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Dr. Bill Webster
A Not-So-Jolly Holiday: Coping with the "Season"


Sunday, November 23, 2008 at 2:00 p.m.
Holiday Inn Hotel and Suites
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Free of charge, registration required:
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ANNOUNCING THE
STOUFFVILLE
Holiday
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See Saturday November 22nd issue for more details and for entry ballots



COMING UP

A look ahead in Whitchurch-Stouffville

EDITOR'S PICK



Conny Hippman, the Ontario women's speedskating champion in 1967, enjoys Tuesday night adult skating at the Stouffville Arena.

'Low-tech, old-time' fun draws adult skaters

BY JIM MASON
Staff Writer

From raw rookies to seasoned veterans, they come out for their weekly fix of ice Tuesday nights.

The Stouffville Adult Pleasure Skaters group has been active for about 25 years.

About 100 people participate throughout the season, with 40 to 50 skaters a good weekly turnout.

Skaters come from the village of Stouffville and the surrounding area.

"It's often surprising to see the intrepid folks from the rural areas turning up on very snowy winter nights," spokesperson Jill McWhinnie said. "A lot of our members are longtime members of Stouffville, others are new to town. We particularly encourage new residents to come out. It's a great way to meet people and get some exercise at the same time."

TEENS TO 80-YEAR-OLDS

Skaters range in age from teenagers to 80-year-olds.

"Up until a few years ago we had a lady in her 90s who skated regularly," Ms McWhinnie said. "Some of our best skaters are the senior citizens. Many of them are lifelong speed skaters. I envy the way they take corners, incredibly graceful and skillful. You can see that some of the younger skaters are budding figure skaters, with great command of the ice already."

"We also welcome adult beginners. It takes a lot of courage to get up on skates and take to the ice as an adult. You can see their persistence paying off as the season progresses."

Cost is \$5. Sessions go from 8:55 to 9:45 p.m.

Conny Hippman is a great example of the benefits of exercise and fitness for senior citizens.

She was the Ontario women's speedskating champion in 1967.


'GREAT CARDIO WORKOUT'

"Skating is a fantastic pastime, and a great low-impact cardio workout," she said. "It's great to get out of the rat race for an hour and have some old-fashioned, low-tech fun."

She loves the music group member Harry Geverink puts together for the sessions.

"He mixes Andre Rieu with Kenny Rogers and Abba; something for everyone's musical taste," she said.


Refreshments are served off ice prior to Christmas and on Valentine's Day and group members have the chance to socialize and get to know each other.



Having a Community Event?

The Stouffville Sun-Tribune would like to partner with you and help you get the word out about your event. This is a free service that the Stouffville Sun-Tribune is offering to it's readers.

Email event details or photos with complete information to
Pam Burgess
Special Events Manager at
pburgess@yrmg.com



Your Community Newspaper