

**From:** Mily Trabing <[milytrabing@comcast.net](mailto:milytrabing@comcast.net)>  
**Sent:** Sunday, January 14, 2024 7:12 PM  
**To:** Council Members <[CouncilMembers@brisbaneca.org](mailto:CouncilMembers@brisbaneca.org)>  
**Subject:** Appreciation for Brisbane Water Aerobics Class

Dear City Council Members of Brisbane,

Hello and thank you for taking the time to read my letter of appreciation for the Brisbane Water Aerobics Class.

I attend the 10am Water Aerobics class 3 times a week and it has had such a wonderful impact on my life. I joined this class shortly after my mother passed away in June of 2022. It was such a difficult time and having a healthy activity early in the day really helped to keep my spirits up.

To illustrate my appreciation for the class I made this wall quilt for our wonderful teacher Heidi Levison. It is such a joy to exercise outdoors surrounded by the gorgeous trees. We often see hawks, wild parrots and even a beautiful heron.

I hope the City Council will make every effort to keep this class affordable as there are many seniors on fixed incomes.

Thanks for all you do!  
Mily Trabing