

Wellness Committee Report

MARTA Spring AGM

May 26, 2026

The Wellness Committee joined the MARTA Executive nine years ago in the Fall of 2017. It was created as a result of NBSRT establishing a new provincial committee at the Spring AGM in 2017, under the direction of Ann Kennedy and Garth Wade. Our first MARTA branch meeting was held on January 31, 2018 at the Fundy Line Meeting Room with twelve MARTA members in attendance. I am excited to say that those ladies are still with the committee today, along with some new members to make up a committee of eighteen members!

The Wellness Committee continues to meet regularly at the Fundy Line from 11:00 AM - 12:30 PM, for 9 meetings per year, from September to June (no December meeting) to plan a variety activities and events for our membership such as the Welcome Back Breakfast, our annual Branch Dinner meetings and Christmas Pot Luck, which remain yearly favorites for our members to attend along with new additions like bus trips, bowling, guest speaker presentations, Spring Pot Luck and Auction, Wine and Cheese Christmas Social and the Winter Wellness Breakfast. Our meetings continue to be open to any member who wishes to join us.

The newest addition to our events this year was our Guest Speaker Presentations. The first one was held on November 18, at St. Samuel's Church Hall from 10:00 AM -12:00 Noon and featured Lynn Pritchard discussing Divine Light Healing and Meditation. Our second presenter was Sandy Jardine RN, with the Horizon Health Network Cardiac Rehabilitation Program at the Miramichi Regional Hospital discussing Heart Health. A third presentation will be scheduled in the near future.

Currently, our committee is organizing another bus trip to, Charlottetown, PEI, on September 12, 2026 to the Confederation Centre of the Arts, with J&T Tours, to see the play *Come From Away*. The cost is \$195.00 tax included, which covers your ticket and transportation. Members can call Troy at 506-627-6100 to reserve seats by July 31st.

For information and photos of our events please check the MARTA website and Facebook page.

This past year has been a great year with lots of events and wonderful support from our membership! Thank you everyone!

Wellness wishes to extend our congratulations and best wishes to MARTA on this special occasion of its 50th Anniversary celebration!

Respectfully submitted,
Lois Gilliss, Wellness Chair