

Rotary sponsors exercise program for seniors

By Bill Rea

The weekly seniors' program at Palgrave United Church, run by Caledon Meals on Wheels, has received a boost from the Rotary Club of Palgrave.

The social wellness program meets every Friday at the church from 10 a.m. until noon. The Rotary contribution will make it possible, starting tomorrow (Friday) to start an hour earlier for an exercise program geared at the seniors.

Program Manager Cathy Dance said the new component is known as Wellness, Interact, Socialize, Exercise (WISE).

The session will be run by Sylwia Mrowca-Migiel, a certified seniors' fitness instructor.

Dance said it's open to anyone aged 55 or older.

'We're thrilled to be part of this,' commented Rotarian Brenda Alderdice.

Dance also said the Rotary Club has provided money for emergency packs for Meals on Wheels clients. These are frozen meals that clients can keep for days when the weather conditions prevent their regular meal delivery.

'For many people, we're the only food source that's out there,' she remarked.



Cathy Dance, program manager for Caledon Meals on Wheels, announced the new exercise component Friday, accompanied by Palgrave Rotarians Phil Robinson, Krysta Cadden, Brenda Alderdice and Bernie Rochon, along with certified seniors' fitness instructor Sylwia Mrowca-Migiel, Meals on Wheels Executive Director Christine Sevigny and Program Coordinator Katie Sawyers.