



## And Now for Some More Welcome News



*Brockville ON, January 2015*

### President's Message

It's cold! It was also pretty cold and windy on our recent Open House/Registration on January 7 last. Brave souls numbering 203 in total showed up and registered for one or more of the 24 classes/activities on offer. We have had some 40+ registrations at the SWC office since then. These numbers are down somewhat compared to other years, so there may yet be room in certain classes. Check at the office and our volunteer staff will be happy to enroll you if space permits.

Thanks are due to all those who helped with the Open House preparations and to those who helped out on the day itself. Your efforts were much appreciated. A brief report with some photos taken by Maurice Fodey is now up on our website [www.swcbrockville.ca](http://www.swcbrockville.ca).

In closing, I wish all our participants a rewarding 2nd semester as they exercise mind and body at the SWC.

Tony Dunbar

### Winter is here...

Please be respectful of the hard work done by the maintenance person at the church. Throughout the winter months, remove your boots at the church entrance and replace them with dry shoes. If you have concerns about leaving your boots in the entry, put them in a plastic bag and take them with you to your activity.

### SWC Instructor Profile

Correction: Before I introduce another SWC instructor, please note that Hugh Campbell was not the Chair of Citizen's Brockville as mentioned in the December newsletter; he was one of the Directors.

This month I introduce you to **William Thomson**. William is currently a SWC instructor for Computers – Level 2. Contrary to most SWC leaders, William shares his skills and time while also working full time as the owner of TechTutors. TechTutors is a business that specializes in computer technical support and one-on-one training for computers and technology alike.

William is also a trained carpenter. He worked in that trade for seven years before starting his current business. Carpentry gave William and his wife the opportunity to spend a year in Barcelona, Spain, working on private yachts and enjoying the Spanish culture. Prior to starting TechTutors, William was the franchise Manager of a company called The Glass Guru.

In addition to everything mentioned, William also runs a ball hockey clinic for some of the kids who live in the subsidized housing areas in Brockville who otherwise would not have the opportunity. He is a busy and generous man and we are lucky to have him with us as an SWC volunteer instructor.

### Course Updates and Activities

#### A Second Book Club?

We took the names of a few individuals who would like to have a second SWC Book

Club formed this semester. If you are interested in being a part of an SWC Book Club (or know of someone who is interested in joining one) and did not put your name down on the wait list during this semester's registration, please contact the SWC office by phone or email a.s.a.p. (numbers listed at the end of this newsletter). **If you had put your name on a SWC Book Club wait list in September but were not contacted, please call the SWC office in order to be included on this semester's list.**

If enough people sign up, our Activities Director, Bill Carlyle, will contact you and meet with the new participants to discuss the details regarding the creation of a second SWC Book Club. Either way, we will call everyone on the new wait list to let them know what is happening.

Please be aware that it is expected that any new Book Club participant will both join SWC and be a member of the Brockville Public Library. SWC participants currently use the Community Room at the library and depend on the library staff to locate sufficient copies of our book selections to make our Book Club a success. We appreciate their help.

### **Please Note a change in day or times for...**

#### **Seniors Low Impact Exercise**

In order to reduce the number of people involved in the use of the facilities on Tuesday mornings, the Tuesday exercise class lead by Muriel Laderoute will now be held on Fridays from 9:15 – 10:15.

#### **Friday Tai Chi**

Due to the change in day for the above exercise class, Friday Tai Chi will now start at 10:15 instead of 10:00 and will end at 11:15 (coffee break will continue to be part of this activity).

## **Bus Trips**

Enquires have been received from participants regarding a bus trip this year. Before arrangements are made the Board of Directors would like to canvass participants to see if there is enough interest to warrant planning a trip.

In the near future we will contact participants with some options for a bus trip and depending on the feedback received we will then decide if there is sufficient interest to make arrangements for a trip.

In the meantime if anyone has suggestions regarding where they would like us to plan a trip to please contact the Office at 613 345-2412 or email [swcadmin@myhighspeed.ca](mailto:swcadmin@myhighspeed.ca) or [gehanton@gmail.com](mailto:gehanton@gmail.com)

## **Class Cancellation Policy**

Classes at the SWC will be cancelled and the office will be closed if school buses are cancelled due to snow or freezing rain. Please do not call the Church office for information.

For quick information re bus cancellations:

- call 1-866-629-0629
- access [www.steo.ca](http://www.steo.ca)
- or listen for an announcement on our local radio station

## **Reminders, Useful Information**

- SWC office 613-345-2412
- email at [swcadmin@myhighspeed.ca](mailto:swcadmin@myhighspeed.ca)
- Elevator to third floor, turn left
- Office hours 10:–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

*Newsletter Editor Cheryl Nix*