



Providing Affordable Activities for Seniors

# Welcome News



*Brockville ON, February 2016*

## President's Message

Second semester is progressing nicely. Weather thankfully has been relatively mild to this point. However, as true Canadians, we all know we will pay for it later!

Our exciting new activities in the music area, reading music notation, community of song and choir, and in the gym, Pickle Ball, have been very well received. These have undoubtedly brought new members to the SWC, resulting in a healthy total of 307 registrants. All continuing to prove that we are the premier seniors' activity centre in the area. Thanks to all who make this so.

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

*Tony Dunbar*

## Course News and Updates

**All SWC activities will be canceled next Monday, Feb 15, for Family Day.** The church will not be open. Offsite activities at TISS and 1000 Islands Mall are also cancelled.

### Pickleball

Pickle Ball has been such a success that it is now being played on Monday and Thursday afternoons. Unfortunately, there are currently no open spaces for new players.

## SWC Leader Profile

Let me introduce you to one of our new volunteer leaders, **Peri Howlett**. Peri, originally from Montreal, spent ten years in BC following university and moved to Brockville in 1988. Her music skills were developed first through piano lessons, to playing the clarinet in her high school band and in the Brockville Concert Band. She also enjoys playing clarinet in RiverWinds, a woodwind quintet and the pennywhistle/tenor recorder in two small Celtic-

style ensembles. She is also a member of a handbell choir. This semester Peri offered to share her knowledge of music notation to SWC participants. There was no problem finding those who were eager to learn or improve their skills in this area.

Over the years Peri has encountered many adults who find the inability to read music notation keeps them from trying to learn to play a musical instrument, or to sing with a group. She believes that it is never too late to learn something new and so she organized a course to help SWC participants to learn to read music.

When Peri isn't playing music she volunteers at the Brockville Arts Centre and the Brockville Museum. She is also involved in a variety of sports. Watch out for Peri and her friends this summer as they do their regular swim from Fulford Pt. to Blockhouse Island (9 kms.). She is a woman who knows how to reach her goals. We are delighted that she decided to share her musical skills with us. Peri's motto is a good one for all of us, ***"Keep moving, keep learning and follow your heart."***

## SWC Board News

### What are you reading?

If you responded to January's newsletter article about the possibility of being a part of a group called **"What are you reading?"** and have not received a response from Cheryl Nix, please indicate your interest again by using the NEW email address for the newsletter editor: **swcnews1@outlook.com**.

## **SWC Board Sub-Committee Regarding a Possible SWC Name Change**

Last year all SWC participants were given the opportunity to complete a survey regarding the current name of the Shepherd's Welcome Centre. The results of the survey indicated that some participants felt that the current name of the Shepherd's Welcome Centre did reflect what the Centre was about and others did not. Based on this feedback it was decided to set up a sub-committee to make a recommendation for retaining or changing the name of The Shepherd's Welcome Centre.

That committee has created an opportunity for SWC leaders and some participants to discuss the options regarding the SWC name and the pros and cons of each option.

1. On March 4<sup>th</sup> and March 11<sup>th</sup> we will meet in the small Community Room at the Thousand Island Mall, from noon – 1:30. A light lunch will be provided.
2. All SWC leaders will be contacted by a committee member to determine their interest in participating on one of the two dates.
3. This article with an attached sign-up sheet will be in all class attendance files next week.
4. If a person is interested in volunteering to attend one of the two discussion meetings, he/she should sign his/her name, email address (or phone number) on the page provided. The goal is to have approximately two people per activity/course participate. If more than two people volunteer from an activity/course, their names will be put in a hat and randomly drawn. Those who volunteer to help us in this discussion process will be contacted by a committee member via email or phone to confirm their attendance.

This is your activity centre. Everyone's input is important to the Board. Remember, all participants are welcome to share their thoughts with any of the committee members (Gail Hanton, Chair, Bill Carlyle, Cheryl Nix and

Bill Checkley). A person can also send his/her ideas on this subject to Cheryl Nix at [swcnews1@outlook.com](mailto:swcnews1@outlook.com) and they will be included in the overall discussion process.

## **The Canadian Hearing Society Presentation**

Angela Pagniello Mantle from the Canadian Hearing Society gave a presentation to the Board regarding their services and highlighted services and devices that might be useful for SWC leaders and participants. The CHS is also willing to provide an information session on hearing loss management.

## **Winter Information Sessions**

As mentioned in last month's newsletter, the Board is also considering running up to four short information sessions during this semester. The first one to be offered will be as follows:

**INCOME TAX INFORMATION:** A tax expert will provide information on any changes in tax rules for this year and be available to answer questions about filling out your income taxes.

**Date: March 3, 1:00 – 2:00 or 2:30**

Please phone the SWC office to indicate your interest in this session a.s.a.p. (613-345-2412) so final details can be arranged.

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The Board also needs SWC participants to indicate if they are interested in having the Board arrange information sessions on the following topics:

- Seniors 4 Kids (as mentioned in the last two newsletters)
- Estate Planning
- CPR

To access a SWC website poll to indicate your interest in any or all of these subjects, click [here](#) or go to the website homepage directly.

## **Reminders & Useful Information**

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

Office: 613-345-2412

Hours 10:00–12 noon, Mon–Thurs