

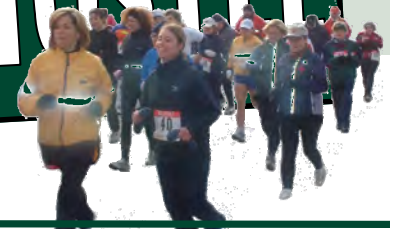
The 8th Annual



HANNUKAH HUSTLE

Hamilton Canada

November 22nd 2009



Who will you Hustle for?

EVERYONE CAN HUSTLE!

Grandmothers can hustle, children can hustle, serious runners can hustle, people in wheelchairs can hustle and you can hustle too! People of all ages and abilities can walk, run or roll along the scenic waterfront route to help raise funds for The Club Fitness Centre at Shalom Village. Hustlers can choose from a 1k course, a 5k course or a 10k course. Many Shalom Village residents hustle, some using walkers or wheelchairs. Volunteers are on hand to assist and everyone has a wonderful time enjoying a little active living in the outdoors on a fall day.

OPEN TO ALL

The Club Fitness Centre is open to all individuals over the age of 70. Over 100 people from the community are members as well as more than 200 Shalom Village residents. The specially trained staff develop customized fitness programs for all members based on their abilities and needs. They use specially designed low-impact equipment including Keiser pneumatic weight machines, Neurogym sit-to-stand and bungee walkers and the very popular NuStep recumbent stepper.

92 PERCENT!

A recent mobility study found that

92% of Shalom Village residents participated in some form of physical activity at least twice weekly!

Funds raised at The Hannukah Hustle help cover the operating costs of The Club and allow us to provide low-cost subsidized memberships to seniors in the community. Your support also helps us purchase and maintain the specialized equipment needed to help our members continue to enjoy an active lifestyle into their later years.

YOU CAN HUSTLE!

Many Hannukah Hustle participants "hustle" for a loved

one—some hustle for their mother or father, some hustle for their spouse, some hustle for a grandparent and others hustle for a friend. Some hustle for themselves!

Who will you hustle for?

The Hannukah Hustle will take place on November 22nd this year. Please call Kathleen Thomas at (905) 529-1613 ext. 264 for more information about hustling or pledging your support to a runner or walker.

The Club has changed Rachel's life

Before Rachel Cobham began working out at The Club, she found it very difficult to get in and out of her son's car. Her son would help lower her into the seat and she would have to sit sideways and lift her legs in one at a time. Getting out was just as challenging.

Rachel's limited mobility was more than an inconvenience. It not only held her back from doing the things she wanted to do—it left her at risk for injuries due to falls.

Since beginning a program in April, focusing on the NuStep recumbent stepper, Rachel has built her strength and mobility to the point that she can now get in and out of a car unassisted.

"My son is amazed," said Rachel. "He can't believe the difference."

Her son was so impressed he visited The Club to see the NuStep for himself.

"He has

football knees and would like to use it himself. Unfortunately he is too young!"

Club Head Coach Greg Almas and his team have worked with Rachel to develop a comprehensive plan to help her stay active.

"Rachel comes to The Club 4 times a week," said Greg. "Besides the NuStep, she participates in yoga, chair dancing and stretching programs."

The NuStep recumbent stepper was purchased through a generous donation to the Possibility Fund at Shalom Village. Rachel's story is a wonderful example of how your support can help Shalom Village and The Club make possibilities possible!

