

Formerly the Shepherd's Welcome Centre

*Newsletter September 2019*

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

## President's Message

Here we are, another semester well under way. Registration day another success with over 400 members signing up for all of their favorite activities.

This day would not be possible without all of our volunteers and leaders. A huge thank you to everyone who made this process happen so smoothly.

This semester, we are very fortunate to have 7 new activities starting. The talent in Brockville is endless!

At this time, we have an opening on our Board of Directors. We welcome applicants to submit a letter of interest and a brief list of skills and related experience. We are 9 individuals on our board and meet once a month from September through May. Being a part of the Brockville 50+ Activity Centre is both very enjoyable and rewarding. Email can be sent to our office at [fiftyplus@myhighspeed.ca](mailto:fiftyplus@myhighspeed.ca)

Wishing you all a great fall semester and I look forward to reconnecting with many of you during activity time!

Sue Hunter

President

## Registration

Registration day was once again very well attended, 372 members registered on the day, and a further 24 visited the office on September 9th and 10<sup>th</sup> to register. Also, a new class for Ukulele, announced after registration, filled immediately thus bringing our total to over 400.

Overall the registration process went very smoothly thanks to the cooperation of our members and all our volunteers. A few minor improvements will be made but overall the process will remain unchanged for the next semester

## 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.

Why not take a stroll Downtown on that September Saturday and show your support for the effort put in by Debby Greffe and her volunteers to display the public face of the 50+ Activity Centre

## Seniors Health Fair

Bayshore Home Health is staging a Seniors Health Fair on Saturday November 9th from 10am to 3pm at the Brockville Memorial Centre. The aim of this day is to increase awareness among seniors of available services. As a significant contributor to the health and well being of seniors in this area, the 50+ Activity Centre will sponsor a table at this event so mark your calendars for that day.

## Course News and Updates

With only a couple of exceptions, all classes are now underway giving Bill Carlyle a short

breathing space before starting the whole process over again before our winter semester. Scheduling classes and locations has been particularly challenging for him this semester as, in addition to our established offerings, seven new classes are scheduled. These are Meditation (led by Beryl Wood), Chimers (Jeff Reusing), Mah Jong (Ping Wu), Advanced French as a Second Language (Ginette Desrochers), Mosaic Art (Elske Harris, S Marston, R Castro), Spanish for Beginners (Elizabeth Stratton) and Ukulele for Beginners (Lynne and Peter Meleg)

Most classes are full, however up to date information can be obtained from the office. In Bill's own words "we are very fortunate to have good leaders who continue to return year after year".

There is still strong demand for an instructional course for French beginners, and we have, so far, been unsuccessful in our search for a leader. So, if any of you would be interested, or know of someone who may be interested, please contact Bill through the office.

This semester we are offering 24 classes spread over six venues and we owe a debt of gratitude to those organizations that allow their space to be occupied by our participants.

In addition to the formal schedule described, we are hoping to offer short specific sessions on the following topics: RBC Fraud Awareness, A Diabetes Q & A, Computer Q & A and a Planetarium Presentation by Paul Bullock.

CPR defibrillator training will be arranged for leaders and a number of interested members.

For further details on these topics please consult future bulletins and the website.

## Volunteers Needed

Repeating the message from our last newsletter, a message that will surely be repeated frequently, it is worth restating that the 50+Activity Centre is staffed and operated entirely by volunteers and it is this aspect of our organization that 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 this trend was again in evidence at our recent registration.

The fact that most of our courses fill up immediately is certainly an indication of our acceptance by the community however we cannot continue to meet the growing demands for services, without more volunteers stepping up to offer their assistance.

You, our members, have a wide array of backgrounds and possess knowledge and skills gained through their former occupations or through other interests 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 class 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 reopened for Activity Centre business on Monday September 9th at 10 am and will continue to be open during the semester from 10am to 12 noon Monday to Thursday.

Office duties are in the capable hands of Marian Rafferty and Laura Papaioannou with some help from Carron Szabo. Sadly, Kathy will not be returning and the office has a need for someone with computer skills to replace her. **Another opportunity for a volunteer to step forward!**

Both the Board and the Office Staff wish to extend their thanks to Mike Libbos and Xoi Hin, who were very helpful before, during and after registration.

## Editorial Note

This will, for personal reasons, be my last editorial note and, I would like to use this opportunity for editorial comment to express some thoughts about our organization.

Firstly, I want to let you know how much I have appreciated the positive comments I have received respecting Newsletter content, they have been encouraging. After all, most of us like to know that what we have produced is being read.

Secondly The 50+ Activity Centre has, for several years, been an important part of not only my learning environment but has also led to development of many social contacts. I feel privileged to belong to an organization where members, leaders, office staff, Board members and other volunteers throw away their competitive caps and genuinely strive to cooperate with and help others. This for me makes the organization unique.

I feel that this way of operating sets us apart and, urge all of you to play your part in ensuring that we stay that way. We are the envy of many.

Of course this requires total buy in, and adds emphasis to the “call for volunteers” reproduced earlier in this Newsletter. I can only ask that you continue to respond positively when things need to be done and by doing so ensure the continuation of this special operating environment.

**John Bonser**