

# FITT COMMUNIQUE

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**FITT**

- **F**— Frequency
- **I**— Intensity
- **T**— Time
- **T**—Type

## President's Report Nov. 2019



Its been a while since my last report and would like to update you on some of the things that the Board of Directors have been working on in the last few months.

- As you know the ROL was not held this year due to funding shortages, it is still hoped that we can find sponsor(s) to have this event in the future.
- It is becoming more challenging to keep holding exercise classes at Burnaby South, the reason is the school is hosting more tournaments and access to the exercise equipment is not available during this time. We are looking at alternatives on how the class can continue.
- As you have noticed the chronicle is now called a Communique with two pages. This is to reduce cost and that it is becoming more difficult to find time / people to write articles.
- The board was hoping to setup a health education session before the end of the year, however due to lack of staffing resources from Burnaby healthy heart program we had to abandon this effort. The board is looking for ways to host one in the new year.
- FITT member ship is holding steady.
- We will be giving out membership recognition awards at the Christmas get together.

### Quote of the Day

Read carefully Anything that requires your signature.

Remember the big print giveth and the small print taketh away

I know it's a bit early but wishing all our members a joyous holiday season.

## CHRISTMAS GET TOGETHER

### Come One Come All.

Our yearly Christmas Get-Together has been one of our best times to meet and mingle with our F.I.T.T members and their families. As usual we ask you to bring finger food, enough to serve yourself and others (guide is enough to feed 4). Individual classes are again requested to supply a basket of goodies for door prizes.

We will have music, possible dancing and of course the 50/50 draw.

This year we will have a very special Recognition award for all our members This is the year you do not want to miss!

Make sure you sign up so we have a seat for you.

More information on the Recognition Award is available in this Communique.



### Mission Statement

F.I.T.T. Cardiac Association's purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and improve the overall health of participants.



## CALENDAR OF EVENTS

Event	Date	Place
B1 Christmas Breakfast	December 5, 2019	Burnaby Neighbourhood House
Christmas Get Together	December 11, 2019	Bonsor Community Centre
AGM	TBD	Confederation Senior Centre
Big Bike Event	June, 2020	Bonsor Community Centre
FITT Summer BBQ	August, 2020	Confederation Park
B2 Pitch and Putt Golf	September, 2020	Central Park Pitch and Putt



### MEMBERSHIP LOYALTY REWARDS

YES you read that correctly!!

This year the FITT Cardiac Association Board decided to give back to our loyal members. Prizes Galore—But what is everyone getting.

You have to come to the Christmas Get Together to find out. OK so what's the catch you ask. Pretty simple—loyalty!!

Are there rules? Of course, what else would make it a LOYALTY PROGRAM RECOGNITION Here are the rules:

1. Member must be in good standing, current and paid up
2. Members must have consecutive membership record
3. Membership for this Reward program closed on July 31, 2019

# Appreciation



MORE information will be made available at the Christmas-get-Together. You have to be there!!



**TOM SCOTT**  
**June 10, 1926—November 14, 2019**

Tom was born in small town Saskatchewan of Scott, a wheat farming district about 125 miles north-west of Saskatoon. Tom Scott has been a member if F.I.T.T. Cardiac Association since the year 200.

He served on the board as representative of Thunderbird 1 Class and director at large for many years helping in many ways on the board of directors. Tom was also an active and dedicated member of the Hearts on the Mend peer support visitor program in the Cardiac unit at Burnaby Hospital, starting from the beginning of the program in 2004 and retired from visiting only three years ago. He will be missed by many of his Healthy Heart friends.