



YMCA-YWCA
of the Central Okanagan

*We build strong kids,
strong families,
strong communities.*

PRESS RELEASE

For Immediate Release
Monday, May 25, 2009

Celebrating Active Older Living at the Kelowna Family Y

Kelowna, BC - Dorothy Riding has something to celebrate – not only is she turning 94 years old on May 27th but she is officially the oldest ACTIVE Member of the Kelowna Family YMCA-YWCA.

Dorothy and her daughter Shirley participate regularly in the Aqua Mild water fitness class held twice a week at the Kelowna Family Y. “I aqua class never bores me,” said Dorothy Riding. “I’ve been doing it for years, I enjoy the company and our Y instructor Mike keeps it so much fun. I’ve always loved the water and I feel so good after each class.”

The YMCA-YWCA has been operating the Kelowna Family Y, formerly known as Athans Aquatic Centre, for almost 30 years. Dorothy has been a Member since the facility opened and now four generations are active at the Y with the youngest being her great grandson at age 2.

A birthday celebration and tea will be held at the Kelowna Family Y on Tuesday, May 26th at 12 Noon for friends, family and fellow Y Members to wish Dorothy well and many more years of active living. The media are also invited to attend.

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Kelowna Family Y – H2O Adventure & Fitness Centre – Out of School Care – Career Contact Centre for Youth

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