

CHQ Summer Events

CHQ kicked off the summer with their annual **Fitweek** from June 4 - 8

- A **Sneaker Contest** was held throughout the week with colourful sneakers covering the bulletin board in the Concourse to help promote the event.
- Belly Dancing** had everyone movin' to the music.
- A **Fitwalk** took advantage of nature in the Second Marsh.
- The Annual Volleyball Tournament** was the event that everyone anticipated. It provided some great entertainment for all participating, and watching.

Great events and a great week!



Brain Leaitch and Jill MacDonald fly for the ball

On July 26, the annual **Best Ball Golf Tournament** was held with participants playing a local 9 hole golf course for dibs at prizes, with the benefits of walking the course and the camaraderie that these events hold.

Here is a picture of the winning team L-R

Greg Osumek, Nancy Muzik, Jamie Prince (hole-in-one), Otto Peter



The Winning Team
L-R: Greg Osumek, Nancy Muzik,
Jamie Prince(hole-in-one), Otto
Peter