

L to R: Petite Garrett, Jill Canady Bennett, President Gary Couse.

Bennett Speaks to Kiwanis

The Kiwanis Club of Swainsboro held its weekly meeting Tuesday night, November 22, 2016 at Catered Creations at 7:00. With President Gary Couse presiding, we had 24 members in attendance and no guests.

The program for the evening was hosted by Petite Garrett, who introduced Jill Canady Bennett, owner and instructor for CPR Health Club. The 15,000 square-foot CPR has grown from 300 members to over 800 members since Jill took over. Jill gave us information on the Silver Sneakers program for senior citizens. The current program has between 20 and 30 regular members who show up every day at 9:00 a.m. for exercise. She gave testimonials from three members of the class, Ruby Fagler, Betty Anderson, and Jeanette Griffin. Developed by Healthways, it is a good program to get motivated get focused, and get stronger. CPR has two trainers to assist with the program and it can be funded through Medicare and personal medical insurance if you are eligible. She also told us about the indoor pool and the Silver Splash pool exercise program. The pool also allows CPR to offer children and adult swimming lessons.

Tim Goodman gave an update on the Division 17 Council meeting. It is going to be rough to get Distinguished Club this year. Chair Tim Goodman reminded us that we will be timing our own Resolution Run 5K on New Year's Eve morning, so everyone needs to help. Cheryl Goodman reminded everyone about the Christmas Cookie Swap on December 13.

If you would like to become a member of the Swainsboro Kiwanis Club, please contact our membership Chair Linda Lamb at 478-237-5188 or e-mail her at gcouse@nctv.com. Also, if you would like more information about our Club and the many community service projects that we do each year, go to our Club website at www.swainsborokiwanis.org or to our Swainsboro Kiwanis Facebook page. If you would like to "tweet" us, we have a twitter account

