

### Important Dates to Remember

**Office Closed** December 22<sup>nd</sup> at 3:00pm   
**Office Reopens** January 2<sup>nd</sup> at 9:00am  
December 20<sup>th</sup> – Last Games Day of 2017 @ CGC  
December 31<sup>st</sup> – 2017 ERA Membership Expires  
January 8<sup>th</sup> – Games Day Starts Again 2018 @ CGC  
January 10<sup>th</sup> – Basketball Tournament @ CGC – No Games  
January 12<sup>th</sup> – Deadline to Enter Winter Competition  
January 26<sup>th</sup> and 27<sup>th</sup> – Winter Competition  
February 28<sup>th</sup> – Canada 55+ 2018 Games “I Might Go” form Entry Deadline  
April 28th – Annual General Meeting/Games

### Membership Dues Reminder

Your 2017 Membership expires on Dec 31<sup>st</sup> 2017.  
You may renew your dues for \$30.00 at the ERA Office at 4<sup>th</sup> & Strickland Street – 3<sup>rd</sup> floor.  
Monday – Friday 9:00am – 3:00pm  
(ERA accepts Cash or Cheques only)  
Members living 100kms or more outside of Whitehorse pay \$20.00 dues.



A great big THANK YOU, from everyone at ERA to our Bingo Volunteers who make our Tuesday night Bingo's at the Elk's Hall possible. If you are interested in volunteering, please contact Sherry Unland at [programs@elderactive.ca](mailto:programs@elderactive.ca).

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

## 10th Annual Winter Competition

January 26<sup>th</sup> & 27<sup>th</sup>, 2018 – Bocce, Carpet Bowling, and Floor Shuffleboard play will start on Friday at 1:00 pm to 5:00pm, and continue Saturday at 10:00 to 4:00pm. Pickleball play will be on Saturday from 10:00am – 4:00pm. All games are played at the Canada Games Centre.

Join us for dinner after the games at 5:30pm on Saturday the 27<sup>th</sup>, at the Legion Hall.

**Cost \$25.00 per Player – Includes games and dinner**



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

**Bocce – Enter as a Team of 4**

**Pickleball – Enter Individually**

**Carpet Bowling – Enter as a Team of 4**

**Floor Shuffleboard – Enter as a Team of 2**



Contact the ElderActive Office for more details; 456-8252; [office@elderactive.ca](mailto:office@elderactive.ca)

**All entries (with payment) must be received by the ERA office no later than January 12<sup>th</sup>, 2018 at 3:00 pm!**

**Upcoming ERA Programs**

**PAY IN PERSON: FIRST PAID, FIRST IN!**

**Beginners Yoga with Lisa Vowk**

Wednesdays 9:00 am – 10:00 am  
10 classes: Jan 10<sup>th</sup> – Mar 14<sup>th</sup>  
Registration Fee: \$35.00

**Advanced Yoga with Lisa Vowk**

Tuesdays & Thursdays 9:00 am – 10:00 am  
10 classes: Feb 6<sup>th</sup> – Mar 8<sup>th</sup>  
Registration Fee: \$35.00

**Glassblowing**

**Introduction – Flower, paperweight, ball**

January 12<sup>th</sup> & 13<sup>th</sup>  
11:00am – 1:00pm  
Registration: \$20.00

**Advanced – Small Wavy Bowl**

January 19<sup>th</sup> & 20<sup>th</sup>  
11:00am – 1:00pm  
Registration: \$40.00

**Pilates at Long Lean & Mean Fitness**

166 Titanium Way  
Friday's 9:00am – 10:00am  
10 Classes – January 19<sup>th</sup> – March 23<sup>rd</sup>  
Registration: \$50.00

**Mindfulness Group**

ERA has formed its own Mindfulness Group! Weekly on  
Mondays from 1:30 – 2:30 pm.  
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](mailto:programs@elderactive.ca)

**Canada 55+ Games Aug 21 – 24, 2018**

*"I Might Go"* forms deadline for the Canada 55+ Games in Saint John New Brunswick is February 28<sup>th</sup>, 2018, except for Pickleball and Curling which are due by January 26, 2018.

**The Board of Directors and Staff  
would like to wish all our members  
and their families a very Merry  
Christmas and a safe and healthy New  
Year!!**

**We look forward to keeping you  
"Active in Body, Mind, & Spirit"  
in 2018!**



As 2017 comes to an end, I would like to extend many thanks to Members, and the Board for the warm welcome to ERA. The past 6 months have been wonderful getting to know members, exploring active opportunities for our members, and partnering with other organizations and businesses to bring exciting programming. I would like to wish you a very Merry Christmas, and a safe and Happy New Year!



Sherry Unland – Program Coordinator

As of end of 2017, ElderActive has a membership count of 740 members strong!! Thank you members for spreading the word about the benefits of ERA!!

Program ideas? Something fun you'd like to try? Contact Sherry Unland at [programs@elderactive.ca](mailto:programs@elderactive.ca) and let's see if we can make it happen!!