

Wellness Report  
MARTA Fall General Meeting  
Nov. 4, 2025

Wellness has held 2 meetings to date (Sept & Oct) at the Fundy Line Meeting Room every third Thursday of the month. There has been a great turn out at each meeting. Our next meeting will be on Nov. 20<sup>th</sup>.

Our first event was the Welcome Back Breakfast on Sept. 2 at the Portage. It was a wonderful morning with 90 members attending along with many new retirees! A warm welcome from our new President was given along with lots of prizes! Our website has pictures and information about it.

Our next event was a Halloween Bowling Party on Thursday Oct. 30<sup>th</sup> from 1 – 3 pm at the Golden Hawk Lanes. Treats were provided and prizes awarded so get your spook on and come join in the fun. There was a \$3.00 cover charge this year.

On Nov. 4<sup>th</sup> we will be heading to Renous Rec Centre for our Fall General Meeting from 11 to 2. The menu is Roast Beef and trimmings with pie, tea and coffee. Cost is \$25.00 per member. Executive will pay \$2.00 tip. There will be a collection for the Food Bank, Scholarship 50/50 draw and a special 50<sup>th</sup> anniversary draw for a \$50.00 gas card. Tickets are \$2.00 for the gift card draw.

A new event this year is our Guest Speaker Series. Our first presentation will be on Tuesday Nov.18<sup>th</sup>. We are booked at the St. Samuel's Hall in Douglastown from 10am until 12 noon for a presentation by Lynn Pritchard on Energy Healing Through Color. Coffee and tea will be served. Cost is a "Toonie for Health". Lynn is doing this free of charge so I think a gratuity should be given.

Our Christmas activity has changed from the Wine and Cheese Social to a Christmas Pot Luck. To be held at the Seamen's Hospital on Dec. 4<sup>th</sup> from 11am to 1:30pm. Members are invited to dress festively and bring a favourite dish to share and a wrapped gift under \$10.00 for a Yankee Swap. We will

do the auction at the Spring Pot Luck. There will be the Scholarship 50/50 and 50<sup>th</sup> Anniversary draw #2 for a grocery gift card. Who knows maybe Santa will be available?

Wellness has agreed to help with a fundraiser for the 50<sup>th</sup> Anniversary celebrations by selling \$2.00 tickets on a \$50.00 gift card throughout this year.

**Future Events:**

We are currently organizing a 6 week yoga class to start in January with Arlene Waugh along with Guest Speaker #2 presentation, a Games Day event or a Ring in the New Year Social. Also checking out a bus trip to Charlottetown to see Come From Away.

Lots of fun and exciting events being planned, so stay connected check out our website and Facebook sites for information and details.

Respectfully submitted,  
Lois Gilliss  
MARTA Wellness Chair