

Wellness Committee Report

June 30, 2020 Spring General Meeting

Since our last Spring AGM on May 28, 2019, the Wellness Committee has been busy at work planning many interesting activities for our membership. Our year started off great but in March came to a halt due to the Corona virus pandemic which stopped all social gatherings and changed our daily lives dramatically.

We held 6 great events from July to February which included: (1) a historical boat tour of the Miramichi River, lunch and a game of trivia at O'Donaghue's with our friends from the Bathurst branch (July 17), (2) a craft and hobby display of the many talents of our members at the Fall Welcome Back Breakfast (Sept. 3), (3) a bus trip to see Mamma Mia at the Confederation Centre in PEI (Sept. 14), (4) an afternoon bowling tournament at the Golden Hawk (Nov. 6), (5) a bus trip to McAdam to see the Christmas display and some shopping in Fredericton (Nov.14), (6) a Winter Wellness Breakfast at the Portage Restaurant supporting heart health (Feb. 4). All of our events were well attended with lots of fun and laughter!! A big thanks to everyone who attended!! Pictures and updates were posted on our website.

Our MARTA committee also hosted the fall provincial wellness meeting in Miramichi on Nov. 5 and 6. The Branch executive and wellness committee members enjoyed a lovely supper with our provincial guests.

In September we also started our MARTA birthday announcements on our website. A big thanks to Andy Clark for the wonderful display of our member's names each month.

During the past year the Wellness Committee held 6 monthly meetings in June, September, October, November, January and February. We also began work on our Terms of Reference document. Our Maple Sugar Camp trip in April had to be cancelled due to Covid 19. Hopefully we will be able to reschedule this in the future.

As chair of the Wellness Committee I also attend MARTA's Executive Meetings to

give updates on the committee's meetings and plans. I am very fortunate to have such a wonderful group of ladies to work with!! We have great meetings and I look forward to getting back to work with them!! Thank you for all your support and hard work!!

In March life changed dramatically and our activities and meetings were cancelled due to health and safety issues from the Corona virus. Hopefully as we adjust to our new way of living we will gradually get back to getting together. In the mean time we have to follow provincial guidelines and stay safe.

Respectfully submitted,

Lois Gilliss, MARTA Wellness Chair