

PURPOSE OF THE CLUB (Our Mission)

The Fun, Fit and Over Fifty Club (FFOFC), a non-profit club, provides educational activities, outdoor recreation and social activities for mature adults. Through these life style activities, members can be inspired to achieve better health and increased sense of self worth. The first word in our title is "fun", to emphasize enjoyment as an important part of any activity. Our club aspires to be an asset to the community and generations who follow.

In support of this goal the club offers activities, which are led by volunteers and take place at a variety of locations in the Northwest.

We also educate seniors in the proper techniques for outdoor activities and using equipment needed in the various activities. We support local environmental organizations by contributing labor to develop and/or improve natural trail systems.

From the Long-Range Plan accepted by the Board, October 14, 2008. Paragraph one modified by the Board, February 10, 2015.