

Formerly the Shepherd's Welcome Centre

*Newsletter January 2019*

613-345-2412

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

## President's Message

Happy New Year to all members, leaders, facilitators and the board of directors of the Brockville 50+ Activity Centre!

2018 was a successful year at the AC and we look forward to another great year! As the fall semester was drawing to a close we celebrated with an excellent homemade Christmas Dinner on December 7th. A festive way to start the holiday season! Our caterer, Cindy Croteau did an amazing job, preparing and feeding turkey and all the trimmings to almost 100 people! Our newest AC activity, Maximal Bell Ringing, treated us to some beautiful Christmas bell music. Their debut performance. We look forward to hearing them again!

A huge thank you to Debby Greffe, a Director and our Social Convenor, who organized the event. Decorations were beautiful and there were draws and prizes. Also, many thanks to all who helped with setting up the room and the clean up afterwards. As my Mom used to say, "Many hands make light work."

As 2018 was a year full of change for the board of directors, I would like to share with you, the changes that took place that were also acknowledged during the Christmas dinner:

In May, Ralph Greenhalgh stepped down from his position as Treasurer, which he held for the past 18 years. Ralph has done an incredible job with managing the finances and preparing the requisite reports for all of us.

Tony Dunbar left the board in September after serving on the board for 8 years. Serving as the Newsletter Editor, then as Board President for 4 years while at the same time, creating the Website and serving as Website Administrator for the past 6 years, up to and including today.

Cheryl Nix was a member of the board for 6 years serving as Newsletter Editor and more recently filling a two year term as President. Although retired from the Board, Cheryl continues to serve by acting as my mentor as I adjust to my new role. Cheryl was also responsible for guiding the Board and membership through the sometimes difficult process of changing our name

We would not be the Brockville 50+ Activity Centre that we are today without all of their hard work and dedication. Thank you Ralph, Tony and Cheryl!

Our winter weather policy is covered later in this Newsletter, however I would like to take this opportunity to reinforce the fact that as tenants we are not part of church operations and that church staff should not be asked to provide advice on whether individual courses will be held on specific days as they are not in a position to provide such information.

Again, on behalf of the board "Happy New Year" to all. We hope that you enjoy your activities during the upcoming semester

**Sue Hunter**

**President**

# Registration

**Location: Brockville Memorial Centre**

**Date: January 9<sup>th</sup>, 2019**

**Time: 9.30am – 11.30 am**

Registration for the winter semester will be on January 9<sup>th</sup> from 9.30 – 11.30 am at the Memorial Centre which offers not only a large space but also ample parking. With one exception, the process will be essentially the same as for the last semester meaning that if you were registered for a class last fall, 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 one change mentioned earlier is that 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.

Although this is covered later in this newsletter, 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 the 9<sup>th</sup>.

## Community Health Fair

Sue and Marian represented the 50+ Activity Centre at this event held at Brockville Library on November 21st. The event was well attended, with many participants showing interest in our offerings. They felt that our

attendance will generate additional registrations.

## Winter Weather Policy

This was well covered in the December Newsletter, and also in the President’s message above. However, we still experience problems from time to time with members calling the church office staff to enquire whether scheduled classes are operating on a particular day. **Provision of such advice is not the responsibility of the 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.**

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

We appreciate your cooperation in this regard

## Course News and Updates

Another book club option will be offered at registration however will only proceed if sufficient interest is shown to maintain continuing viability.

As mentioned last month, the Chair Yoga class held at the Memorial Centre is very large and we could easily add a second class. We can only offer this if a qualified leader can be found. If you are interested in filling this role, please contact Bill Carlyle.

Bridge will not be offered next semester. We offer our thanks to Debby Greffe who continued to act as leader despite the continuing decline in enrollment.

Elske Harris is returning to teach Mosaic Art. The class will again be held at The Wedgewood.

We are pleased to offer a new class described as “Mind, Body Connection” offered by Ursula Dowd. This interactive course of 8 sessions explores how the mind, emotions and stress affect the body. This promises to be a very interesting addition to our course offerings and is sure to be popular.

Meditation will not be offered next semester, however Sonia Haynes hopes to resume instruction in the near future.

Pole Walking and Maximal Bell Ringing will not be offered during next semester.

Dot Hudson will offer a Diabetes Education Session in February using a Question and Answer format. This session will we feel sure be of immediate value to many of our members and provide valuable insight into this disease to others. The date of this session will be confirmed later in January

The **Brockville Stamp and Postcard Club** which meets on the 2<sup>nd</sup> Thursday of each month at Wall Street Church has contacted us to determine whether any of our members would be interested in attending. They have indicated that if there is sufficient interest from our membership they would be prepared to move their meeting time to the afternoon. Contact person for the club is Roy Brooks 613-342-7569

## Courtesy

Newcomers to the 50+ Activity Centre frequently remark on the wonderful value offered by our classes with the opportunity to register for up to three classes for one price. Unfortunately this sometimes leads to some members enrolling for classes for which their continuing commitment to attendance is lacking. This in turn leads to problems for leaders of certain classes which have waiting lists. Because classes are full leaders cannot offer spots to those on the waiting list and classes are held with spots open.

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All our leaders are volunteers without whom we simply could not operate and **they deserve respect and courtesy in our dealings with them**

Obviously everyone has occasions when they cannot attend a class but we ask that if you know in advance that you will be missing for a period of time that you inform the leader beforehand.

There are other occasions however when people are missing for prolonged periods or, in some cases, never attend a class for which they have enrolled without informing the leader. In such cases in future **leaders can exercise discretion in deciding whether to strike that name from the class list.**

Your cooperation in contributing to smooth operations and **Keeping Leaders Happy** will be most appreciated

## Office News

The office at Wall St United Church will reopen on Monday January 14<sup>th</sup> at 10 am and will be open from 10am – noon from Monday to Thursday during the semester.

Office staff have recently welcomed a new volunteer. **Kathy Leathwood** who will be assisting on the computer and in provision of back-up for administrative duties.

## 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](http://www.fiftyplusbrockville.ca)) from time to time as it is updated more frequently.

