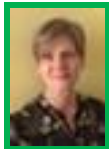


NEWSLETTER December 2023

50+ Board of Directors



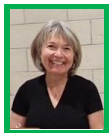
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Treasurer:
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Secretary:
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Rosalie Morris-Spencer
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Member at Large:
Julie Daxon



Member at Large:
Maryann Daoust

Message from our President

The Fall Semester is over, and the Winter Semester is ready to go. Gail has been working overtime to get it all figured out. There are new classes and schedules, and she will give you all the details. However, there is one class that I would like to mention.

When people hadn't returned to 50+ after Covid, I gave many of them a call. I chatted with around 300 members. It was an opportunity to find out what people were looking for and what would bring them back to 50+. It seemed the number one class that would encourage people to come back was the Photography class led by Alex Loshak. This January he will be back on Friday mornings at Wall Street United Church. Welcome back Alex, and thank you.

The Board has accepted the Strategic Plan which the committee presented on Nov. 28. It will be posted on the website for all to view. We are looking for lots of volunteers to make it happen. If you haven't done so already, please let us know if you are interested in volunteering.

We also have a committee looking at our website and how it can be updated and improved. So, there are lots of things happening, and hopefully you, the members, will benefit from all these changes.

That leaves me with one last thing on my TO DO list, and that is to wish you all a Merry Christmas and best wishes for a happy and healthy new year. We'll see you on Tuesday, January 9, 2024, at the Memorial Centre for Registration Day.

Carmen

Marian Rafferty 1945-Nov 29 2023

Marian dedicated almost 20 years of her life to the betterment of Brockville 50+ Activity Centre, and her impact is immeasurable. She volunteered as Office Manager for almost 15 years and was the heart and soul of the 50+ organization. She also served on the Board as Secretary, 1st Vice-President, Vice-President and President. Her unwavering commitment, tireless work ethic, and infectious enthusiasm have left an indelible mark on all of us.

Marian's warm smile and welcoming presence made everyone feel at home. Her selflessness was unparalleled, and her commitment to the well-being of our members was evident in every action she took. During the challenging times of the Covid-19 pandemic, Marian worked tirelessly from home. She dedicated herself to inputting registration data and ensuring the Brockville 50+ community remained connected.

Marian later served as President of the Shepherd's Centre Foundation. Her leadership was marked by a rare combination of wisdom, grace, and a genuine love for the community she served. Under Marian's guidance, Brockville 50+ thrived, not just with its activities but also with growth of friendship and commitment to one another.

Marian's generosity and kindness have touched us all. Her impact will be felt for years to come, and her absence leaves a void that will be challenging to fill. As we mourn the loss of a dear friend, let us also celebrate the life of Marian Rafferty. Let her legacy inspire us to continue the work she began and to cherish the bonds of friendship that make our center a special place.

Marian's Obituary: <https://barclayfuneralhome.com/tribute/details/3896/Marian-Rafferty/obituary.html>

Message from our Activity Director

The planning for the winter semester has been completed and we have a full schedule. The new descriptions will be uploaded to our fiftyplusbrockville.ca website very soon, and please take note of the new format for each activity description, which includes some additional important info. You will also find some of the times for activities have been changed, so be sure to check it doesn't conflict with your schedule.



Our new activities include:

Tuesdays: Gentle Fit Exercise, Guitar Beginner Plus

Wednesdays: Pilates Plus Yoga

Thursdays: 3rd Thursday Book Club

Fridays: Everyday Photography

Our Registration Day is now official!

Tuesday, January 9, 10 am to 1 pm at the Brockville Memorial Centre

The committee has worked hard to plan the event, and we hope that members find it well organized. Thank you so much to those who have volunteered to come out and help.

Anyone who pre-enrolled at the end of each fall activity will have a spot held for the winter semester, BUT you must fill out your application and come out on Registration Day to submit it and pay. If you do not do this, you lose your place. There will be pre-enrollment lines to assist you to get through quickly. Our volunteers will review your application, ensure you are signed up in each pre-enrolled activity and stamp your form so that the cashier knows you are good to proceed to payment. If you choose to pay by e-transfer, please do so before coming to the Memorial Centre, and bring the confirmation # of your e-transfer. If anyone finds their name wasn't on one of their pre-enrolled activities, you will need to visit the activity leader registration table to have your name added, and the leader will initial the application form.

We have added space in many of our classes to give more opportunity to new registrants. There are 49 activities to choose from, so we hope there will be no disappointment in finding something to do this winter.

Thank you so much to our 46 activity leaders who have volunteered their time for Brockville 50+. These leaders are providing a community service to make our lives as seniors better whether it be physically, mentally or spiritually.

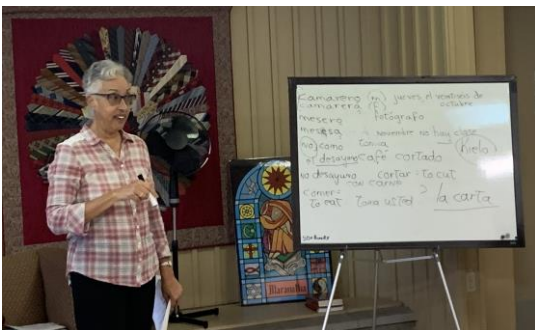
Finally, my wish to all of you is for a very Merry Christmas. May your travels be safe, may you find joy in the holiday season, and may you find peace in this chaotic world we live in. And as for the New Year, health and happiness in your life. See you 2024!!

Gail

Activities!

Spanish Conversation – Beginner – Thursday

Leader: Elizabeth Stratton



¿Hablas un poco de español? This 10-week course is designed to meet the needs of learners who have already taken an introductory Spanish course and/or picked up some conversational skills through their travels. With Elizabeth's help, participants will build vocabulary, learn some commonly used present tense verbs, ask and respond to questions, and listen for verbal cues, all within the context of travel experiences. Join us to practice your skills, share your travel experiences, share some laughs and add to your knowledge of the beautiful Spanish language.

Sign Language – Beginner Conversational – Thursday

Leader: Ruth Baxter

This course focuses on building the foundation for communicating in ASL. This includes learning numbers and the alphabet, proper use of gestures and expression in communication, a peek into Deaf culture, and essential signs.



Strategic Plan Update

Brockville 50+'s Strategic Plan was approved by our Board on November 28. We're ready for implementation, and your involvement is important. Committees are central to the success of achieving the goals outlined in the Strategic Plan. Each Committee of volunteers, chaired by a Board member, will ensure that the ongoing work of Brockville 50+ Activity Centre is organized and carried out in a coordinated and efficient manner, and always in keeping with the Vision, Mission, Bylaws and overall goals of our organization. Short, medium and long-term goals have been developed to address the 25 Priorities that were confirmed earlier this year by our members. Each Committee will develop and implement Action Plans to achieve the goals pertinent to their committee's focus over the next two years.

This is an opportunity for you to be part of the work involved in achieving a positive future for Brockville 50+. **What committee would you like to be part of?**

- **Strategic Planning Committee** (including coordination of implementation of Strategic Plan, measuring progress, and development of Policies & Procedures manual)
- **Communications Committee** (including Website & Publications & Public Relations & Advertising)
- **Member Services Committee** (including Registration & Office & Volunteer Coordination)
- **Activities Committee** (including Activity Groups, Venues, Social & Special Events)
- **Finance Committee**
- **Fundraising Committee**
- **Wellness Committee**

Within the next few weeks, you will be able to go to our 50+ website <https://fiftyplusbrockville.ca/> and read the Strategic Plan, as well as documents detailing each Committee's structure, and detail of the short, medium and long-term Goals to address the needs expressed in each of the 25 identified priorities for our organization.

Please do study our comprehensive Strategic Plan, and send your comments and questions to strategicplanning.bville50plus@gmail.com Ready to volunteer? Email the Strategic Planning Committee or speak to any Board member! We are anxious to hear from you.

Merry Christmas from your Strategic Planning Committee:

Rosalie, Tom and Maryann

NEW EXERCISE CLASS WINTER 2024!

Seniors Gentle Fit Exercise – Tuesday 12:10 to 12:50

Leader: Julie Daxon

Julie Daxon is Leader of Monday's popular Senior Low Impact Exercise class and is a CCAA Certified Seniors Fitness Instructor. At the request of some of our members who are still working and can't get to the current exercise class times, Julie has agreed to lead another exercise class...*at lunchtime!* This will allow folks who are employed to fit in 40 mins of exercise during their lunch break. Anyone can attend, working or not! Maybe you're not a morning person and do not like the 9:00 AM slot, or you prefer a shorter class. Whatever your needs or interest, this class may be for you. So here we are with 4 exercise classes for seniors of varying degrees of intensity and format at Brockville 50+ Activity Centre. Lots of choices. A note to consider: the intensity will be the same as the class Julie currently offers. The Gentle Fit title is because the class is 40 minutes long instead of one hour.

The class will cover all the basic elements as in a one-hour class (cardio, cool down, strengthening and endurance, balance and stretches), with each segment slightly reduced. It is geared towards active adults, and you will be challenged but are encouraged to work at your own pace. The program is progressive, and for that reason regular attendance is necessary.

Please consult with your physician before attending any exercise program.

Course Requirements: indoor running shoes (not worn outside), comfortable loose clothing.

Optional: bottle of water (strongly advised), bands, balls and light dumbbell weights.

Note: There are no floor exercises.

Please share this with your friends or family who are 50 yrs or older and haven't been able to attend a 50+ exercise class because they're still working. Now they can!



Meet 50+ Member Shenda Duffy

Shenda moved to Brockville from Smiths Falls via Kingston and Picton in 1990 to work at the Brockville General Hospital as a Medical Radiation Technologist, after discovering that a career in TV broadcasting wasn't for her. Working part time at BGH allowed her to have more time with her three young sons and to volunteer at their school, Vanier. Later, she returned to full-time school to become BGH's Mammography Charge technologist and Clinical Instructor for Algonquin College's Medical Radiation Technologist Program.



In December 2021 Shenda retired, excited to welcome two new grandchildren who arrived over the next four months, one in Petawawa, one in BC. Thank goodness for Facetime!! Having a Venezuelan daughter-in-law prompted Shenda to learn Spanish along with her granddaughter. Trips to Mexico, Venezuela and Cuba in the past (and hopefully more in the future) also contributed to an interest in the language.

Shenda joined 50+ in September 2023. Unfortunately, the 50+ Beginner Spanish Class Shenda wanted to join was full, but she ended up in the Spanish Conversation class, where she has proven to be a very enthusiastic participant. Her infectious joy of learning has impacted other class members who might have been shy about trying out a new language.

Hopefully in January when some of our members head for warmer climates, Shenda will be able to gain access to some other 50+ activities, particularly Pickleball (she has been honing her game at Stingers). Her other hobbies include slo-pitch (at least it did until the effects of the pandemic dissolved her team). She is an avid downhill skier, but also enjoys the gentler activities of hiking/walking, golf, and photography. She races on sailboats at the Brockville Yacht Club's Tuesday and Thursday night races and enjoys extended boating holidays on larger waters. As a member of the Yacht Club, the volunteer jobs are many and varied, including bartending, organizing parties and games nights, Light-up-the-Boat parade, and the Chili Cook-off.

Shenda has enjoyed being a part of the 50+ group, spending time with like-minded people, and she is looking forward to trying out more of the large variety of activities offered!

Laurie Jeffrey interviewed Shenda in December and contributed this article for our newsletter.



CONGRATULATIONS

Holly Welch and Mark Cybulski
each a winner of 2 tickets to the
Brockville Community Choir
December 10th *Joyful Voices* concert

Thank you to Brockville Community Choir for the wonderful concert, and for their generosity in providing the concert experience to two 50+ members!

Here's a sampling of what the 50+ members who entered our contest had to say about what they love the most about Brockville 50+ and Brockville:

- ❖ I love the amazing variety of activities that Brockville 50+ offers for all of us to enjoy at such a reasonable cost.
- ❖ What I like most about Brockville is there is lots to do.
- ❖ I love the good group of people in Brockville 50+.
- ❖ I like Brockville's beautiful waterfront parks and walking paths and meeting many friendly folks along the way.
- ❖ I love the fun and affordable activities that Brockville 50+ offers to enhance our social, mental and physical well-being.
- ❖ One of the things I like most about historic Brockville is its small-town atmosphere boasting a gorgeous waterfront, courthouse square, and shops and eateries.

For more info about Brockville Community Choir, visit www.brockvillechoir.com

Message from your Newsletter Editor

Rosalie Morris-Spencer

It's been a wildly busy year, and one full of positive growth and accomplishments for Brockville 50+. Today, as I'm finishing up the newsletter, it is Christmas Eve. The gifts are wrapped and under the tree. Whew! Our granddaughter has moved the parcels around many times in the past few days and has lots of guesses to share about what each contains. There are so many memories created in the Holiday season. If you are celebrating in a crowd, close your eyes and take in the laughter. If you are by yourself on Christmas Day, I hope you will go for a walk if you can and see some people, and if you can't do that, consider calling someone with a wish for the season. Whatever you do, my wish for you is that you find joy in the simple moments and reach out in some way to those who make your days brighter. My thanks today go to Kathy and Laurie and Tom and Maryann and Martha and others who are always ready to lend a hand.

We 50+ members have a great community that keeps developing. Hooray!

Rosalie

brockvillefiftyplusnewsletter@gmail.com



Thank you to Brockville 50+ Members from Brockville Foodbank

The Socks and Gloves campaign was a big success!

Donna Matheson, a Brockville Food Bank Volunteer who led this campaign, wrote to express thanks and gratitude to Brockville 50+ Members:

"Please know you have provided a helping hand for someone in our city this winter. We just finished our week of collecting Socks and Gloves for those who visit the Food Bank. There were bags marked "Socks and Gloves" in all four 50+ activity locations during the last week of November. We counted well over 1000 items to give away to cold folks who would benefit this winter.

The Food Bank is grateful for this huge showing of generosity. These items are given away with a quiet offering and respect, and they are received with grace and wonder at where all these gifts came from. A heart-felt thank you to all for taking the time to collect and bring in your donations. Merry Christmas to all!

The Foodbank has informed that there is still a big need for gloves.

Can you give more in January?

There will be a big bag at the January 9th Registration Day, ready to receive your donations.

Christmas Greetings to our Hosts at Wall Street and Salvation Army

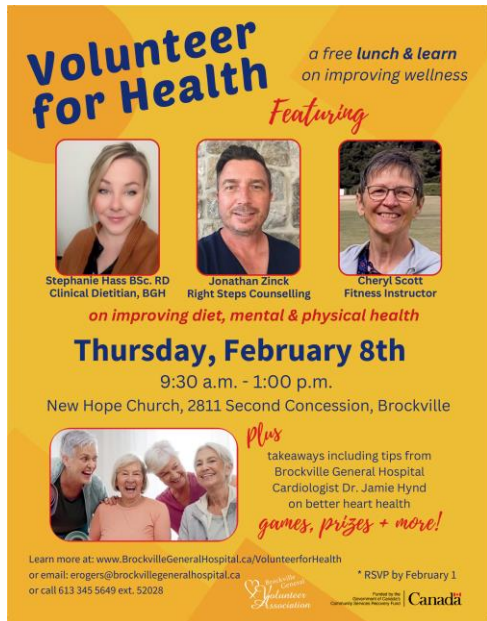


Karen and Rick at Wall St. United Church



Major Steve and Dureise and staff at Salvation Army

Don't miss these **UPCOMING EVENTS IN BROCKVILLE**



Volunteer for Health a free lunch & learn on improving wellness

Featuring

Stephanie Hass BSc. RD
Clinical Dietitian, BGH

Jonathan Zinck
Right Steps Counselling

Cheryl Scott
Fitness Instructor

on improving diet, mental & physical health

Thursday, February 8th
9:30 a.m. - 1:00 p.m.
New Hope Church, 2811 Second Concession, Brockville

plus
takeaways including tips from
Brockville General Hospital
Cardiologist Dr. Jamie Hynd
on better heart health
games, prizes + more!

Learn more at: www.brockvillegeneralhospital.ca/VolunteerforHealth
or email: erogers@brockvillegeneralhospital.ca
or call 613 345 5649 ext. 52028

* RSVP by February 1

Brockville General Hospital
Brockville General Volunteer Association | Canada

Volunteer for Health is a free lunch & learn event for improving wellness, presented by the Brockville General Volunteer Association (BGVA).

Special guest speakers Stephanie Hass, BSc. RD Clinical Dietitian at Brockville General Hospital, Jonathan Zinck of Right Steps Counselling, and Fitness Instructor Cheryl Scott will be providing information and activities on improving diet, mental and physical health. This is an exciting opportunity to learn, meet new friends and network with current volunteers of the BGVA.

Plus, there will be tips from BGH's cardiologist Dr. Jamie Hynd on better heart health and a healthy delicious lunch to follow. It will be a fun morning with games, prizes and surprises!

Community members are encouraged to sign up soon as there are limited spaces.

Contact **Liz Rogers** at 613 345 5649 ext. 52028 or email erogers@brockvillegeneralhospital.ca by February 1 to reserve your spot!

Here's the Eventbrite link where you can book your seats for the event as well:

<https://www.eventbrite.ca/e/volunteer-for-health-tickets-780740886007?aff=oddtcreator>

MERRY CHRISTMAS

Website: <http://fiftyplusbrockville.ca> Email: fiftyplus@myhighspeed.ca

Office Address: 5 Wall St, Brockville 613-345-2412

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