



Providing Affordable Activities for Seniors

# Welcome News



*Brockville ON, March 2016*

## President's Message

Spring is definitely in the air. The milder temperatures are very welcome. They were especially welcome after the spate of class cancellations due to the weather we have just experienced.

Over the years we have wrestled a bit with the policy re class cancellations. After much deliberation, we decided that the only clear cut way to implement was to coincide with school bus cancellations. We have an older population of participants and are keenly aware of minimizing danger to them by avoiding having them venture out under conditions of ice or freezing rain. We also realize that as happened recently the weather does improve later on in the day and the reasons for the class cancellation may no longer appear obvious. However, to avoid a logistics nightmare for administration we need to go with the early morning decision. We thank you for your patience and understanding.

Spring also means Annual General Meeting (AGM) time. Details may be found below. I would like to encourage individual members to join our volunteer team in serving our SWC by putting your name forward as a board director.

With spring also comes the feastday of Ireland's patron saint, Saint Patrick. So in the language Patrick himself would have used in his 5th century conversion of the Irish to Christianity: *Lá Fhéile Pádraig Sona Daoibh* – a Happy Saint Patrick's Day to you all.

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

## Course News and Updates

### Pickle Ball

The gym is a happening place on Monday and Thursday afternoons as this new game continues to fascinate and flourish. To enhance the safety of players, SWC recently invested in a pair of bright yellow pads designed to minimize the effects of collisions with the metal posts that support the mezzanine.

### Low Impact Exercise

It was good to welcome back Kay Carlson, a innovative and enthusiastic instructor of this course for a number of years. Kay filled in for current instructors Muriel Laderoute and Lucie Stein who were vacationing in the sunny south. Many thanks Kay.

### Astronomy

Good to see Fred Wagner, as planned, recently starting up the second semester of his very popular and informative classes.

### Music Jam Sessions

With some in-class tech expertise, this group has succeeded in coming up with a solution that allows music scores to be displayed to the class at large without the need for the inconvenient and expensive production of acetates. Solution involves photographing the scores and displaying on a TV screen via an iPad. Good work Paul and gang!

### Winter Information Sessions

This initiative got off to a good start with a very informative presentation on March 3 by Linda Hill on the intricacies of **Income Tax** rules and regulations, particularly as they apply to older

Canadians. Fifteen (15) SWC members attended the afternoon session in the church Heritage Hall and were very pleased with the outcome. Thanks Linda

Prior to embarking on this overall project we conducted a website online poll to determine potential interest in a number of proposed topics. We were gratified to record 106 votes with the breakdown as follows:

CPR Training 28; Income Tax 21; Estate Planning 21; Hearing Management 17; Seniors4Kids 15; Other 4

We sincerely thank all of you who took the time to vote. Based on the poll, we feel there is sufficient interest for us to proceed with a session on each of the proposed topics.

We have scheduled the next session in the series:

**Estate Planning** conducted by financial advisors Tanya Hammond and Alex Cassel on **Tuesday March 22, 2016 from 1:00 PM until 3:30 PM in the Living Room** at the Wall Street location. We will be providing a light lunch for attendees. You may register by calling the SWC Office at 613-345-2412 or sending an email to us at [swcadmin@myhighspeed.ca](mailto:swcadmin@myhighspeed.ca)

## **The SWC Board Report**

### **The Sub-Committee Report**

A total of 22 SWC participants and activity leaders, under the capable direction of Gail Hanton, recently attended luncheon meetings with the SWC Board sub-committee to share and discuss their thoughts regarding retaining the SWC name or to consider an alternative which might more accurately describe the nature of who we are and what we do. These volunteer participants listed what they felt were the pros and cons of each option.

This consultation with SWC members was intended to provide the sub-committee with thoughts and ideas that they might not have considered without the help of the variety of individuals who volunteered to attend. The committee will continue to meet to consolidate

the information gathered and at some point make a recommendation to the SWC Board regarding this topic.

The committee appreciates the effort given by those who came out and to those who sent emails to share their thoughts.

We would also like to invite any Activity Leaders or Participants who have not already contacted the sub-committee to do so.

## **Annual General Meeting**

We have tentatively set the date for our AGM as **Wednesday May 11<sup>th</sup>**. We hope to hold it in one of the Community Rooms in the 1000 Islands Mall as we did last year. Once firmed up, we will inform you via email, newsletter and website.

A major part of the AGM is the election of board members. Your board consists entirely of volunteers, a number of whom are standing down after years of dedicated service. We are therefore looking for other capable, experienced persons to take their place. If you feel you could contribute your time and talents to the board, please get in touch via the office. In turn, we will be happy to explain the nature of the commitment in terms of time and tasks and proceed from there.

## **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.

- SWC office 613-345-2412
- email at [swcadmin@myhighspeed.ca](mailto:swcadmin@myhighspeed.ca) Location - take the elevator to third floor, turn left
- [Website: www.swcbrockville.ca](http://www.swcbrockville.ca)
- Office hours 10:00 – 12 noon, Mon. – Thurs. (except during June, July and August).
- Wall St. United Church is a scent-free facility.

**Newsletter Editor Cheryl Nix**