



Fall 2018 Edition

Welcome to our Fall newsletter! The leaves are falling, the mornings are getting frosty! You know what is coming next! We shared many things for which we are thankful for this past month, and we will continue to appreciate your patronage, and the positivity that each person brings to our programs!

#### [A Pre-Christmas treat is here for you!](#)

Starting November 1<sup>st</sup>, the monthly membership price is dropping! Monthly memberships will now be \$70, down for \$72! 10 Pack clip cards are going to be 11 swims for the price of 10! That's \$60 for 11 swims! 20 Pack clip cards are going to be 22 swims for the price of 20! \$120 for 22 swims! \*These new cards will replace stocking stuffers, and monthly card draws\*.

#### [Save the date!](#)

Thursday, December 6<sup>th</sup> will be our annual Holiday Party! Please join us from 3:00pm-4:30pm for an afternoon of holiday cheer in the Auditorium upstairs at the Villa. As always, the party will be potluck, Villa staff will provide coffee and tea! Time to get baking your favourite squares, cookies, and tarts! Savoury snacks are always a hit too! Can't wait to see everyone!

Annual Christmas Shutdown dates are being finalized, please stay tuned for updates.

#### [What's new?](#)

We have been asked to add a time for leisure and lane swimming. The pool is available for lane swim, and leisure time! \$3 per swimmer, 45-minute swim time.

#### [Good catch tickets:](#)

If you see a staff member going above and beyond, or see an action that needs to be recognized, please let Ingrid Thompson know! She can be reached at [ithompson@sjv.on.ca](mailto:ithompson@sjv.on.ca)

Did you see our feature in the Dundas news? If you did, you may have read that we are running a **5 FREE Class promotion!** What a great way to encourage others to enjoy the pool! Coupons are available from pool staff, please spread the word, and bring a friend! These FREE coupons would be an excellent addition to a Christmas Stocking, or Holiday Card!

#### [Congratulations!](#)

Ruth Coe was recently honoured for her 15 years of service of working at the Villa Pool.

#### [Registration for lessons](#)

Registration for swimming lessons will take place in person on December 15<sup>th</sup>, 11am-1pm. Swimming lessons are essential for child development, and water safety. Consider gifting lessons this Holiday season for grandchildren, great grandchildren, nieces and nephews!

#### [Spotlight](#)

Isabel and I go swimming at St. Joseph's Villa twice a week, and it's awesome. The plan was for her to just wheel me to the edge of the pool, lift up the back of my wheelchair and plop me into the water. But this place has a hydraulic lift. Sometimes we go during a water fitness class. In the photo, there are several older ladies—and me. But

I don't do the fitness class; I'm there to frolic. It's amazing for me because I can kick my legs out and exercise them. I can even walk, when I go to the 4-foot depth (buoyancy is my friend). Isabel took a couple of snapshots of me in the water. It's crazy how skinny my arms (and legs and chest) have become since the cancer came.



I miss being muscular, filling out my T-shirts. Oh well; at least I can pretend I'm Aquaman.

*~We welcome all submissions for our Spotlight section, please email them to [villapool@sjv.on.ca](mailto:villapool@sjv.on.ca)~*

### How Fit Are You?

Pool Staff, Michele and Chris have developed a chart to track your fitness level through mobility and daily activities, Mood and Mental Health. Please see attached chart, there are some printed copies at the pool office. We would encourage all to take part!

## HOW FIT ARE YOU

Scoring: Rarely-1point; Sometimes-2points; Usually-3 points; Always-4 points.

<b>MOBILITY &amp; DAILY ACTIVITIES</b>	<b>START</b>	<b>3 MONTHS</b>	<b>6 MONTHS</b>	<b>9 MONTHS</b>	<b>12 MONTHS</b>
1. I find it easy to walk up or down two or more flights of stairs.					
2. I have no trouble taking out the trash.					
3. I am able to do chores such as vacuuming and dusting.					
4. I am able to complete my housework on my own without difficulty.					
5. I do not need help from my family or friends with daily activities.					
6. I can reach high places such as a cupboard or reach down to pick up something on the floor.					
7. Pain does not inhibit my plans or choices from day to day.					
<b>MOOD AND MENTAL HEALTH</b>					
1. I feel younger than my age.					
2. I feel independent.					
3. I feel energetic.					
4. I live an active life.					
5. I feel strong.					
6. I can walk as far as I would like without getting winded or tired.					
7. I am as active as other people my age.					
8. I can walk on uneven ground such as on a rail trail.					
9. I can carry my groceries or lift and carry a laundry basket without effort.					
<b>TOTAL</b>					
<b>15-24 points: LOW FITNESS LEVEL.</b> Significant improvement will result from consistent and committed exercise.					
<b>25-34 points: LOW TO MODERATE FITNESS LEVEL.</b> Room for improvement in most areas above.					
<b>35-44 points: MODERATE FITNESS LEVEL.</b> Room for improvement in some areas above.					
<b>45 and above: ADVANCED FITNESS LEVEL.</b> Strength training will improve and maintain fitness.					