

Formerly the Shepherd's Welcome Centre

Newsletter October 2018

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www.fiftyplusbrockville.ca

President's Message

With brilliant colours in the trees and autumn finally in the air, we have now completed 5 weeks of activities for most classes. It's like a reunion of sorts for many, as we rekindle friendships and get caught up on our summer adventures while also meeting new members and leaders, and making new friends.

When I moved to Brockville just 2 1/2 years ago, I thought, this will be interesting... Retired now, no work friends here. How will I meet people?? Well, joining the Brockville 50+ Activity Centre was the best decision I could make! I am thrilled to be involved with such a dynamic group of people.

The total number of individuals registered this semester, has risen to 388. Of this number, 79 are new to the 50+ AC. This is great news. The word is out there!

This is happening because of all of YOU! A huge thank you goes to all of the volunteers, leaders and members and board. Your contribution to our success is invaluable.

As I am new to my role, I have spent time reading and understanding different aspects of the Brockville 50+ Activity Centre. Most recently, our Vision Statement. I thought I would share it with you as we do have many new members.

Our Vision Statement: "We will provide a resource for seniors, 50+ in the community that will assist them to live active, independent,

purposeful lives by providing activities/programs geared to their interests and abilities.

Wishing you all a happy and active fall semester!

Sue Hunter

President

Course News

For those of us who are still technically challenged, and I count myself as belonging in that category, Marian has arranged for William Thomson of Tech Tutors to present another Media Question and Answer session on October 24th from 1pm to 3pm in the Heritage Room. The session does not cover repairs, the goal is rather to respond to questions posed by participants which usually prove to be issues faced by more than one member. These sessions have always proven popular and it really is appropriate to say "**Back by popular demand**" Attendance is limited to 20 participants so if you are interested, please register with the office as soon as possible.

Culture Days

Once again our display on King Street which was visited by many long established residents together with more recent arrivals in our city was a great success. The festival presents a wonderful opportunity to introduce ourselves to the community. Thanks are extended to all members who assisted particularly, Debby who

organized our participation; Janet Sutcliffe who set up the Art Studio display and of course to Bob MacDougall and his Tai Chi group who demonstrated their class to onlookers. Thanks also to those who helped pack up the display and to the City Councilor who helped prevent our tent from falling victim to the high winds. Without such volunteers we simply would not exist.

Seniors' Expo

A Seniors' Expo is scheduled for Saturday October 27th at South Grenville District High School in Prescott from 11am to 3 pm. The event features health care and community service staff offering information and presentations on topics of interest to seniors in the promotion of healthy lifestyles. This is a perfect opportunity for the Brockville 50+ Activity Centre to get its name and programs out to a wider community and we will have a table there. We encourage our members to support the initiative if they are possibly can. There will also be free snacks at the event.

Christmas Dinner

As mentioned in our last newsletter, The Christmas Dinner scheduled for December 7th will once again be held at the Legion, starting at noon. Cindy Croteau is catering the event and the Legion cash bar which proved to be popular last year will again be open. The price will be the same as last year. Once again, the AC is happy to subsidize ticket prices for members at \$16 for members and \$20 for non members. Ticket sales will start on October 22nd and you are urged to buy your tickets early. **Tickets may be purchased at the Brockville 50+ Activity Centre office on the 3rd floor at the Wall Street Church.** This information will also be published on our website www.fiftyplusbrockville.ca

A Reminder

Although we may wish to deny it, winter is fast approaching and, with the arrival of winter
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weather, maintaining the cleanliness of the church building floors becomes an ongoing problem. This is particularly true in the gym where wet floors could lead to falls and potentially broken limbs. Before accessing the gym, members **must remove outdoor shoes**, put on appropriate footwear for the activity and carry outdoor shoes with them in a bag. We all appreciate the work Trevor does for us, so why not help him by also considering changing shoes, where practical, before entering other areas of the church.

Office News

As noted in the President's Message, registration for the semester has grown. In fact, this month, the office has continued to be busy with new registrations handling over 50 additional sign-ups. This means that most classes are now at capacity.