



NEWSLETTER



February 2023

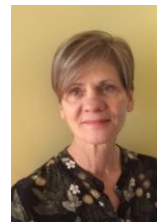
50+ AC Board of Directors

President: Carmen Grosse
Vice President: *Vacant*
Treasurer: John Pyl
Activity Director: Tom Beach
Secretary: Lorraine Buck

Covid-19 Response: Anne Lusby
Office Manager: Julie Daxon
Social & Special Events: Paul Bonenfant
Newsletter: Rosalie Morris-Spencer
Member at Large: *Vacant*

Message from our President

Carmen Grosse



Greetings 50+ members and friends. The shortest day has passed and we are now into the final stretch of winter and looking forward to spring. Mind you, it already feels like spring with double digit temperatures. This must be our mildest winter ever.

The Board and its Strategic Planning Committee (SPC) continue to work on improving your experience at our activities. I am sure the SPC will be reaching out to the members, and we encourage you to get involved by sending us your input, opinions, and suggestions. Our Centre is volunteer based, and this makes it especially important for you to contribute to our workings and be a part of our exciting future. Things cannot happen without you.

On that note, we again have openings on the Board. If you are interested in moving this organization forward, why not further your involvement by joining our Board? We meet monthly for about an hour or two. There are committees to volunteer on as well. It all helps to keep this operation well-greased. If you are interested or have questions, please contact me: Cheetahgrosse@gmail.com

The Board has set the date for the **Annual General Meeting – Wednesday, May 17, 2023 @ 3:30 PM in The Heritage Hall at Wall Street United Church**. This is a great opportunity to meet your Board members and other participants. Plus, we always offer refreshments! Mark your calendar now so you don't miss this important event.

Carmen



All you
need is love.
But a little
chocolate
now and then
doesn't hurt.
CHARLES M. SCHULZ



Activity Director's Report

It's been a busy start to the term. Interest was high for both Basic French and for Spanish Conversation and we were able to split the classes and find room for the additional two classes. This puts us slightly higher than last term's 43 weekly classes plus once a month Book Club. This semester we have 44 classes & the Book Club.



Tom Beach

HELP! We need new venues!

Our current venues are bursting at the seams with great 50+ Activity Groups. We anticipate needing more room for activities next fall. We are looking for spaces that are easily accessible, have ample parking, and very reasonable rent.

If you are aware of any potential venues we could use for classes, please contact me at activitydirectorville50plus@gmail.com.

CLEANUP DAY

In January, a crew lead by Carmen Grosse dug into many old boxes of 50+ AC's treasures that have been in storage in Wall St United Church for near 30 years. It was a dirty job, but a very hard working crew completed the task. Stored documents, photos, and other collectables were sorted and moved on or recycled or shredded. Some of the Christmas trinkets went to WSUC for their Yuletide Faire or garage sale. Photos and important archived records continue to be stored.

If you would like any of the following, call the 50+ office and make your request:

- * Fold up card tables: about a dozen, functional but not in great shape.
- * Wall mounted projection screen
- * Song books! *Good for lots and lots of singing!!*



Carmen
crawling out of the basement



Tom



Anne says "What's that!?"



Julie
our terrific Office Manager

WE NEED YOU!

Brockville 50+ Activity Centre is looking for Members and Leaders to be part of the Board of Directors

This is an exciting opportunity for you to be part of the leadership of our organization.

If you are interested, please contact us
fiftyplus@fiftyplusbrockville.ca or 613-345-2412

Covid Update

Anne Lusby

COVID continues, despite everyone wishing it was over.
Stay informed.
Do what you have to do to help protect yourself and others!

T-Shirts!!!

Do you have your 50+ T-Shirt yet?

If members are interested in purchasing a 50+ Activity Centre T-Shirt, we have plenty available, in all sizes.
Cost is \$20 each, cash only.
Please contact the office to arrange pick up during office hours



Strategic Planning Committee Report

At the February 2023 Board meeting the Brockville 50+ Board of Directors approved the Terms of Reference for the Strategic Planning Committee (SPC). This new committee has begun work on a thorough assessment of 50+'s strengths and challenges. An in-depth analysis is necessary to define the priority issues that need addressing within the next few years and beyond, and then to make a Strategic Plan that will effectively move us forward.

We will soon begin work on a review of the foundations of our organization, including our By Laws and moving into a close examination of how we operate as an organization, as a Board, and every aspect of how we provide services to our members. This review will be intensive and will take several months, and will result in recommendations to our Board for needed changes in our policies, processes and procedures. We will develop a Strategic Plan with specific goals and a "roadmap" to help our Board to effectively implement the Plan and stay focused on a clear path to achieve the goals.

We are asking for your input, all along the way! Soon you will hear about a survey of our membership that the Strategic Planning Committee (SPC) will be conducting. We are counting on your participation. Additionally: What is the best way to get your input? Via email, phone, survey, participating in focus groups, or all of the above? With over 500 people now participating in activities, the board of 8 people very much needs your support, and your input. Please actively participate in this process. What do you like? What is needed? What works well? What doesn't work well and needs change? Talk to us! Your communication with the Committee may be kept confidential if that is important to you. Reach out to the Strategic Planning Committee at any time, by emailing us at strategicplanning.brockville50plus@gmail.com. Alternately, you may leave a message on the 50+ voicemail 613-345-2412 requesting that a member of the Strategic Planning Committee call you. We hope to have the SPC's Terms of Reference on the website soon, but for now, if you want to have a copy sent to you, just let us know.

Tom Beach, Rosalie Morris-Spencer, Julie Daxon, Paul Bonenfant,
Brockville 50+ Strategic Planning Committee

Activity Group News

Leaders and Members! Please share the news about your Activity Group with our Newsletter readers (over 950 of us!) **So many choices of Activities! So much going on!**

Badminton	Low Impact Exercise	Pickle Ball	Table Tennis
Line Dancing - Beginners,	Line Dancing - Hi Beginners,	Line-Dancing - Intermediate	
Tai Chi - Beginners,	Tai Chi - Boost,	Tai Chi - Continuing,	Tai Chi - Practice
	Yoga	Chair Yoga	
Acoustic Guitar Workshop - Intermediate		African Drumming	Drumming
Harmonica	Music Jam	Singalong	Ukulele
Dutch Conversation	French - Introduction		French - Basic
French - Conversation	French - Advanced		Sign Language
Spanish Conversation - Intermediate		Spanish - Practice	
Art Studio	Mosaic Art	Quilting	Tole Painting
Book Club	Chess	Euchre	Mahjong

Art Studio - Tues

Leader: Karen Gregus

The Tuesday Art group is off to a great start. We have 2 new members who are enjoying the class and very enthusiastic about their watercolour adventure.

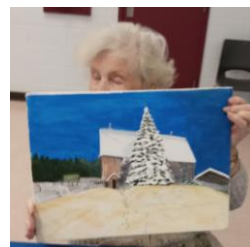
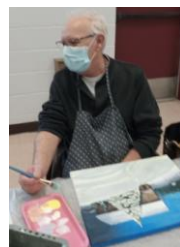
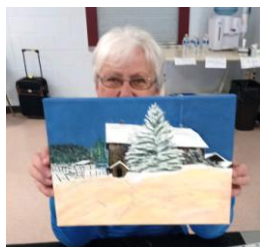
We have a few members in the sunny south for a few months so hopefully upon return they will have lots of photos to share for inspiration. We are working in watercolour, acrylics, oils, pencil drawing etc.

Members of 50 + are welcome to come see us in action Tuesday at 1pm at Salvation Army south gym. Maybe next session you might to join us!

Tole Painting

Leader: Marilyn Wallace

Tole painting class got started a week late due to the winter weather. To start our semester we picked a picture of a local barn that had a very interesting lighting situation. The picture was taken at dusk and the colouring of the snow from the yellow yard light cast mauve and yellow shadows on the snow. We all enjoyed doing this picture! One of our group did the painting at the top of a sheet of paper, and then as a birthday gift to a friend, she added a poem about a barn that she wrote along with a picture of a cow. Our next project is to paint a cute little hedge hog.



Mosaic Art

Leader: Rosalie Morris-Spencer

We meet Monday afternoons at the Salvation Army on First Avenue. Whether you are absolutely new to Mosaics or have experience, we welcome you to join us in the Fall semester. In the meantime, come and have a look at the many beautiful projects that participants are working on!

Discussing Aging – a Peer Discussion Group

We can't stop aging but we can prepare for it and we can make it easier and more enjoyable. Age 50 isn't too soon to start thinking about and preparing for aging and it's never too late to make changes and adjustments.

Have you thought about or begun planning for your older years? Would you be interested in joining a discussion group to share with others your thoughts and plans for aging?

If there is sufficient interest, we will start a discussion group to share thoughts and ideas of how to age best. Through individual reflection, research and action, individuals will prepare wish lists of things like developing new skills, experiencing something new, and travel, an essential needs list like independence and friendship, and milestones in their life to come – when do I stop driving, when do I downsize. Participants will talk about things that add quality to their lives and things that inhibit or restrict them, and they will look at practical questions about being prepared for being older and helping those in our lives be prepared for all stages of our lives.

If you are interested in joining a Discussing Aging group, please email Tom Beach at activitydirectorville50plus@gmail.com with your contact info and any questions you have. Please put "Discussing Aging" in the Subject field.

*“The goal is to be the best we can possibly be at every age,
not to be the same as we were at a younger age.”*

What are you up to this winter?

Share your Winter 2023 stories and photos with us!

Whether you are wintering in Brockville area or somewhere far away, our members will no doubt enjoy hearing of your adventures.



Message from your Newsletter Editor

Rosalie Morris-Spencer

“Retired”? *Hmmm*, I’m not sure that’s the right word to describe being a “senior”. I don’t know about you, but between the fun Mosaics class I am Leader of, working as a member of our Board and as vice-chair of the Strategic Planning Committee, I find my calendar is just a bit too full at times. Oh yes, and let’s not forget the Newsletter!

Would you consider helping with the Newsletter?

If yes, I’d sure love to hear from you!



Rosalie

brockvillefiftyplusnewsletter@gmail.com

Friends of Brockville 50+ Activity Centre

We are thankful for having great organizations in our community that focus on caring for community members, and enrich the lives of seniors with activities and opportunities of all sorts.

Here in our newsletter, we share notices of some of the many *Friends of Brockville 50+*

SENIORS’ CENTRE WITHOUT WALLS is a telephone based program offered through Walker House Adult Recreation Centre. Seniors can enjoy listening to and learning about various topics, while sitting in the comfort of their home. Some of the topics are trivia, meditation, faith, safety and fall prevention for Seniors.

SENIORS’ CENTRE WITHOUT WALLS (Free Phone-based Fun)

Thursday, March 2 – 1:30 pm

Alexes Papadopoli, RD, Dt. P, from Your Ottawa Dietitian Team at Loblaws will discuss how food affects our mood and body

Wednesday, March 8 – 2:00 pm

Sophie, a Board-Certified Hearing Instrument Practitioner, BC-HIS from Thousand Island Hearing Centres will talk about the future of technology and hearing instruments

Tuesday, March 14 – 2:30 pm

France Partridge, RPN, FCN from Toes in Need will talk about foot care and the services she offers

Friday, March 17 – 2:30 pm

Name That Tune and Music Trivia

Tuesday, March 21 – 1:00 pm

Sean McFadden, Education & Support Coordinator, will give an overview of Alzheimer’s Disease and Dementia and the programs and services available in this area

Friday, March 24 – 1:00 pm

Enjoy a historical talk from the

Brockville Museum

Monday, March 27 – 2:30 pm

Trivia with Mary Campbell

Wednesday, March 29 – 2:30 pm

Leanne Burton will talk about her time on Prescott Council

For more information call Susan at 613-925-5300



TO PARTICIPATE
Phone: 613-975-0081
Passcode: 595056# when prompted

NO INTERNET OR COMPUTER REQUIRED



Brockville Community Choir is RECRUITING!

Do you like to sing? Do you enjoy choral music?

Why not come and sing with us?

Adult membership dues: \$100 per session (2 sessions per year)

Students welcome! No membership dues for students

For further info about the choir, and for **COVID Protocols** visit our website <https://brockvillechoir.com>

Join us for our

SPRING CONCERT of POPULAR MUSIC
Sunday May 28th

Featuring: **Chris Coyea and Alex Fleureau Chateau and James MacKenzie**



Hear Me Out *(French with English subtitles)*

Sunday **March 5** at 2 p.m and 7 p.m \$10
Brockville Arts Centre

Emily

Sunday **March 26** at 2 p.m and 7 p.m \$10
Brockville Arts Centre

Film Brockville is a volunteer group, and appreciates your support !

BROCKVILLE MUSEUM

The Brockville Museum is holding a **volunteer open house** and information session on Wednesday, March 8th between 11-12 and again between 7-8 at the museum at 5 Henry Street in Downtown Brockville.

Anyone interested in volunteer opportunities at the museum is welcome to drop-in to ask questions and learn more. Current volunteers will also be on hand to share their experiences. The Brockville Arts Centre will also be on hand with information on volunteer opportunities available there. Registration is not required and prospective volunteers do not need to attend in order to apply. Visit www.brockvillemuseum.com/volunteer to explore current opportunities.

BULLETIN BOARD

The **Shepherd's Centre (Brockville) Foundation** is looking for two seniors interested in becoming Directors with our Foundation. The position requires limited involvement to meet twice a year, to review the financial investments. Participants with some financial knowledge would be an asset. Directors are also a part of the Annual General Meeting each year.

If you are interested, contact Marion Rafferty at mlrafferty71@outlook.com

LOST and FOUND

Have you lost some jewellery?

- **Set of rings** were found in the kitchen at Wall St. United Church in January.
- **Earrings** found in the Heritage Hall at Wall St. United Church.

If yours, you can call Cathie Kelso at Wall St. Church, to identify them. 613-342-5401 x21

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

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

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