

# Class reunions renew friendships

By MARION HOGAN

This was our 43rd reunion - we, the girls of '48A. In 1949, we had our first class reunion at a dinner at the Wentworth Arms in Hamilton. For three years, we had lived in residence together, attended classes together and worked together. We had entered the School of Nursing at the Hamilton General Hospital (later called the Hamilton Civic Hospitals) on February 6, 1945. There were about 45 of us originally, but some dropped out and some were let go because they did not make good grades in the first year, which left us with about 36. We learned a lot about each other in those three years, and have met together every year since. There are usually about 12-20 who attend, but on special occasions, such as a hospital anniversary, there are more. We have some who come quite a distance (from California and British Columbia) to meet and talk over old times, new experiences and families. Those who cannot come send us a letter which tells us what they are doing.

About the 20th reunion, we decided to 'motel' it overnight, and later on we lengthened that to two nights. Many reunions were held at Prudhommes near St.

## Seniors for the Future

Catherines, but this year we moved our meeting back to Hamilton. We usually have an agenda lined out; a show at Niagara on the Lake, a visit to the Royal Botanical Gardens, dinner at a good restaurant, and a lot of talking and joke(?) telling.

Gwen organizes our event every year and is to be given credit for the fact that we are still having reunions. We know when, and usually where, we will be meeting the next year (it is a kind of democratic decision) and Gwen sends everybody an announcement about two months before the meeting date. There are a few who graduated with us who do not attend and have not attended for a number of years, and three of our classmates have died. Gwen's logo this year was printed on a serviette and was very appropriate "My most valued antiques are my old friends."

I enjoy these class reunions, seeing these women building up a relationship from having nothing in common to one in which we have a lot in common. We are

happy when something good happens to one of our members, but we are also concerned when an illness or a mishap happens to a classmate or one of her family. We are all in the same age group and have been through family-raising and into the grandparent stage together.

We hear about the travels of those who are able and want to see the world. We see the pictures of weddings which have taken place over the past year, pictures of new grandchildren and of older grandchildren, and hear about changes in each other lives. Some have lost their spouses, and holiday together in Florida or Hawaii. All these things help to strengthen the bond between us. We are all retired now and many of us in the Hamilton area have a luncheon once a month, and always meet at Joan's for a Christmas get-together. Those who travel to Florida keep in touch with one another and have get-togethers there. We are fortunate to have built this relationship and to have each other in an everlasting friendship.

# Exercise leads to long life

(NC)—Dr. George Sheehan, cardiologist and author, is high on physical activity: "If you could bottle everything you get from physical activity and sell it at the pharmacy," he once said, "it would go for a hefty price."

One organization committed to exploring the relationship between physical activity and health is the Canadian Fitness and Lifestyle Research Institute, a national agency supported by Fitness Canada.

An area of particular interest is the role of physical activity in successful aging. To learn more about it, the Institute supported research by Dr. James Wall and Dr. David Hogan involving participants in the Elderobics Program in Halifax, Nova Scotia.

The work of Drs. Wall and Hogan and other specialists in the field demonstrate the many benefits that await older adults who choose to be active. Research studies show that regular physical activity:

- helps keep bones dense and strong

and helps maintain mobility in the joints.

- improves blood circulation and keeps muscles supple and strong.
- assists in weight control.

- helps maintain balance, coordination, and agility, and reduces the likelihood of falls.

- reduces tension and fatigue, provides extra energy, and leads to better sleep.

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