

**Important Dates to Remember**

**Office Closed** December 21<sup>st</sup> at 3

**Office Reopens** January 2<sup>nd</sup> at 9:



December 12<sup>th</sup> – No CGC due to Basketball Tournament

December 19<sup>th</sup> – Last Games Day of 2018 @ CGC

January 7<sup>th</sup> – First Games Day Starts 2019 @ CGC

January 18<sup>th</sup> – Deadline to Enter ERA Winter Competition

January 25 and 26<sup>th</sup> – ERA Winter Competition

April 26<sup>th</sup> – 27<sup>th</sup> – Annual General Meeting/Spring Gathering and Games

Watch e-mail for Program dates in January

**Membership Dues Reminder**

Your 2018 Membership expires on Dec 31<sup>st</sup> 2018.

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.

*If your Dues are not paid by January 31, 2019, you will no longer receive emails from ERA. Don't miss out on the fun by forgetting to pay your dues!*

A great big THANK YOU, from everyone at ERA to our Bingo Volunteers who make our Tuesday night Bingo at the Elks Hall possible. If you are interested in volunteering, please contact Alex Jegier or Charlotte Cornell at [programs@elderactive.ca](mailto:programs@elderactive.ca).

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

**ElderActive 12<sup>th</sup> Annual Winter Competition  
Sponsored by Dave's Cleaning Service**

January 25 & 26, 2019 – Pickleball, Carpet Bowling, and Floor Shuffleboard play will start on Friday at 1:00 pm to 5:00 pm, and continue Saturday at 10:00 am to 4:00 pm. All games are played at the Canada Games Centre.

Join us for dinner after the games at 5:30 pm on Saturday, January 26<sup>th</sup>, at the Legion Hall.

**Cost \$30.00 per Player – Includes games and dinner (Package Deal)**



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

**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 18<sup>th</sup>, 2019 at 3:00 pm!**

**MUST BE PAID UP MEMBER**

*(plus one for dinner is \$15.00)*

867-456-8252; email: [office@elderactive.ca](mailto:office@elderactive.ca); Corner of 4<sup>th</sup> and Strickland Street – 3<sup>rd</sup> floor  
Hours: Monday – Friday 9:00am – 3:00pm

**Upcoming ERA Programs**

**Watch your Email for January Class Start Times**

**Beginners Yoga with Lisa Vowk**

This popular class is a great introduction to yoga and moving your body. Sign up and start 2019 on the right foot!

**Advanced Yoga with Lisa Vowk**

For those members that have taken the beginner yoga with Lisa and are ready to take their practice to “the next level”

**Glassblowing**

**NEW for 2019**

Our Intro classes will continue to run as always, but some offerings of advanced classes will include **sets** of objects, and progress you through skills needed to develop these wonderful pieces. More information to come in the new year.

**Pilates at Long Lean & Mean Fitness**

Our Pilates classes are halfway through their current offerings. New dates will be available at the end of February/beginning of March.

**Weekly Walking Group**

ERA has its own walking group that meets weekly to explore trails in and around Whitehorse.

To be added to the email list please contact [programs@elderactive.ca](mailto:programs@elderactive.ca)

**Potential Future Programs**

Nordic Walks, Chocolate, Mindfulness Meditation,  
Technology Tutoring.

**Canada 55+ Games**

The next 55+ Canada Games will be held in Kamloops, BC in August of 2020

**The Board of Directors 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”**



The Staff all join with the Board in hoping all your wishes come true. As my sixth Christmas working for ERA comes, I would like to say what an honor and privilege it has been to work with such a dedicated and diverse group of people!

From my family to yours;  
Merry Christmas and an Active New Year

*Glen Doumont – Executive Director*

As 2018 comes to an end, we would like to extend many thanks to Members, and the Board for the warm welcome to ERA.

The past 4 & 8 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. We would like to wish you a very Merry Christmas, and a safe and Happy New Year!

*Alex Jegier – Program Coordinator  
Charlotte Cornell – Office Admin*

As of end of 2018, ElderActive has a membership count of 780 members strong!! Thank you, members for spreading the word about the benefits of ERA!!