



Providing Affordable Activities for Seniors

Welcome News



Brockville ON, September 2015

President's Message

Welcome back to all. Hope you enjoyed your summer break

The new board (see listing below) has been busy preparing for the fall semester. The schedule of activities has just been finalized, thanks to the efforts of Bill Carlyle, with the assistance of Marian Rafferty. The schedule has been posted to our website www.swcbrockville.ca and is included with this newsletter for your reference.

Our Open House and Registration will be held on Wednesday, September 9th, from 9:30 am to noon in the gym at Wall Street United Church. We again expect a large turnout of seniors eager to sign up for one or more of the exciting programmes on offer.

Our programme of activities will basically consist of those previously offered in recent years that have proved so successful.

There are a few changes in the offerings and in leaders, which are addressed below in the Course News and Updates section.

We look forward to seeing you all back at the SWC for another exciting semester.

We may be getting older but we're not old yet!

Tony Dunbar

Open House Information

Date: Wednesday, September 9

Time: 9:30 – 12 noon

Place: Wall St. United Church Gym

The Open House will follow the same procedures as used in previous seasons.

Participants will:

- fill out registration forms and waivers,
- sign up with the leader of their chosen classes,
- obtain leader's initials on the form,
- pay \$25. (by cash or cheque) for the Fall semester at the payment table.

Registration forms will be available by email or on the SWC website for participants to fill out beforehand. However, there is NO Pre-registration neither on-line nor in person. A person may register for a friend at the Open House if that person is unable to be there. Also, anyone can register, subject to class space availability, at the SWC office as of Thursday, Sept. 10th from 10 a.m. - 12 noon and every Monday through Thursday (same hours) during September.

As usual, there will be refreshments available for those who wish to take the time to catch up with friends.

Course News and Updates

Bridge Instruction

We are delighted to welcome Jim Shaw who will provide instruction in Bridge on Thursday afternoons.

Chair Yoga: Extra Session

We are happy that we will now have an additional session to that offered by Joanne Hanley of this popular activity. Gwen Priestley will be leading the extra class on Thursday afternoons while Joanne's class will now be offered on Mondays.

Astronomy

As with Chair Yoga, there will also be a second class of Astronomy under the expert guidance of Fred Wagner. Both sessions will be held on Mondays.

Instructor Changes:

A number of our dedicated and faithful instructors are stepping down and will not be leading their classes in the upcoming semester.

Included are: **Doreen Wood**, Quilting; **Kay Carlson** Seniors' Exercise and **Eileen Ling** Gentle Mobility Exercise. We are extremely grateful to these fine people who have contributed so much to the SWC. They will be missed.

We welcome to the ranks: **Jim Shaw**, Bridge Instruction; **Lucie Stein** Seniors' Exercise and **Gwen Priestly**, Chair Yoga. We very much appreciate your volunteering your talents and time in enhancing the lives of our seniors.

Board of Directors

President - Tony Dunbar

1st VP & Newsletter Editor – Cheryl Nix

2nd VP & Activities' Director – Bill Carlyle

Secretary & Office Mgr. – Marian Rafferty

Treasurer – Ralph Greenhalgh

Director & Activities Asst. – Bill Checkley

Director & Social Convenor – Debby Greffe

Director & Office Asst. - Bev Nixon

Past-President – Gail Hanton

SWC Office

The SWC office will be reopening on Thursday September 10th. Business hours will be Monday through Thursday, 10 am to noon. Our volunteer staff of Marian Rafferty and Bev Nixon will be happy to assist you.

Reminders & Useful Information

- SWC office 613-345-2412
- email at swcadmin@myhighspeed.ca Location - take the elevator to third floor, turn left
- Website: www.swcbrockville.ca
- Office hours 10:00 – 12 noon, Mon. – Thurs. (except during June, July and August).
- 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