

Summerland Women's Fitness

Fit for Life!

October 2016

Summerland
FOOD BANK
& Resource Centre

Our "Fill the Cupboard" Food Bank campaign starts Monday, November 12 and runs for a month. Non-perishable goods, cash, cheques, and retail store money is all welcome. Last year we contributed \$49 in IGA money, \$13.80 in Canadian Tire money, \$13 in Santa bucks, \$400 cash/cheques, 230 items = 250 pounds. Can we do even better this year?

Christmas Decorating Party!

Wednesday, November 30th

1:00—3:00 pm

Refreshments and a chance to give in to your creative side! The big question is: ceiling snowflakes or not? Come and have your say!



AED News — IT'S HERE!

Long time members know that we have been working for several years to get an **AED machine** for our facility. The members voted at the last meeting to purchase one out of our reserve funds and repay the fund over time. The AED has arrived and we are organizing a workshop to orient all volunteers and any other interested members in how to use it very soon. AEDs are a proven lifesaver, and are designed to be very simple to use. It even talks to you! Watch for more information soon.

AED = Automated External Defibrillator for cardiac arrest

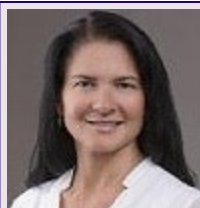


Contact us:

www.summerlandwomensfitness.ca
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Facebook: Summerland Women's Fitness
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Summerland Women's Fitness 2



Starting at the beginning of **November**, our members will be able to seek the advice of one of our new members, **Tina Stanley**. She has recently moved to Summerland and has a background in fitness and nutrition. From Tina: “ (Previously) I was involved with my community in different aspects as a Fitness leader. I volunteered in many organizations

promoting **healthy lifestyles & living** and am interested in continuing that passion as I see it as a great way to meet people in my new chosen community.” Tina will be at the centre on **Wednesdays from 9:00—11:00 am**, as a volunteer, to help you maximize or adapt your work out to your own particular needs, answer questions, give advice, etc. Down the road, she might be available for personal appointments or scheduling informational sessions on various topics. We are happy to welcome her to Summerland Women's Fitness!



Just in case you were wondering, we have a committee that is working on updating our constitution and by-laws as part of the transition process to the new provincial Societies Act. You will be asked to vote on them at our 2017 AGM.

Winter Holiday Hours

Regular hours up to Friday, December 23rd.
Saturday, December 24: CLOSED
Sunday, December 25: CLOSED (as usual for Sundays)
Monday, December 26: CLOSED
Tuesday, Dec. 27 - Friday, Dec. 30: Regular Hours
Saturday, December 31: CLOSED
Sunday, January 1: CLOSED (as usual for Sundays)
Monday, January 2: Resume regular hours

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