



Greetings from the Board

Thank you to our faithful renewing members, and to new members who joined us in recent months. Third Age Centre has enjoyed a successful year, working together in our mission: *Empowering older adults to promote and maintain active, healthy lifestyles.* It is a joy for the Board to be affirmed by you, either by your words or by your attendance at the sessions we plan and organize.

Recently we lost our President, Donna Evans. After a year of illness, she died quite suddenly leaving us to rearrange and “recalculate” as the GPS speaker says. We miss Donna’s gentle leadership. Our Vice-President is now completing Donna’s term of office. This year our student representative on the Board is Kristen Parkhill. We have welcomed three new Board members: Doreen Kissick, Clara Gorham and most recently Anne Doyle, in November. A search committee is currently meeting to prepare a new slate of officers to be presented and installed at the AGM in April.

Our Board members work as a Team, sharing responsibility for suggesting topics, seeking out presenters for our sessions, and being actively involved on the day of an event.

A constant concern for us is the ongoing need for a financial “boost” to our funds. Our initial bequest, in 2004-2005, has carried us thus far, assisted by a yearly grant from The Fredericton Community Foundation and occasional sponsorships. Individ-

ual donations have been gratefully received and very much appreciated. Our membership fees and workshop charges are used up by (1) rental fees for space and (2) refreshments. We are currently looking into preparing a grant application in 2019. Non-profit groups all around us have similar needs, for sure.

If anyone among our members has a creative idea of how we might supplement our resources, we would be delighted to hear from you. We all wish to see the good work of the Third Age Center continue into future years.

Best Wishes for a Joyous New Year!

May good health, a wealth of wellness, and happy days accompany us in our continuing journey!

Sincerely,

Eleanor McCloskey, Acting President, 3rd Age Centre, together with Board Members

“You are just you. You present yourself to the world.”: Experiencing widowhood in today’s society.

This was the title and focus of our November presentation. Dr. Deborah van den Hoonard, Professor Emerita at STU, shared with us her most recent research looking into how things have changed for widows in recent times and how things remain the same. The women – and men – in attendance expressed appreciation for the down-to-earth way the presenter had arranged the material from her interviews and the gentle humour she used at times. Deborah offered a follow-up time for those present to ask questions or speak of their own experience. Besides the widows present, friends and companions of widows were eager to better understand and be present to women finding themselves alone, no longer part of a couple.

– Eleanor McCloskey, 3rd Age Board



Dr. van den Hoonard and Dr. Joan McFarland, 3rd Age Board Member (Photo Eleanor McCloskey)

Physical Activity and Aging – Sit less and Move More

By Caitlin Doyle, Training and Testing Coordinator at Recreation Services, UNB.

An enthusiastic audience greeted an enthusiastic presenter on Wednesday, December 5, to learn more about the benefits of physical activity and the ways in which sedentary behavior impacts our general health.

Physical activity is defined as *any body movement produced by skeletal muscle that results in energy expenditure and increases heart rate and breathing.*

Exercise is *planned, structured, repetitive and intentional.* (We need 150 minutes of physical activity per week, and 2 days a week, add exercise).

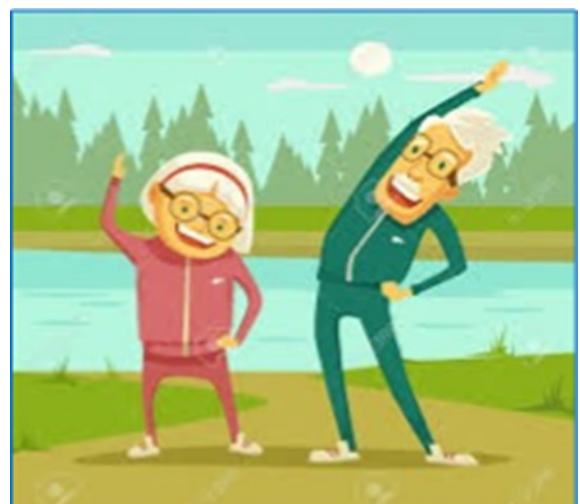
While aging is inevitable, how we age is up to ourselves. Research indicates that after age 50, we lose 1% of our muscle strength per year; after 70, it’s 5%.

Caitlin showed us some exercises to help balance (We should practice balance 10 minutes every day).

A good beginning, if we need a starting place, would be to reduce our sitting time and interrupt sitting time frequently. We could get up and walk during TV

commercials; maybe stand or walk a bit while talking on the phone; do some calf raises while brushing teeth; do 5 sit-to-stands or squats when rising from a chair. We could do some on-the-spot marching, Caitlin modeled for us and had us try some simple exercises to improve our general mobility and muscle strength and power. (She even did a demo showing us the best way to get up after a fall).

-Eleanor McCloskey, 3rd Age Board



You are invited to...

Cannabis 101

A presentation covering the latest evidence for the use of Cannabis in treating medical conditions.

When: Thursday, January 24, 2019

Where: St. Thomas Conference Centre,
368 Forest Hill Road

Time: 2pm-4pm

With: Pharmacist Paul Bowman



and

The Benefits of Animal Assisted Therapy

This presentation will guide you beyond seeing how soft puppy ears and a slobbering kiss can be therapeutic. Ashley King will guide you through the various types of animal-assisted therapy and their social, emotional, and physiological benefits all while you feed treats to her beloved therapy dog, Roxy.

When: Thursday, February 28, 2018

Where: Willie O'Ree Place, 608 Cliffe Street, Community Room 3

Time: 2pm-4pm

With: Ashley King and Roxy

Light refreshments will be served at both events. All are welcome.

Admission: \$5 Members, \$10 Non-members, STU students free of charge

To register, please call 452-0526 or email 3rdage@stu.ca



The Third Age Centre
St. Thomas University
Fredericton, NB E3B 5G3
Phone: 452-0526
Email: 3rdage@stu.ca

Established in 1991, the Third Age Centre is a Registered Charity housed at St. Thomas University in Fredericton, New Brunswick. Directed by a volunteer Board, it operates on the principle of seniors helping seniors. The Centre's Goal is to support seniors' efforts to maintain an active healthy lifestyle, develop themselves, and serve their communities. TAC promotes life-long learning, informed public discussion, and inter-generational exchange between seniors and younger people.