

Formerly the Shepherd's Welcome Centre

Newsletter August 2019

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www.fiftyplusbrockville.ca

President's Message

Where has the summer gone? Although most of us feel we keep quite busy with 50+ activities from September through May, summertime for many continues to be a juggling act with our time. Summer travel, family and friends getting together to enjoy some beautiful weather, to name a few.

Before we know it, it will be time for our fall semester open house. We are looking forward to a busy registration day with lots of continuing activities and a few new ones as well. The registration process will be as it was during the last few semesters. Registration forms and activity offerings will be put on our website, as soon as they are all organized and confirmed. This may be only a few days before registration. We thank you for your patience as this is being worked on. Although we take the summer off, there is always work behind the scenes. Our board of directors will be meeting this week to finalize and prepare for September 4th

We are very pleased that all 9 board members are staying on for another year. Elections were held at our Annual General Meeting in May.

If you, or someone you know, has a skill, talent or knowledge that they would like to share by leading or facilitating an activity or class, as always, we would like to encourage you to contact any one of us on the board. Our mission is to provide activities to keep those 50 and over, physically, mentally and socially active.

I would like to thank all the volunteers who make the Brockville 50+ Activity Centre happen. Without the dedicated leaders, facilitators, office staff and board members, our

50+ would cease to exist. For each of the past 2 semesters, because of your hard work, membership has been about 430 people strong and growing. I hear positive comments and compliments from people all the time, saying how happy they feel to have found the Brockville 50+ Activity Centre!

You will find more information in this newsletter regarding the fall registration day.

Looking forward to seeing everyone on September 4th

Sue Hunter

President

Registration

Registration for the fall semester will be on Wednesday September 4th from 9.30 – 11.30 am at the Memorial Centre which offers not only a large space but also ample parking. The process will be essentially the same as for the last semester meaning that if you were registered for a class last winter your space for this semester will be secured until 11.30. However, to guarantee that place you must still register in person or have someone register for you on registration day.

The simplified registration process was well received last winter, however for the benefit of new members and, to serve as a reminder to those returning, you only need to print and complete one page as "acknowledgement" of the waiver has been included in the registration form. It is however mandatory that you read this form before registering. Copies of the waiver will be included online for you to view in advance and will also be posted at the Memorial Centre on registration day.

Your cooperation in completing cheques and

readying the correct change if paying cash will also help to speed up the payment process and avoid long wait times.

It is also worth mentioning here that, your cooperation in signing up only for those classes which you are sure you will be attending on a regular basis will simplify administration of classes for the Leaders.

We look forward to seeing you all on September 4th.

Note: The office will reopen on September 9th at 10am. Late registrations for courses which still have vacancies will be accepted then.

Culture Days

Culture Days this year are scheduled for September 27th to 29th. The 50+Activity Centre will be participating on Saturday September 28th to provide information on our program offerings. Once again leaders will be invited to showcase their own programs with demonstrations, information or displays of individual program activities.

AGM

The AGM was held on Wednesday May 15th. with an attendance of 24 members. The AGM gives members the opportunity to not only hear what has happened over the past year, but also to express their concerns. An attendance of 24 is therefore disappointing given the strong interest in all other activities of the 50+Activity Centre. As mentioned in the President's message all nine Directors agreed to serve another term. Perhaps some of you could make a note in advance to attend the next AGM and show them your support.

Course News and Updates

As is normal, immediately before the start of the fall semester, Bill Carlyle has been kept very busy confirming course offerings and carrying out a juggling act in trying to ensure that courses can be accommodated on the leader's preferred date and at the preferred time.

While many of the established courses such as Art, Tai Chi, Photography, Conversational French etc. have been confirmed in their traditional time slots others are still being

finalized. **Before registration, confirmed times for all other courses will be available on the website (www.fiftyplusbrockville.ca)**

This semester, in addition to our established Conversational French course, a course entitled Advanced French as a Second Language will be offered by Ginette Desrochers a language teacher with many years of experience. This course will include mini grammar sessions and authentic conversational situations.

There is still strong demand for an instructional course for French beginners. However, following Paulette Leclaire's decision to step down as leader, we have so far been unsuccessful in our search for a replacement. Thank you Paulette for your contribution

We are delighted to welcome back Elizabeth Stratton who will return to offer a ten week Spanish course for beginners. Past experience tells us that this course will be very popular.

The Tai Chi Boost course, aimed primarily at beginners who wish to improve through further practice and instruction but also available to more experienced adherents, will again be offered after a successful introduction last semester.

A new course this semester will be Mah Jong, geared to both those interested in learning how to play and those simply interested in playing, will be introduced this semester.

A meditation course led by Beryl Wood will be held on Monday mornings.

Chair Yoga is expected to return to the Memorial Centre, further details to be announced.

We hope to offer Mosaic Art this semester but location remains to be confirmed. Details will be available on the website.

A Bell Ringing Group at St Lawrence Anglican Church has extended an invitation to AC members to join their group which meets at the church on Thursday afternoons.

Lucie Stein returns to lead the Low Impact Exercise Group.

We are still hopeful that a Walking group will be formed for this semester.

A writing group facilitated by Lorraine Buck will be held during the winter semester starting in January. Further details closer to the date.

Volunteers Needed

As most of you already know, the 50+Activity Centre is staffed and operated entirely by volunteers. This allows us to offer a wide ranging program of activities and learning opportunities at an affordable price for all. The Centre also serves as an important hub for social interaction in a city which does not have an abundance of alternatives.

Attendance at our courses has increased dramatically over the years and we fully expect this trend to continue and be in evidence at our upcoming registration.

In many ways then, we are victims of our own success. Presently most of our courses fill up immediately and we cannot continue to meet the growing demand for services, which demonstrably meet a community need, without more volunteers stepping up to offer their services.

Our members have a wide array of backgrounds and possess knowledge and skills gained through their former occupations which could be passed on to others through the Activity Centre.

Therefore this is both an invitation and a challenge to members who may have some free time to consider whether their particular skills could form the basis of a course or activity of the 50+ Activity Centre thus ensuring that we can continue to offer important opportunities to the retired community of Brockville and area.

New ideas are always welcome.

Office News

The office at Wall St united Church will reopen for Activity Centre business on Monday September 9th at 10 am.

It will then be open during the semester from 10am to 12 noon Monday to Thursday.

Once again, the office will NOT be open on Thursday September 5th, the day after Open House, to process late registrations as was the practice in previous years.