<sup>st</sup> Place Team – \$200.00
- 2<sup>nd</sup> Place Team – \$100.00
- 3<sup>rd</sup> Place Team – \$50.00

Dinner at the Golden Age Society on Saturday Night is **Free** for **Paid Players**. (\$10.00 for Guests that are not playing).

Accommodation and travel allowance will be provided for out of town teams, as per ERA Travel Policy.

Registrations and Entry fees must be received in Whitehorse by January 17 – however we recommend you enter as soon as possible to guarantee your team a spot.

For more information Contact the ERA office at 456-8252, [elderactive@sportyukon.com](mailto:elderactive@sportyukon.com) or Ken Burke at 668-2919 or [jdburke88@klondiker.com](mailto:jdburke88@klondiker.com).

**YOGA WITH LISA VOWK**

A new session of 10 classes will be starting in January, 2014

**You must register for this popular program at the ERA office by January 17th.**

The Classes are Tuesday and Thursday Mornings from 9:00 am to 10:00 am on January 21, 23, 28, 30, and Feb 6, 11, 13, 18, 20, 25, and will be held at the Golden Age Society.

**This program is sponsored by RPAY & ERA**



**Programs Available this Winter**

• **LEARN TO SNOWSHOE**

February 10, 14, 17, 21 – 1:30 to 2:30 at Mt. McIntyre Rec Centre – Nordic Centre  
Registration Fee – \$20.00 Sign up at Sport Yukon or ERA Office no later than 3 days before course starts!

• **LEARN TO CROSS COUNTRY SKI**

Feb 5, 12, 19, 26 – 1:30 to 2:30 at Mt. McIntyre Rec Centre – Nordic Centre  
Registration Fee – \$20.00 Sign up at Sport Yukon or ERA Office no later than 3 days before course starts!

• **SNOWSHOEING FOR FUN, FITNESS AND FRESH AIR**

Jan 6, 10, 13, 17 – 1:30 to 2:30 at Mt. McIntyre Rec Centre – Nordic Centre  
Registration Fee – \$20.00 Sign up at Sport Yukon or ERA Office no later than 3 days before course starts!

These are beginner level courses to introduce seniors to cross country skiing and snow shoeing on the safe, well groomed trails at the Whitehorse Nordic Centre (Mt Mac).

ERA members will enjoy four, one-hour sessions including lessons, snow shoes, ski rentals and day passes.

Sessions are for seniors with limited cross country ski or snow shoe experience  
Sessions will be adjusted to accommodate fitness level, comfort and experience.

**Required Clothing**

- Gloves / mitts / toque
- Face protection (balaclava, buff, neck gaiter)
- Dress in layers - sweater and jacket rather than a heavy parka
- Extra pair of dry socks

**IMPORTANT TO KEEP FEET WARM**

Cut off temperature: -25 one hour before lesson start as per Environment Canada website.

Please arrive a minimum of 15 minutes before the lesson time to allow time to pick up equipment and day pass.

Contact Nick Stratis @ 668-4477 for details.  
Register & Pay at Sport Yukon or ERA Office



*The Board of Directors Wish you all a Safe and Happy Holiday Season*