



Providing Affordable Activities for Seniors

Welcome News



Brockville ON, January 2016

President's Message

We're up and running again. Open House was very successful with 225 eager to participate individuals signing up for one or more of the wide selection of activities on offer. Thanks to all directors, office staff and volunteers who contributed to its success.

As always we anticipate further registrations to take place at the SWC Office over the coming weeks in those classes where space is still available. So get in touch with the office if interested and pay the single bargain fee of \$25, which allows for as many activities as you can fit into your schedule; there is no additional fee per class.

This semester certainly marks a high-water mark in recent SWC history with the addition of four(4) unique new offerings as outlined in the Course News and Updates section below prepared by our newsletter editor Cheryl Nix.

We especially welcome the new leaders involved in these new programmes, in addition to welcoming back those who continue to give of their time and talents in the service of our seniors.

So, welcome to all participants, new and returning. I wish you every success and enjoyment as you exercise mind and body at our friendly and welcoming SWC in yet another semester.

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

Tony Dunbar

Sloppy ol' Winter is back!

Please remember to remove your winter footwear just inside the church door. Either put them under the coat rack or to be safe put them in a plastic bag and take them to the room where your activity takes place.

Besides the mess they leave for someone to clean up, **a wet tile floor can be a slippery floor** and we don't want anyone needlessly falling.



SWC winter cancellations

If the school buses are canceled then **all** SWC activities are also canceled. You can find information re bus cancellations on the local radio station, call 1-800-629-0629 or by going to www.steo.ca

Parking passes

If you are new to SWC you might not know that you should have an SWC Parking Pass displayed on your dash if you are in the Wall St. Church parking lots. They are available in the SWC office. A Pass means that you have

a right to be parking there while you are participating in a SWC activity. Do NOT go to the church office window to report anything about parking.

Also, keep in mind that if you park in the Bank of Montreal parking lot you risk getting a ticket or being towed!

Course News and Updates

New SWC Music Activities

Music Notation

We are pleased to announce that the *Learning to Read Music* course is up and running. We are very thankful to Peri Howlett for coming to us with this worthwhile idea.

Community of Song

To date twenty four people have signed up to have a lighthearted time learning valuable stretching and breathing exercises and singing folk songs, spirituals, rounds and other music. The door is still open for others to join the fun on Wednesdays from 1:30 – 2:15.

The SWC Choir

Twenty one people have signed up to be a part of our new SWC Choir; more are welcome to join at any time. It is different from the Community of Song in that it will have a broad range of material of varying difficulty both for their own enjoyment and to entertain people who live in area retirement and long-term care facilities. Some ability to read music at a basic level or better will be helpful. This choir will be practicing on Wednesday afternoons from 2:30 – 4:00.

Rod McAvoy, organist and choir director from St. Francis Xavier Church will be the leader of both choirs. This is a big commitment from Rod and he is very encouraged to see the response from SWC members. A person can attend one or both of these choirs.

Pickleball

Wow! Apparently there IS an interest in Pickleball as twenty nine people signed up to play. The Board waited to see how many people actually signed up before ordering the Pickleball equipment (paddles, balls and nets) as it is a good sized investment for SWC. The order has been placed and should arrive January 18th! The SWC Pickleball game is “*in the mail*” as they say. We will post the start date on the SWC website (swcbrockville.ca) and in a separate email.

Conversational French

So many people signed up for Conversational French at Open House that the leader, John Bonser is going to split them into **Beginners Conversation** and **Intermediate Conversation**. Neither of these classes are instruction oriented. John will call those who signed up to assess the group to which each person is best suited based on their proficiency in French. The class members will be notified regarding start date and times.

Offering two levels of conversational French means a greater level of volunteer time and energy from John and a more meaningful experience for all involved. Thank you John.

SWC Board News

What are You Reading?

In addition to our two book clubs SWC is considering offering SWC participants the opportunity to get together over tea/coffee to have an informal conversation on books they have or are reading. Nothing is currently written in stone regarding this idea, but the following is being suggested as a format.

~ A person would sign up to be a part of this group as in any other activity. Cheryl Nix has agreed to act as group leader and would be happy to share the role with others. This shouldn't be a burden as this group is primarily social with an emphasis on books.

~ The Group would meet once a month at the Wall St. Church or at The Sleepless Monkey

Cafe on King St. W. (they have agreed to this if group size is appropriate).

~ Each participant would aim to briefly share about a book title that he or she has enjoyed reading. One might not always have a book to recommend, but that person would still be welcome to attend. If there was a day when no one had a book to recommend the worse that could happen is that the group would enjoy a cup of coffee and chat!

~ The group would meet for an hour. A time slot still to be determined.

~ While this suggested idea is now just being called "What Are You Reading," names such as RECOMMENDED READING and TALKING BOOKS have also been put out there. Perhaps the group should name it.

If you would like to be a part of such a group send me your name and email address to SWCNewsEditor@outlook.com. so I can follow-up with further information. Or you may simply phone the SWC office (number below) and leave your name and phone number stating that you are interested in signing up for this new activity.

Winter Information Sessions

The SWC Board is currently trying to firm up three different short information sessions that might be of interest to SWC members. The dates and times will be clarified via the SWC website and via email at a later date. There will be no charge for any of these sessions.

Tax updates and information

A tax expert with 25 years experience has offered to give SWC participants updates on what will affect us this year and next on changes to tax rules, investment risks, pension-splitting, disability certificates, CPP changes for "younger seniors", etc.

Canadian Hearing Society

A representative from the Canadian Hearing Society is coming to SWC to discuss hearing loss and hearing loss management.

Do you feel most people mumble or speak too softly? Do you often ask for repetition? Do you have trouble hearing over the phone? Do you have trouble hearing in crowds? You may have a hearing loss. Aging is the leading cause of hearing loss, with 50% of Canadians over the age of 65 having some degree of loss. Discussion topics will include signs and causes of hearing loss, hearing testing, hearing aids and other communication devices available, communication strategies, and more. Open to anyone over the age of 50.

Seniors 4 Kids

SWC participants will have the opportunity to learn more about **Seniors 4 Kids** as Terry Grimes, the program's coordinator, comes to share how one can be matched with a school aged child to share your skills in areas such as reading, gardening, cooking, knitting, etc., At a time when many children live away from aunts, uncles or grandparents, filling the role as a caring mentor in a child's life in a supportive setting can be an enriching experience for both the child and you. Gathering more information does not mean you are making a commitment to participate in this program.

Stay tuned for more information regarding the dates and times for these information sessions.

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