



Providing Affordable Activities for Seniors

Welcome News



Brockville ON, November 2015

President's Message

Our first semester of 2015-2016 is moving along nicely. Instructors are instructing, participants are participating; all is as it should be.

As a board, we are committed to supporting our instructors and leaders as they volunteer their time, skills and talents in helping to enhance the lives of our seniors. One of the ways we do this is by continuing to invest in equipment to make the overall classroom or gym experience better for all involved.

Earlier this year we purchased a new projector that is currently used in the Computer, Spanish and Bridge classes. And I'm happy to announce that we have ordered an additional wireless sound system, complete with wireless headset and built-in CD player. This system should soon be in full operation in the gym fitness classes. The wireless system currently in use we plan to dedicate to the second Chair Yoga class at TISS.

Updates on other happenings and events are presented, throughout the newsletter below. Many thanks to our editor Cheryl Nix for her continued fine work in maintaining this important communications vehicle.

One of the upcoming highlights is of course the annual Christmas Dinner scheduled for Wednesday, December 9. We are again happy to subsidize the cost of a ticket for SWC members. We look forward to another good turnout for this special event.

Please also go to www.swcbrockville.ca for further general updates.

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

Tony Dunbar

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SWC Christmas Dinner

The SWC Christmas Dinner plans have been finalized. **Mark December 9 on your calendar and purchase your tickets before December 1st.** A full advertisement for this event is at the end of this newsletter.

Yuletide Fare Update.

Due to the fact that the Wall St. United Church will be using the entire church for their annual Yuletide Fare, **there will be no classes Nov. 26 or 27.**

Course News and Updates

SWC courses and activities come and go as the participants suggest ideas and as people from the community step forward with a talent or skill to share. It is always exciting when a request for a skill is met by the generosity of someone with the subject knowledge and the willingness to share it. For example, this semester Jim Shaw stepped forward to meet the demand for instruction in Bridge.

We are mid-way through the Fall semester and plans for Winter/Spring are in the making. The Board, as usual, would like to hear about a course or activity that you would like considered for the future? Present your ideas to an SWC office volunteer and it will be forwarded to our Activity Director Bill Carlyle and Assistant Activity Director, Bill Checkley.

Recently the Board was contacted by a community musician who would like to offer a course in **Learning to Read Music**. In a small group setting the class would start at the beginning and unravel the mysteries of notes and rests, clefs and tempos, etc. The exact

format will be determined by the participants, their past musical experiences and their goals (an instrument would not be required). It would be useful for the teacher to know if there is any interest in such a course. We are conducting an online survey to determine interest.

To access the survey please click [here](#). If this doesn't work, please follow the link contained in the covering email to this newsletter and indicate your interest.

Alternatively, mention your interest to one of the volunteers in the SWC office. This is just a "straw poll", not a commitment to attend.

End Dates for Fall Semester Courses and Activities:

SWC courses and activities end on different dates according to the availability of the volunteer leaders. As the SWC office is notified of closing dates they will be added to the SWC website (swcbrockville.ca).

Brockville Arts Centre Discount

The Brockville Arts Centre (BAC) is again offering a special ticket discount to SWC members for their upcoming shows. If you wish to avail of this discount, please advise the SWC office. The office in turn with your permission will forward your name as a SWC member to the BAC box office. When buying a ticket to a show, if you indicate you are a SWC member, the BAC will check the list and apply the discount accordingly. Members with names on the list from last season need take no further action.

SWC Board News

Board member and office volunteer, Bev Nixon, has kindly taken on the responsibility of ensuring that SWC leaders and participants are aware of the fire and safety measures that pertain to everyone who uses Wall St. United church building. After gathering the necessary information Bev will ensure that such things as the location of fire extinguishers and alarm

fixtures, first aid boxes and basic evacuation procedures are shared with SWC leaders and members. The Board will keep you posted on these matters. In the meantime, take a quick look around the rooms you use during SWC activities and make a mental note of the placement of such items and of available exits.

Remembrance Day November 11

Wednesday is that special day when we remember all the fallen of the many wars from the First World War in 1914 -1918 on up to the more recent and present conflicts.



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



Christmas Dinner

SWC Office at 613-345-2412 or email to swcadmin@myhighspeed.ca
Marian Rafferty (office) or Debby Greffe
mrafferty@cogeco.ca or debgreffe@bell.net

Shepherd's Welcome Centre

Wednesday, December 09, 2015

12:00 Noon

Wall Street United Church Gym

Menu



Turkey with dressing
Mashed potatoes with gravy
Roasted Autumn Vegetables
Cranberry Sauce
Coleslaw
Rolls and butter
Coffee/Tea
Dessert



\$15.00 per person (SWC subsidized)

Price for non-members - \$20.00 per person

Please reserve your tickets no later than Tuesday, December 01, 2015

See the SWC office to purchase your tickets

Catering Service Provided by
CINDY CROTEAU CATERING - BROCKVILLE

