

The Shalom Village

GRAPEVINE



Hamilton, Canada, November 2011

shalomvillage.ca

Good vibes banish dark clouds at the 10th Anniversary Hannukah Hustle



Hundreds of runners and walkers hustle home to Shalom

Hundreds of eyes turned anxiously toward the heavens as threatening clouds darkened the sky in the minutes leading up to the 10th Anniversary Hannukah Hustle at Shalom Village on November 20th. But fortune smiled on the event for

the tenth time as the clouds began to clear and the sun emerged to reveal a beautiful fall day.

More than 500 runners and walkers, including at least 80 Shalom Village residents, were joined by family, friends and other spectators as they

participated in events varying in distance from 1k to 10k. It was a fun-filled fall day for people of all ages.

All funds raised go to support The Club Fitness Centre at Shalom Village.

Visit shalomvillage.ca to learn more.

The Club Fitness Centre at Shalom Village

The Hannukah Hustle supports *The Club*, a unique fitness centre at Shalom Village for people over the age of seventy. It grew from a successful research project performed in collaboration with McMaster University. The study demonstrated the dramatic effect an active lifestyle can have on the quality of life experienced by older adults. A marked reduction in the incidence of falls and improvements in mobility were both documented. Participants not only felt better but found everyday tasks such as getting in and out of a car, or sitting and standing easier to accomplish.

Open to all community members

In addition to more than 200 Shalom Village residents, The Club is open to all individuals from the wider community over the age of seventy.

Personal fitness plan

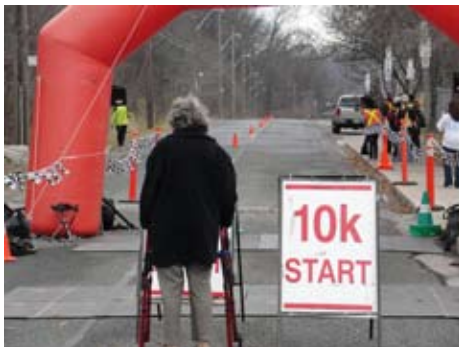
People of all fitness levels and abilities workout at The Club, from the actively mobile to those who rely on wheelchairs or walkers to get around. Head Coach Greg Almas and his team develop a personal fitness plan based on individual needs and abilities. It is a personalized approach to better health with an emphasis on fun.

Friendly atmosphere

There is a friendly, social atmosphere that is welcoming to those who might not feel comfortable in a traditional health club setting. Many members enjoy socializing over coffee or a light lunch after their workout in the nearby Bubbi Bessie's Café. Call Greg at (905)529-1613 ext. 220, to learn more about The Club.



Muriel Fenwick is one of the Shalom Village residents who rely on The Club Fitness Centre to help them improve their quality of life through active living. Your support of the Hannukah Hustle helps fund The Club for Shalom Village residents as well as members from the community over the age of seventy.



Shalom Village's Thelma Applebaum was first in line for the race



This young lady practically flew through the course!



Lottie Valinsky insisted on rising from her wheelchair to cross the finish line under her own power



As these photos plainly illustrate, the Hannukah Hustle is a multi-generational event that is fun for all ages



Friends Ira Greenspoon and Hilton Silberg ran the 5k event together

View race results, photo album online

Photo album

A team of volunteer photographers took more than eight hundred photos of the Hannukah Hustle that have been posted online. Check them out by visiting the Shalom Village website at shalomvillage.ca. Maybe you or someone you know will be there!

Race results

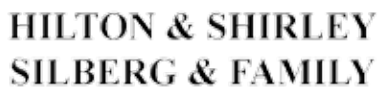
You can also visit the Shalom Village website at shalomvillage.ca for results from the timed events.

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Goldie Robibns, centre, completed the 5k walk with her son-in-law Michael Levy and friend Marmi Wolfson



Thank goodness that's over!

Go Daddy .COM PRESENTS MURRAY'S WALK AT THE HANNUKAH HUSTLE

Murray Adelman was a long-time supporter and resident of Shalom Village who was an active participant in the Hannukah Hustle for many years.



When Murray passed away earlier this year, Go Daddy.com and his family chose to remember him by naming the walking events at the Hannukah Hustle in Murray's honour.

We are grateful for their support.



Edna Smith, 95, was joined by four generations of her family. Edna has walked in all ten Hannukah Hustles!



Bernie Klein was congratulated by his trainer for the event, Andrew Jury



Thank you!

Thank you to the walkers, runners, donors, corporate sponsors and volunteers who helped promote active living through your support of the Hannukah Hustle.

For more information about donating to Shalom Village or The Club please call Kathleen Thomas at (905)529-1613 ext. 264, or e-mail kathleen@shalomvillage.ca.

Get ready for next year as we prepare to celebrate the 11th annual Hannukah Hustle on November 18th 2012!



Yaacov Goldberg may not have been the first to cross the finish line, but his determination to complete the 5k course was inspiring.



Dedicated Shalom Village staffers who were needed as volunteers at the event held their own pre-race on November 14



Rachel Paikin smiles as the clouds begin to clear



This year saw the greatest number of participants ever. More than 540 people walked or ran the 2011 Hannukah Hustle

Shalom Village shalomvillage.ca



where you'd like to be...

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