



# Welcome News



*Brockville ON, April 2015*

## President's Message

The listing of class end dates is a sure sign that the SWC year is steadily drawing to a close. However, a significant number of classes will still be in progress well into the month of May and even close to month end in a few cases. (See the confirmed dates in the Course and Activities Update below.)

The major upcoming event is our annual general meeting or AGM. The date is Thursday, March 7 at 2pm. The venue is the Community Room in the 1000 Islands Mall on Parkedale in Brockville. Light refreshments will be provided and the meeting is scheduled to end by 4pm.

The meeting is open to all and will consist of reports on the past year's highlights and accomplishments; a financial report on the year April 1, 2014 to March 31, 2015 and presentation of the budget for the upcoming financial year and general plans for the future.

A detailed agenda for the meeting was previously distributed to all members and is also posted on our website [www.swcbrockville.ca](http://www.swcbrockville.ca). Also see item below for further details.

So, May 7th is an important date on our calendar and we urge as many as possible to come out in support of your organization. We look forward to seeing you there

**Tony Dunbar**

## Volunteer Appreciation Week

We value our many volunteers all year round, but we did mark National Volunteer Week, the week of April 12, with a website acknowledgement.

## Annual General Meeting

Date: Thursday May 7<sup>th</sup>

Time: 2 pm to 4 pm

Venue: The Community Room  
The 1000 Islands Mall  
Parkedale, Brockville

*Note:* The Community Room is on the east end of the mall, in the vicinity of Sears and the bookstore.

In addition to the various reports, we will also be conducting elections to fill the 3 vacancies on our board of directors. The vacancies are the result of 2 resignations and an unfilled board position we have had for a number of years. (Our bylaws require at least 5 and no more than 9 on our board.)

Our nominating committee has been busy evaluating the applications of a number of prospective candidates and will be putting a slate of suitable individuals before the AGM for election by those SWC members present. Two of present board will also be seeking re-election for another 2 year term. (See Nominations on this newsletter's Attachment for general guidelines.)

So the AGM provides an important opportunity for our members to get an overview of happenings over the past year; our plans for the future and to engage in the election of board members.

Throughout the meeting you will be given the opportunity to ask questions, seek clarification and make your own views known on SWC related business and topics. See you there.

## Course Updates and Activities

### Pickleball

The SWC Board is always interested hearing recommendations for new courses and activities. Someone requested that Pickleball be added (a cross between tennis and ping pong) in the fall. Unfortunately, after doing some research, the Board concluded that the Wall St. Church gym just isn't suitable for the game (it is available at the YMCA).

**We appreciate the suggestion.** If the members bring an idea forward it will be seriously considered.

### Course and Activities Closing Dates

Closing dates for SWC courses are set by the leaders and participants in each class. Some have already ended for the year. For those still going, the closing dates are as follows:

- Computer 1 & 2 - Monday, April 27<sup>th</sup>
- Painting Class - Monday, May 11<sup>th</sup>
- Gentle Mobility - Monday May 11<sup>th</sup>
- Low Impact Exercise Classes
  - Wednesdays (Kay), May 13<sup>th</sup>
  - Fridays (Muriel), May 15<sup>th</sup>
- Tai Chi
  - Mondays, May 11<sup>th</sup>
  - Tuesday, May 12<sup>th</sup>
  - Fridays, May 15<sup>th</sup>
- Badminton
  - Tuesdays, May 26<sup>th</sup>
  - Fridays, May 29<sup>th</sup>
- Camera Club - Thursday, May 14<sup>th</sup>
- French
  - Conversational - Thursday, May 14<sup>th</sup>
  - Beginners - Thursday, May 21<sup>st</sup>
  - Intermediate - Thursday, May 21<sup>st</sup>
- Music Jam Sessions - Mon., May 25<sup>th</sup>
- Gentle Mobility - Monday, May 11<sup>th</sup>
- Book Club #1 Wednesday, May 27<sup>th</sup>
- Astronomy – Tuesday, April 28<sup>th</sup> (tentative)

**As more closing dates are submitted they will be added to the full list on the SWC website, [www.swcbrockville.ca](http://www.swcbrockville.ca)**

### Summer Cycling

For the second summer Kay Carlson will be organizing cycling groups to start when the weather warms up a bit more. While this is not an SWC activity, thus not covered by SWC insurance, it would be a good way to stay in shape over the summer months.

Groups suitable for beginners, intermediate and more experienced cyclists will be organized. They will cycle Mondays, Wednesdays and Fridays; meeting at 8:00 a.m., 1 km past Brown's Bay on the Thousand Islands Parkway.

If you want more information regarding the summer cycling please call Kay Carlson, 613-342-8551.

### Summer Tai Chi



For years now participants from the SWC Tai Chi classes have enjoyed doing Tai Chi at St. Lawrence Park throughout the summer. This year Tai Chi in the park will start on **Friday, May 22<sup>nd</sup>** at 10 a.m. in the brick pavilion.

People who practice all levels of Tai Chi are welcome. While Bob McDougall and Peter Jones will be there to provide some leadership, no actual instruction will be provided. Interested beginners are welcome to come and observe, learn a few moves and participate if they choose to.

*Newsletter Editor, Cheryl Nix*

# Board of Directors – Nominations

The SWC Annual General Meeting (AGM) will be held May 7th at 2pm in the large Community Board Room in the 1000 Islands Mall. At the AGM, elections will be held to fill the vacancies on the Board of Directors.

Under the SWC Constitution & By-Laws, the Board shall consist of no fewer than five (5) and no more than nine (9) persons elected from a slate of nominations by the Nominating Committee at the Annual Meeting. Upon election, Directors shall hold the office for a two (2) year term. Directors can be re-elected every two (2) years with no limitations.

## **Current Status of the Board of Directors**

Final decisions have yet to be made by all of our current board, but there will be at least two (2) vacancies to fill at this year's AGM for the period 2015-2017.

If you are interested in being a member of the Board, please submit your name in writing to the Nominating Committee (In Care of the Office) as soon as possible.

As well, SWC Participants may present further willing nominees by submitting their names, with the endorsement of two (2) other participants, in writing, to the Nominating Committee (In Care of the Office) at least seven (7) days prior to the Annual meeting. Nominees for the existing vacancies will be put forward at the AGM.

If the number of nominees exceeds the number of vacancies, the election of Directors shall be by ballot at the AGM.

**Note:** Nominees for the Board of Directors do not have to be a participant of the SWC.

We hope you will consider putting your name forward to be a member of the Board of Directors. Your involvement will help the SWC continue to offer activities/programs to seniors as stated in our Mission Statement.