

# Media Release

**IMMEDIATE RELEASE**

**November 15, 2017**



## Margaret still makes a splash at 100

Margaret Gardiner celebrated her 100<sup>th</sup> birthday at one of her favourite places – the swimming pool at Seaford State Swim.

Margaret never misses a weekly session and is an inspiration to others in her ACH Group hydro class.

“I wouldn’t miss it; it’s the highlight of my week,” she says of the class. “I don’t do much exercise these days but I really enjoy being in the water.”

She’s always encouraged her two daughters, Joan and Kristine, to stay active, and was thrilled when they surprised her at her class for a ‘pool party’.

“She’s always telling us how much she loves the class and being in the water,” says Kristine. “We thought it would be a nice surprise.”

ACH Group Fitness Leader Scott Attwood said Margaret’s commitment and enthusiasm was impressive.

“She really shows that age is no barrier when it comes to staying fit and active,” he said. “Hydro classes are great for any age as they enable mobility and are gentle on the joints. Our classes are also a great social activity which has proven health benefits.”

Volunteer Ann Bain, who helps run the group, says Margaret always arrives with a smile and loves to chat with her friends at the group.

“She’s amazing, an absolute inspiration to everybody,” she said.

Margaret grew up in Scotland and remembers swimming in the freezing waters of the North Sea.

She says the secret to her longevity is “a close family” and a “positive attitude”.

“And I love my fish and chips – I have it twice a week,” she says. “I’m very lucky really, I have family and friends and I look forward to coming to the pool.”

\* End Media Release\*

### About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952. As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities. ACH Group is celebrating its 65<sup>th</sup> anniversary this year.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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