

## HOLIDAY PARTY DECEMBER 17, 2019

Thirty-nine years ago our founding member, Flora Vogt, had a vision, and she pursued that vision to form the SCW Water Fitness Club. To help Flora develop and implement a water exercise program, she recruited an organist who generously shared her time and talent to provide music to accompany Flora's water exercise routine. Next is what is so amazing. That one original exercise routine was used up until 2013! I'm sure many of you remember and could add to this remarkable story. I hope you share your experience and recollections with other members. I can only imagine the commitment of time and energy required of Flora and a group of volunteers working with her to make Flora's vision a reality – from a handful to hundreds! (Reprinted from President Nancy Patton's comments in the February, 2019 Water Fitness newsletter).

Flora was honored by Jim Sloan, Governing Board President, with a certificate of recognition at our Holiday Luncheon on December 17, 2019.





