

BROCKVILLE 50+ ACTIVITY CENTRE

Formerly the Shepherd's Welcome Centre

Newsletter November-December 2018

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www.fiftyplusbrockville.ca

President's Message

Where does the time go? Here we are, half way through our fall semester. Keeping active and busy, learning new things and meeting new people. I look forward to each activity that I am in every week. More importantly, I hope that you are enjoying all that you are doing here at the Activity Centre. As of November 8th, there are 410 registered participants this semester. Certainly a good indication that we're on the right track! Welcome to all returning and new members! Planning has already begun for next semester.

On that note, I would like to put a challenge out there. If you are a member, please consider joining the leadership team. A number of programs are at capacity and it would be great if we could add additional groups to our weekly schedule in the next semester. We are here to support you and provide you with all you need to get started. Please feel free to contact Bill Carlyle, Activities Director or any one of us on the board to discuss further opportunities. We welcome your questions!

Waiting lists do work! For various reasons, members are sometimes unable to continue with a specific activity. In these situations, leaders really appreciate being notified immediately, so they may open up a spot to a member on the waiting list. Thank you to everyone for your patience in this regard.

As I write this, we have a winter weather advisory in Brockville. This prompts me to remind everyone of our Winter Weather Policy. Please have a look at it, on our website. It can be found on a tab at the top of

the page "Class Cancellations." If uncertain of your class weather policy, please check with your activity leader. Most important, is the safety of all members during our unpredictable winter months. Regardless of the policy, if you don't feel safe going out on a bad day you may opt for a cozy fire and a cup of hot chocolate instead.

The beginning of snow, reminds me of how quickly the festive season will be upon us. I am very excited about the Brockville 50+ Activity Centre's upcoming Christmas Dinner on December 7th! This is a full on turkey dinner with all the trimmings. Just like Grandma used to make! Ticket sales to date are going quickly and this event is sure to sell out. So get your tickets soon!

If I don't see you before, I hope to see you on December 7th.

Sue Hunter

President

Cancellation of Classes

Please note that there will be no classes at Wall St. on November 22nd and 23rd as the church is staging its annual Yuletide Fare on those days. Classes held at locations other than the church are not affected and will be held as scheduled.

Treasurer

At the November 14th meeting the Board confirmed the appointment of John Dickie as Treasurer. John moved to Brockville a few years ago and is well qualified to assume the role. John's wife Paulette Leclaire has also become involved with the Activity Centre as she accepted the role of leader in the Beginners French program this semester. We truly appreciate their decision to move to Brockville and become so involved in the community. We wish them both a warm welcome look forward to a long association.

Christmas Dinner

As mentioned in the President's message, ticket sales for the Christmas Dinner at the Legion on December 7th are brisk so if you **intend to attend you should confirm** your ticket purchase as soon as possible. Students from Fulford Academy will once again provide a choral interlude and, there is a possibility that our Maximal Bell Ringing Class will also make their performance debut.

If you **have** special dietary needs, please make that known when you purchase your ticket as we always invite those with Diabetes or requiring Gluten Free diets to be served first.

Prescott Seniors' Expo

Our table at this event proved to be very popular with Debby, Marian, Sue and Jo Ann reporting a constant stream of enquiries throughout the day. Many of our current members showed up along with many past members and others who until that day were unaware of our activities. All our publicity materials were distributed and we fully expect see this positive feedback lead to increased enrollment in future years.

Community Health Fair

On Wednesday November 21st, a Community Health Fair will be held from 10am to 3pm at

the Brockville Library. The 50+ Activity Centre will be represented at this event which also features opportunities to talk to a Registered nurse; receive a free hearing check; learn about will and estate planning; meet representatives from local community service providers including the 50+ Activity Centre, Helping Hands and a home care dental hygienist.

Admission is free and refreshments will be provided.

Winter Weather Policy

This is well covered in the President's message, however it bears repeating here that 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. Above all do not take risks, If you are at all unsure, stay at home.**

Course News and Updates

With The Walking/Pole Walking Group meeting for the first time on October 31st, all our classes are now underway. This activity will be offered again next semester.

A third Book Club is in the initial stages of organization, those members who expressed interest for this semester have been accommodated in Book Club 2 for the present. The third Book Club option will again be offered next semester and will proceed if there is sufficient interest.

The Chair Yoga class held at the Memorial Centre is very large and we could easily add a second class. **To do this however, we need to find another leader, so if there is someone qualified and willing to be a leader, please let Bill Carlyle know of your interest.**

Unfortunately the attendance at Bridge has dwindled to the point where it will not be feasible to continue unless attendance improves. The leader has indicated that she

will continue for the rest of this semester and will offer the Class next semester. However, unless she can enroll a sufficient number of members committed to maintain a viable group the Class will be discontinued after registration day.

Dot Hudson has offered to provide a Diabetes Education session in February if there is sufficient interest. Such a session could be of value to many of our members now, or provide valuable insights for the future to other members. Please let the office know if you are interested in this offering.

Office News

The office at Wall St United Church will not be open on November 22nd and 23rd as WSUC is closed for the Yuletide Fare.

The Question and Answer session with William Thomson of Tech Tutors was well received and all who attended went away with new knowledge. William may be available to offer another session during our next semester.

As the caterer needs a few days advance notice of the numbers attending the Christmas Dinner, the deadline for ticket purchase is December 3rd.

Editorial Note

As the Newsletter is only produced on a monthly basis during the semesters, it is not always possible to be up to date on all the happenings at the 50+Activity Centre. Therefore while we certainly appreciate your interest in reading this publication, we also encourage you to go to our website (www.fiftyplusbrockville.ca) from time to time as it is updated more frequently.

As you will not receive another Newsletter until a few days before our Registration Day (January 9th at the Memorial Centre), I would like to wish you and your families a Very Happy Christmas.