
It does not seem that long since the last Bits from the Board, but time seems to go faster in retirement, especially if you are having fun. First, I hope you all had a great summer, and managed to find ways to enjoy it, whether it involved traveling or just staying around Victoria.

The Board does not meet during the summer, but many of the members continue to do work on behalf of the Association. In particular, Bev Timmons has worked hard on moving forward the concept of the Elder Academy --

As indicated in the last Bits from the Board, we have lost some valued members from the Board, but have been fortunate to have several others kindly step forward. I am delighted to announce that Rashna Charania is our new Treasurer, Linda Metters is the Secretary, Peter Liddell is the Vice-President, Betty

Physical Activity and Wellness Corner #13

In this column, I will give a few simple and safe exercises to develop or keep leg strength, and ways in which you can progress. Previously, I have noted the importance of developing or maintaining leg strength as we grow older. Loss of leg strength leads to an increased risk of falls, admittance to care homes, and loss of independence.

In performing these exercises, I recommend doing them with the aid of a chair, preferably with arms, which can be used to provide physical support in the early stages and certainly as a source of security at any time. You can hold it lightly, or use it to help yourself up and down if needed.

The usual precautions still apply: if it hurts don't do it, especially if you have pain in the joints. Slight muscle pain a day or so after is not unusual, especially if you haven't done this type of thing for some time.

All three exercises involve taking one step, either forwards or backwards or sideways. The length of the step should start with a short distance and gradually get longer as your strength and your confidence increases. The longer the step, the greater the bend in the knees.

Try and do these exercises 2-3 times per week. I think you will soon feel the benefit.

Split lunge:

This exercise primarily targets the quadriceps – the front of the thighs. It involves putting one leg forward in front of the other, and holding this position throughout the exercise.

Start by holding the back or the arm of the chair with your right hand, and step forward with your left foot.

The distance you step depends on your comfort level. To start, don't step too far.

Bend both legs, b

With the end of Club renovations – inside and out - and the arrival of fall, the University Club is offering some exciting events. Many retirees enjoyed the Folk Fest on September 14, featuring a seafood

Rashna's Retirement

Whoever said retirement was a time to relax? Heck no, it is a time to work at what you enjoy doing, and that to me is definitely not work.

