

At 100 Years Old, There's No Stopping Mervin!

Mervin Tofflemire, the oldest active member at Life After Fifty, in Windsor, ON celebrated his **100th birthday** with friends from his regular fitness class at Life After Fifty this April.



About Mervin:

For years Mervin cared for his wife and always encouraged her to be active, however as this became more and more difficult for her, the result was that Mervin also became less active as he often sat with her and read to her. It was Mervin's daughter who originally encouraged him to check out the exercise programs at Life After Fifty for his own wellbeing and fitness. Mervin notes that he could probably do the same types of exercises at home, but he wouldn't have the same motivation. "When you're here, the instructor really gets you going," he says.

Mervin worked for 40 years at Chrysler and after a long, hard-working career, he retired at the age of 59 in order to invest more time in his family and in himself. Pursuing physical fitness the way that he has over the years has helped him to stay fit and allowed him to continue to enjoy doing the things he loves. Since retirement, Mervin has travelled all over the world to places like Australia, New Zealand, Europe and Alaska, to name a few.



Now, at the impressive age of 100, Mervin still attends exercise class on a regular basis, he has a woodshop at home that he enjoys tinkering in and he works to maintain his ¾ acre property!

Mervin's hearing is not what it used to be, however he doesn't let that hold him back. Friends at the Centre help him take note of important announcements and dates. "Alice is my ears" he says about his friend from exercise class.

Mervin represents numerous members who embody the philosophy of Life After Fifty. It is clear to see that not only have the programs at LAF had an impact on the lives of these individuals, but these individuals also have a significant impact on the other members at LAF. They serve as an inspiration to the other members, and proof that "living well has no boundaries!"



About Fitness & Friendship at Life After Fifty:

Life After Fifty (LAF) works to enrich the lives of all older adults in our community. Of course, serving all adults over the age of 50 captures a very wide age range and covers members of all different interests and abilities. One might think that people would group together in similar age groups. We have found, however, that this is not the case. Age is not a defining factor within the halls of Life After Fifty. Rather, it is your spirit and your commitment to living well that defines what you do and broadens your abilities. That is the underlying spirit at Life After Fifty - "living well has no boundaries."

It is especially impressive when you see someone who has understood the importance of living well and has embodied this spirit for their entire lives. At Life After Fifty we have a number of long-term members who are now in their 90's and act as an inspiration to us all with their attitude and lifestyle. These members not only pursue physical fitness, but they also understand that there is a social aspect to wellness and place a high importance on that as well.

