



And now for some more  
**Welcome News**



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*Brockville ON, February 2015*

## **President's Message**

We are thankfully arriving at the end of the coldest February on record. It's been tough going all round. We certainly appreciate the efforts of all those teachers, instructors, volunteers and participants who continue to faithfully attend in spite of the weather. Hopefully with St. Patrick's Day just around the corner, warmer days are on their way.

The impending March 17 feast of Ireland's patron saint also allows me to prevail on the kindness of newsletter editor Cheryl Nix and share a couple of pieces of Irish humour with you. Hope you enjoy.

*Lá Fhéile Pádraig Shona Daoibh. (Happy St. Patrick's Day to one and all.)*

**Tony Dunbar**

## **Irish Humour**

- Michael arrives at the pearly gates. He is greeted by St. Peter, "Welcome, glad you made it, come on in." "Thanks." St. Peter: "Before you settle down maybe you would like a tour?" "Sure." "OK, over here we have the Hindus, there are the Jews, the Presbyterians to the left, the Anglicans are there and..." "Excuse me," Michael says, "but what is that big wall over there for?" "Shhh, quiet," says St. Peter. "The Catholics are behind that, they think they are the only ones here!"
- Murphy walked with his dog every day all through the village, so everyone knew both Murphy and his dog. One day Murphy is on his walk without the dog. Cronin sees Murphy and asks, "Where is your dog?" Murphy answers, "I had to have him put down." "Was he mad", asks Cronin." "He wasn't too pleased," says Murphy.

## **SWC Instructor Profile**

If you are in an SWC fitness class, you already know Kay Carlson is a dedicated SWC Board Member and a person committed to helping seniors be fit. Kay has been a lover of sports throughout her life. Over the years she has loved kayaking, rowing and biking. She has also participated in just about every other sport you can mention!

Kay has lived in or close to Brockville for 33 years. Because of her husband's job she has also travelled throughout Canada and lived in Denver, CO; Palm Coast, FL; and Los Angeles, CA.

Ten years ago Kay became a qualified Seniors Fitness Instructor through a program sponsored by CPHC, Brockville and has been teaching in various venues throughout the City. Three years ago SWC was lucky enough to have Kay come on board as a fitness instructor. Her classes provide a good workout while also keeping the special needs of older adults in mind. It is also important to her to keep the classes interesting by switching up the routine a bit and adding different music from week to week.

Kay has also been a facilitator for a Falls Prevention class and for a Stroke Survivor's group in Brockville.

As with all our volunteer instructors, Kay does what she does because she loves seeing the people in class, making new friends and, in her case, keeping healthy at the same time.

Thank you Kay for working so hard to keep us fit. You are a gift to the SWC team.

## Course Updates and Activities

### SWC Fitness Instructors & Assistants

#### Needed

Perhaps you have never been a fitness instructor but you are committed to living a healthy, active lifestyle; if so, learning to be a fitness instructor or a fitness assistant might be a good experience for you.

You may have participated in either Kay or Muriel's classes and know how well done and enjoyable they are and thought, "I'd like to learn to lead this kind of class."

SWC is looking for individuals who might be interested in learning to be a fitness instructor or know of someone who might like to do so.

Also, Kay and Muriel would appreciate having fitness assistants to lend a hand and help provide oversight (to ensure safety) during SWC classes. If you have an interest in learning more about either role, please give your name and number to the SWC office staff and someone will get back to you with more information.

### SWC Book Club #2

We have openings in the second SWC Book Club. If you have an interest in joining it, call the SWC office and our volunteer staff will connect you with the Book Club leader for further information.

### Last Call for Bridge & Euchre

To date we have not gathered enough names to restart the Bridge and Games activity. If you have any interest in playing either, please call the SWC office a.s.a.p.

### CPR & Defibrillator Courses offered by SWC

Saturday, February 28<sup>th</sup> and Saturday March 28<sup>th</sup>

9:30 – 11:30 a.m. at Wall St. United Church.

Openings still available. Call the SWC office if interested.

## Bus Trips

### We need YOUR input regarding the next SWC Bus Trip

SWC Board Member, Gail Hanton, has kindly researched and summarized **FOUR** interesting and distinct bus trip possibilities for SWC participants. Notice that the choices include different possibilities within each trip and offer a range of prices.

This newsletter contains the basic information on each option. If interested, extensive details and prices are listed on the SWC website: [swcbrockville.ca](http://swcbrockville.ca). **There you can cast your vote quickly and easily online.** Otherwise the information is also available if you scroll down past this newsletter, print the voting page and hand it in at the office or attach it to an email to send to the SWC office.

Have a say in the **SWC 2015 Bus Trip! Vote today!**

#### ***Option #1. WHEELERS PANCAKE HOUSE***

A trip to Lanark County to Wheelers for lunch, a guided tour of their museums and boiling area, and if time allows, a stop at the Balderson Cheese Factory and related shops.

Price approximately \$48.00 - \$50.00 per person

#### ***Option #2. UPPER CANADA PLAYHOUSE***

Travel to the Upper Canada Playhouse in Morrisburg for their matinee performance of "Have Yourself a Swinging Little Country Christmas." This is a live holiday concert with a choir, step dancing, fiddle playing, sing-a-longs, and much more. Includes traditional and modern music.

Price: \$59.00 per person inclusive

**Option #3. WINE TOUR TO PRINCE EDWARD COUNTY**

Travel to Prince Edward County in the fall for a visit to the Casa-Dea Estates Winery for lunch, tour and wine tasting; with stops at Lake at the Mountain, Black River Cheese Factory and a possible stop in Picton.

Price approximately \$65.00 - \$68.00 per person

**Option #4 THOUSAND ISLAND PLAYHOUSE AND CASINO**

Visit the Thousand Island Playhouse in Gananoque in the fall for the matinee performance of "Dear Johnny Deer."

Sing-a-long melodies and toe-tapping rhythms accompany this Canadian saga. After the performance, we will visit the Casino at Gananoque for an hour and a half. Time for you to try your hand at lady luck and/or to have supper (not covered in trip price).

Price approximately \$58.00 - \$60.00 per person (bus and show)

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As they say on the talent shows, "**Make your vote count!**" Respond on the voting page we have included on the SWC website: [swcbrockville@ca](mailto:swcbrockville@ca) or on the page included with this newsletter, so that plans for one of the trips can be finalized. **Vote by March 10<sup>th</sup>!**

**Reminders & Useful Information**

- SWC office 613-345-2412
- email at [swcadmin@myhighspeed.ca](mailto:swcadmin@myhighspeed.ca)  
Location - take the elevator to third floor, turn left
- Office hours 10:00 – 12 noon, Mon. – Thurs.
- SWC leases space from Wall St. Church and is a separate organization. Please take all questions and concerns to the SWC office.
- Wall St. United Church is a scent-free facility.
- If the buses are cancelled, so are all SWC activities.

*Newsletter Editor, Cheryl Nix*

## **2015 BUS TRIPS**

Listed below are four options for your consideration for a bus trip in 2015. Based on the response we receive from participants, we will decide on whether to plan a trip this year or not. Every effort has been made to keep the prices as low as possible.

Please review and if you are interested in one or more of the trips - please indicate your choice on the attached form and return to the SWC Office by March 3, 2015 If you have more than one choice it would be helpful to indicate your 1<sup>st</sup>, 2<sup>nd</sup> etc choices.

### **OPTION 1**

#### **WHEELERS PANCAKE HOUSE**

Travel to Lanark County to Wheelers for lunch (Highlander Meal -1 homemade pancake (The Wheeler family combined several local and Mennonite pancake recipes to create their own secret blend of ingredients - "pancakes are huge") and 3 of their Signature Maple Sausages (made on-site by the Wheeler family using lean pork, spices, and flavoured with their own pure maple syrup), Coffee/Tea or Orange Juice). Gluten free pancakes are available.

Visit includes a guided tour of their museums and boiling area. The buildings, including washrooms, are wheelchair and walker accessible.

On the way home, if time allows an option of stopping at the Balderson Cheese Factory and related shops.

Price Approximately \$48.00 - \$50.00 per person inclusive

### **OPTION 2**

#### **UPPER CANADA PLAYHOUSE**

Travel to the Upper Canada Playhouse in Morrisburg for their matinee performance of - "Have Yourself a Swinging Little Country Christmas". A live holiday concert with a choir, step dancing, fiddle playing, sing-a-longs, dancing reindeer, snowmen (and the Grinch). Traditional and modern music from artists such as: - Crosby, Sinatra, Michael Buble, Reba McEntire and more.

Choice A - Includes Bus, Show, Coffee Break after performance (sandwiches, dessert, tea/coffee). In line with keeping the price as low as possible we did not include the hot buffet lunch in the trip.

Price Approximately \$69.00 per person inclusive

Choice B - Includes Bus and Show; Price Approximately \$59.00 per person inclusive

### **OPTION 3**

#### **WINE TOUR TO PRINCE EDWARD COUNTY**

Travel to Prince Edward County in the fall for a visit to the Casa-Dea Estates Winery for lunch (green salad, penne pasta salad with tomato sauce and cheese, cheese cake, tea/coffee, tour and wine tasting.

Stops at Lake on the Mountain, Black River Cheese Factory and if there is time on the way home a stop in Picton

Price Approximately \$65.00 - \$68.00 per person inclusive

### **OPTION 4**

#### **THOUSAND ISLANDS PLAYHOUSE AND CASINO**

Visit the Thousand Islands Playhouse in Gananoque in the fall for the matinee performance of "Dear Johnny Deer". Lately, not much has been growing on Johnny's farm or in his wife's heart. So when a man from the city comes knocking and says they're going to put a big ol' highway through Johnny's land, he has some choices to make.

Sing-a-long melodies and toe-tapping rhythms accompany this Canadian saga. Often called the Bruce Springsteen of rural Ontario, Fred Eaglesmith's songs are masterfully woven into this foot-stompin' musical.

After the matinee performance, we will visit the Casino at Gananoque for an hour and half. Time for you to try your hand at lady luck and/or have supper (not covered in trip price).

Price Approximately \$58.00 - \$60.00 per person (bus and show)

**SWC BUS TRIP OPTIONS**

**OPTION**

**NUMBER**

**DESTINATION**

**CHOICE**

**1**                      **WHEELERS PANCAKE HOUSE**                      \_\_\_\_\_

**2**                      **UPPER CANADA PLAYHOUSE**

**Choice A (Bus, Show, Coffee Break)**                      \_\_\_\_\_

**Choice B (Bus and Show)**                      \_\_\_\_\_

**3**                      **WINE TOUR TO PRINCE  
EDWARD COUNTY**                      \_\_\_\_\_

**4**                      **THOUSAND ISLANDS  
PLAYHOUSE AND CASINO**                      \_\_\_\_\_

**Please return by March 10, 2015**