

Formerly the Shepherd's Welcome Centre

*Newsletter February 2019*

613-345-2412

[www.fiftyplusbrockville.ca](http://www.fiftyplusbrockville.ca)

## President's Message

January 9<sup>th</sup> was one of the largest registration day turnouts of all time. We had 377 people who braved the cold and snowy weather to secure a spot in their favourite activities. Since that day, we have had 41 people that attended the AC office to register. Our current total of 418 is a clear indication that many seniors in Brockville are enjoying an active and happy lifestyle.

I would like to thank every board member, activity leader and the large number of volunteers who worked very hard to make it happen. For those who have never been involved in the planning process, it's hard to believe just how many phone calls and emails are received weeks prior to the open house day. As well, there are meetings with leaders and training with volunteers. Food and coffee to be organized. Schedules and venues to be confirmed. New forms to be created. There is also a lot of thought to go into the setup of the venue prior to opening the doors at 9:30 in the morning. Everyone involved has an integral part to the days' success. Much of this "flurry of activity," is derived from feedback from everyone mentioned above as well as the participants. From the feedback received, it was evident that everyone had on their "A game" once the doors opened. I know that I started this paragraph with a thank you to everyone, but it hardly seems like enough! Thank you, thank you, THANK YOU!

A final note in my message today. This semester, I am very much enjoying Mosaic Art Newsletter February 2019

and Drawing. On January 14<sup>th</sup> and 16<sup>th</sup>, the first day of class for both activities, it was SO much fun! Getting together with friends that I have made through the Brockville 50+ Activity Centre, some, over the past 6 semesters and others just a short while. What is exciting, is building upon these friendships while learning new things. In my case, some things I never thought I was capable of doing! Already, in just a few short weeks, I have met even more wonderful people who have similar interests. Suffice to say, I cannot say enough great things about the AC! Hope this message finds you all enjoying your 50+ activities and looking forward to many more in the future!

**Sue Hunter**

**President**

## Our Website

When the membership voted to change the name of our organization from Shepherd's Welcome Centre to Brockville Fifty Plus Activity Centre, the Board decided that, to give our members time to become totally familiar with the new name, enquiries sent to our old web address would be redirected to the new address ([www.fiftyplusbrockville.ca](http://www.fiftyplusbrockville.ca)) for a period of time. Sufficient time has now elapsed since the name change that the Board decided to cancel the former domain name which means that mail sent to the former address is no longer redirected. This change became effective on January 21<sup>st</sup> this year. Therefore if you are trying to reach us you must address your enquiry to [www.fiftyplusbrockville.ca](http://www.fiftyplusbrockville.ca)

which is the address printed on the masthead of this Newsletter.

## Parking

The parking lot at the rear of the property is now mostly clear of contractor's vehicles and this is perhaps an opportune time to outline what parking will be available to our members. The parking area at the side of the church will continue to be available to you with the exception of the spaces marked for church use only. The rear fenced parking area will consist of two rows of parking with the first three spaces in each row as you enter the gates reserved for the residents of the apartments. This leaves six spots in each row for our use.

The parking spaces will of course be delineated by painted lines but given our present weather we ask for your cooperation by imagining that these lines are visible and parking accordingly. Parking is restricted and careless parking which occupies two spaces only compounds the problem.

Neither church staff nor leaders can do anything to increase available parking, so please do not express your frustrations to them.

## Winter Weather Policy

This has been covered extensively in previous Newsletters yet our most recent heavy snow storm again led to many calls to the church office enquiring whether classes would be held on that day.

Once again, **provision of such advice is not the responsibility of the church staff. They simply do not have that information.**

As not all classes have the same policies. **You are responsible for making sure that you are aware of the policy that applies to your class on days of inclement weather. If you need clarification, talk to your leader. Doing so before the bad weather arrives will leave you confident on the day in question.**

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**Above all, do not take risks. If you are at all unsure, stay at home.**

## Calling for Leaders

As Sue pointed out in the President's message our recent registration was one of the largest on record. Attendance at the 50+ Activity Centre is growing very fast and it is expected that this trend will continue. Some classes are at capacity and our rate of growth offers challenges to both our facilities and our leaders. Some facilities are stretched due to class sizes and these increased class sizes also place added pressure on our leaders particularly in those classes involving physical activities requiring the close attention of the leader. A case in point which has been mentioned previously is the Chair Yoga class held at the Memorial Centre which is very large and we could easily add a second class. We can only offer this if a qualified leader can be found.

**In short, unless we can identify more leaders our present rate of growth may become unsustainable and that would be really difficult to accept given the level of demand for expansion of existing classes and establishment of new offerings. Do you or someone you know have a special skill or interest which you would like to share with others? If so, please contact Bill Carlyle directly or leave a message at the office to discuss possibilities.**

## Art Display

The work of the Monday and Wednesday "Art Studio" classes will be on display on the walls of the fiction section on the second floor of the Brockville Public Library from February 6<sup>th</sup> until the end of March. Works displayed will feature a variety of media including water colour, acrylic, oil and drawing. We encourage members to visit the display and admire the creative work of their colleagues at the 50+ Activity Centre.

## Course News and Updates

All classes have now been operating since mid-January with about 70% of them at capacity or full with waiting lists.

The demand for the class entitled “Mind, Body Connection” has been so strong that Ursula Dowd offered to teach a second class. This additional class is held on Wednesdays from 1pm to 2pm.

The members of Book Club # 1 have decided to go it alone as they have not had any vacancies for some time and they do not anticipate any in the foreseeable future. Given this lack of movement, they felt that it was unfair to continue the promotion and scheduling of the club as an AC activity. However, another Book Club which is known as Book Club #2 has been formed. They meet on the 3<sup>rd</sup> Friday of each month at Bridlewood. Details are now posted on the website schedule

## Office News

The office at Wall St United Church continues to operate from 10am – noon from Monday to Thursday during the semester

## Editorial Note

Just to repeat the message from last month and further advertise the website address, the Newsletter is only produced on a monthly basis during the semesters. It is not therefore always possible for the Newsletter to be up to date on all the happenings at the 50+Activity Centre. While we certainly appreciate your interest in reading this publication, we also encourage you to go to our website ([www.fiftyplusbrockville.ca](http://www.fiftyplusbrockville.ca)) from time to time as it is updated more frequently.