

BROCKVILLE 50+ ACTIVITY CENTRE

Formerly the Shepherd's Welcome Centre

Newsletter January 2018

613-345-2412

www.swcbrockville.ca

President's Message

Registration Day for the second semester at the Activity Centre (AC) is this Wednesday, January 10, from 9:30 – 11:30 a.m. at the Brockville Legion. One goal of the Board is to continually improve upon the way things are done at the Activity Centre. As a result, you will notice a few little changes as you register.

The main focus of this newsletter is to inform you of some small, but important things of which you need to be aware when you come to sign up for your favorite AC activities. Our main change, as mentioned in last month's AC Newsletter is our fee structure. Tony will elaborate.

There will be a large number of people who come to register. To help things run smoothly we have put together a "Registration Package" which includes every form you need to register. It will be available both just inside the front door and as one enters the Legion Hall. As usual, there are tables inside the door for you to use to fill in your information. These forms are also available on our website if you wish to fill them out in advance.

I will let Tony provide you with all other items of importance regarding our 2018 Winter/Spring Registration Day. We look forward to seeing you there.

The Wedgewood Residence has also welcomed us to make use of some of their space; again, at no cost to us.

I look forward to another stimulating and enjoyable semester. Happy New Year to all..

Cheryl Nix – President

Newsletter January 2018

Open House and Registration

A reminder: The date for the second semester open house and registration is:

Date: January 10, 2018

Time: 9:30 to 11:30 am

Venue: Brockville Legion on Park Street

Registration Procedure

The basic procedure at our Open House will remain as before:

Participants, 50 years old and over, will:

- fill out the registration and waiver forms
- sign up with the leader of their chosen classes
- obtain leader's initials on the registration form
- pay the required fee (by cash or cheque) for the semester at the payment table

However, as Cheryl pointed out in her opening message, we have made some tweaks to our regular registration procedure. These are designed to streamline the overall process and also to ensure all the necessary paperwork is completed by all registrants, the important **waiver form** in particular.

Registration Paperwork Package:

- Activity Schedule
- Registration Form
- Liability Waiver Form

The above package, needed for registration, will be available both in the waiting area outside of the main Legion Hall and inside the doors.

These documents are also available on our website www.swcbrockville.ca for those who wish to print for themselves ahead of time. Go to the website and access the documents from the dropdown menus,

If you print ahead, please come with the 3 documents listed in the package above to replicate what will be available as a hardcopy package at the Legion on Wednesday.

Note: For reference and as an aid in deciding in which program to enroll, there is also on the website, and will be available at the Legion, an **Activity Descriptions** summary. This gives a very brief description of the scope and aims of each activity together with a listing of any special equipment or other items required by participants.

Waiting Lists:

If you discover that an activity you want to participate in has reached capacity, please have your name put on a waiting list. You will be notified as soon as there is an opening. Also waiting lists sometimes indicate a need for the Board to try to start a second activity in that area if possible.

Fee Structure:

\$25 for up to 3 activities. \$5 for each additional activity. For example, Pickle Ball 3 times a week + Jam Session = \$30 for the semester.

Payment by cash or cheque only. Cheques to be made out to Brockville 50+ Activity Centre.

Liability Waiver Form

It is important that you have a **completed** Waiver Form **before** reaching the cashier tables.

If you are registering a spouse or friend who cannot attend in person, please let them know that they are to hand in their completed Liability Waiver to the AC office (3rd floor at Wall St. United Church) on the first day of attending an activity. Waivers will also be available in attendance folders. If your class meets off-site, it can be filled in and put back into the folder.

Activity Information

Thousand Islands Mall:

On just Friday of last week we were informed that all our contracts for use of Community Rooms in the Mall were cancelled. This was because the Mall had been sold to a new group.

This meant a last minute scramble to find alternative venues for our Art Studio, Chair Yoga and Book Club #2. (It also meant delays in completing the schedule and the registration form, pending confirmation of new venues and times.)

Though the diligent efforts of a number of our board, Cheryl Nix, Marian Rafferty and Bill Carlyle, we were able to secure alternative venues for these classes.

A room in the Royal Brock Retirement Residence will be used for our Art Studio and Book Club #2 will meet in the Bridlewood residence. (Our Quilting group recently moved to the Bridlewood). We will temporarily hold Chair Yoga classes back in the church gym.

New Activities:

Mosaic Art:

We are delighted to welcome Elske Harris who will be our instructor in this new and intriguing art form. Elske will provide instruction in making mosaics out of glass pieces. We are also happy to report a first use of the Wedgewood

residence on King Street for Elske's class. The Wedgewood room is being provided at no cost to our Centre.

Nordic Walking,

We planned to start this exercise program this semester under the leadership of Dot Hudson. Unfortunately, the TI Mall was our chosen venue for the initial winter months, so this too is impacted and we have to put on hold for now.

Euchre:

We completed a poll and there was considerable interest shown in our adding this popular card game back to our program list.

We are happy to do so, but, as is the case with all our activities, before we can proceed we need a volunteer to step forward to act as leader of the group.

Amongst the leader's responsibilities for such a group are: general supervision of each session, take attendance, act as liaison between the participants and the board's Activity Director to deal with any issues, needs, etc, etc.

If you are interested, please contact the office:613-345-2412 or email fiftyplus@myhighspeed.ca

We have a detailed list of leader's responsibilities and would of course provide the required training and guidance to you, should you choose to accept the position. We look forward to hearing from you. Also, we are happy to have **two people share** this role.

The Art Studios have moved

Cheryl Nix has penned an interesting piece on the move noted above.

Due to the sale of the Thousand Island Mall, the AC Art Studios will now enjoy gathering in a beautiful new space at The Royal Brock Retirement Residence starting Monday, January 15th. Participants will paint in the brightly lit Art Gallery on the first floor.

Participants can park on the north side of the building (near Central Ave.) and enter the side door where there are no stairs. Please do your best to leave the snow outside; perhaps changing into shoes & putting your boots into a plastic bag. The floors can't be left slippery for the residents. Some residents are artists themselves and may join the Activity Centre's group to paint from time to time.

We are very grateful to the Royal Brock Management for their generous donation of this inspiring space in which to work.

Tech Changes

Email Address Change

We have already informed you of the change that went into effect very recently in our general contact and office email address. The new address is fiftyplus@myhighspeed.ca.

As we pointed out, don't worry if you continue to use our old address of swcadmin@myhighspeed.ca. Your message will be automatically forwarded to the new address inbox. You will also receive an auto-reply, kindly asking you to change to the new in your email address book.

Website Address Change

We are also planning a change in our website address to better reflect our new name. We decided to hold off on this change until we are safely through this week's Open House. A change such as this is fairly complex and invariably leads to some website downtime to fix issues. We did not want to be down while members were looking for registration documents from the website. Stay tuned; we will keep you posted .

Reminders & Useful Information

- Office email: fiftyplus@myhighspeed.ca
- Office Location: take the elevator to third floor, turn left
- Office hours: 10:00 – 12 noon, Mon. – Thurs.(except during June, July and August).
- AC Office phone: 613-345-2412