



Newsletter

Summer 2018

Whistler Mature Action Community learns to play Pickle Ball

Summer 2018:

May was lovely, followed by a rainy, cool June and then into the heat of July with our newest venture - a float in the Canada Day Parade! Now it's August and it's still hot. July was very busy with social events and then the Brain Matters Workshop. Then in the middle of the hottest day ever, (or so it seemed to the contestants and the volunteers) there was our participation in Ironman!

Social Committee - July

Canada Day Parade:

Hope that you were able to enjoy the Canada Day Parade with our MAC float. We now have a couple of banners for future events as well. Maybe next year some more of you will be able to come out and be a part of the parade with us.

Picnic and Pickleball July 9th:

Pickle Ball is sweeping the nation with courts popping up all over Whistler. We had our annual barbecue at the Tennis Club this year. If you missed it, you missed an opportunity not only to try out pickle ball with people from

the tennis club but also to have a lesson on the rules of play! But don't worry, we have another lesson in the works. The event was lots of fun with the weather finally cooperating with some sunny summer weather after a pretty dreary and wet June. The boneless, skinless, chicken thighs were marinated and provided by Nesters again. They are very supportive, and we are grateful for that support.

If you have any photos from any of these events, we would love to have them for our website (just send them to info@whistlermac.org and/or Facebook where you can post them yourself to [Mature Action Community Group Facebook Page](#).

Brain Matters Workshop:

The Brain Matters workshop on July 19th was a resounding success. Our presenters - Bronwyn James from Alzheimers, BC, Nicolette Richer from Green Mustache Café and Sea to Sky Thrivers Society, and Lulu Leafly of Lulujam gave us plenty of information on what we can do to keep our brains going longer and stronger. We finished the workshop on a really fun note with Lulu involving all of us in a brain

stimulating activity - drumming! It's always fun to learn something new and especially when there is some form of music or entertainment involved too!

Ironman-July 29th, 2018:

MAC volunteers showed up to our position to find out that we had to set up two aid stations, not just one. It was a very hot day and the contestants needed a lot of water and ice to keep going so we were very busy all day. Kathy White (Vice Chair) did an amazing job replacing Dawn to do the set-up and keep us all organized.

Celebrating Whistler's Active Seniors

National Senior's Day
October 1st

- At the Tennis Club
 - Doors open at 12:00 noon
 - Blessing by First Nations at 12:30
 - Tradeshaw in the Main Lounge
 - o Noon to 5:00 p.m.
 - Workshop - It's Not Right
 - o 1:00 p.m
 - Pickle Ball Workshop and Lesson
- So, mark your calendar now! More details to come!