

## NEWSLETTER

MARCH 2023

### 50+ AC Board of Directors

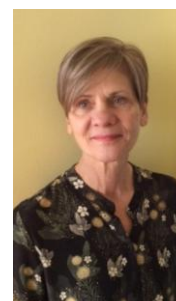
President: Carmen Grosse  
Vice President: *Vacant*  
Treasurer: John Pyl  
Activity Director: Tom Beach

Covid-19 Response: Anne Lusby  
Office Manager: Julie Daxon  
Newsletter: Rosalie Morris-Spencer  
Member at Large: *vacant*

### **Message from our President**

**Carmen Grosse**

Greetings 50+ members and friends. I hope that you are enjoying your activities. There are barely two months left of this semester, so enjoy while you can. The summer is our time (50+ volunteers) to regroup and rest. Then before we know it, we are planning the new semester for the fall. How time flies.



I want to remind everyone of the Annual General Meeting on May 17 at Wall Street United Church – Heritage Hall @ 3:30 PM. This will be an opportunity to meet fellow participants, other leaders and, of course, your Board members. At the same time, we will have a keynote speaker from the Leeds, Grenville and Lanark District Health Unit to talk about Covid, vaccinations and expectations moving forward. A great time to familiarize ourselves with the science and what we should consider for our membership in the fall.

We will also be showing off some of the artwork that has been created throughout the year by our many classes as well as performances by the music groups. So come early (the Hall will open at 2 PM) and enjoy some entertainment and refreshments. This will be a great way to celebrate our success.

### **Covid 19 Report**

**Anne Lusby**

On Wednesday, March 15th 2023 the Globe and Mail emailed their final Coronavirus Update. This has been a daily, and then weekly newsletter since March 2020. The updates have been discontinued because "*the pandemic isn't over, but it is no longer a national emergency*".

Good to know.

We shall see what happens next.

# Activity Group News

## Activity Director's Report

Tom Beach

Hi all,

People are travelling and class sizes are smaller some weeks, but the enthusiasm and energy are still very high. Thank you to those who are filling in for Leaders who are away, to keep things going.



Thank you also to the classes that are adjusting to venue changes and cancellations. Wall Street United is also getting busier and Heritage Hall and the Gym are in demand. WSUC charges us a very reasonable rent but part of the deal is that their needs take priority, understandably.

Remember, there will be **no classes Easter Friday or Easter Monday**. Also, a reminder that the last week of classes is May 15 to 19 with some classes finishing before then. May is quickly approaching!

I'm also putting a plug in for the AGM which is happening on May 17<sup>th</sup>.

## Low Impact Exercise – Wed & Friday

Leader: Lucie Stein

### *Lucie's Leprachauns Strike Again!*

Sometimes you just have to be silly! The kind of silly where you drop your inhibitions, don't worry about looking goofy, and just have fun. That's how the participants in all three exercise classes conducted themselves this March break, by celebrating the Irish Spirit all week long!



Julie Daxon (seated on the right) sporting her sexy socks and shorts with suspenders, made sure to include a jig here and there. Lucie Stein (seated on the left) wearing her shear skirt and shamrock headdress, proved you can be totally uncoordinated if you try really hard! And what a joy to see so many of these amazing folks sport the colours and smiles that make a teacher like me say "Thank you, you're all the best!"

Suzanne said it best. "I have never enjoyed going to an exercise class until I started attending yours. You are encouraging, motivating, funny and thoughtful... all qualities in an excellent teacher. The laughter during class is a testament to the fun we are all having."

Lucie's two classes have been extremely popular and have been at full capacity for many years.

## Low Impact Exercise - Monday

Leader: Julie Daxon



The past year has been a busy one for the 2 volunteer Seniors Exercise class instructors. Enrollment/attendance is high, and participants are always enthusiastic and appreciative.

The two instructors, Lucie and Julie, develop their own programs from researching the music and exercises, to planning and practicing the routine. The classes are fun, safe and the participants are encouraged to work at their own pace and "listen to their bodies."

Julie and Lucie support each other in many ways both working together and individually to provide programs where seniors can keep fit and have fun doing it.

The photo is both Lucie and Julie "*S-ham-rocking*" it up before Lucie's Wednesday class, celebrating *St. Patrick's Day* this March. This past St. Patty's Day (week) both instructors incorporated some Irish dance moves "for seniors" into their routine resulting in fun and laughter for all!

*It is all about keeping fit while having fun!*

May the dreams  
you hold dearest  
be those which  
come true  
And the kindness  
you spread  
keep returning  
to you

**Check out  
descriptions of all  
Activities, on our  
website!**

<http://fiftyplusbrockville.ca>

**Questions?  
Ideas?**

**email us!**

[fiftyplus@myhighspeed.ca](mailto:fiftyplus@myhighspeed.ca)

## Quilting



## Gael Bullard



One of our quilters, Liz Brouwer, made a bunch of placemats out of leftover pieces of fabric. Nice!



## Mosaic Art

### Leader: Rosalie Morris-Spencer

Break china and glass, glue the pieces to a backing, grout, and....*voila!* Add in lots of pondering about design and colours, along with some advice, opinions and assurance. *Tada!*...another Mosaic art creation appears! Come join in the fun!



## Thoughts from our Members

Stephen Graham recently retired and returned to his hometown of Brockville. He wrote to 50+ to tell us that he was looking for something to help him to reintegrate back into the community, and someone suggested Brockville 50+. Stephen promptly joined, and noted that has been very happy with his decision.. He says "I sure have been officially reintegrated"! From the well-run registration/sign-up at the Memorial Centre for this winter's session, to the informative newsletters, to rekindling friendships with old Brockville and area school classmates and acquaintances, to meeting lots of new participants, Stephen remarks that his experience with Brockville 50+ has been extremely fulfilling and rewarding.

As a participant in both the pickleball and badminton sessions, Stephen especially wants to give a big shout-out to his team leaders of those events for their commitment, time, patience and teachings. He feels grateful to have this range of activities available for the seniors of Brockville and he wrote to acknowledge the efforts and support involved in making all these activities available.

## Our AGM is coming up!

Please mark your calendars for the Annual General Meeting of The Brockville 50+ Activity Centre. Wednesday, **May 17, 2023**, 3:30 pm at Wall Street United Church (Heritage Hall).

**Come early! Starting at 2:00 pm:** Enjoy entertainment and refreshments while meeting up with fellow participants, leaders, and of course, your Board members. Let's celebrate our success!

⇒ View the displays of Artwork that has been created throughout the year by participants of our art, mosaic and quilting classes.

⇒ Performances by our Music Groups starting at 2PM.

⇒ Refreshments!

**Keynote Speaker:** Public Health Nurse Yves Dacosta. Yves is from the Leeds, Grenville and Lanark District Health Unit, and will talk about Covid, vaccinations and expectations moving forward. This is a great time to familiarize ourselves with the science and what we should consider for our membership in the fall.

Please send an email to: [fiftyplus@myhighspeed.ca](mailto:fiftyplus@myhighspeed.ca) to confirm you will be attending. We will send you an information package containing the agenda and minutes of last year's AGM.

## **Strategic Planning Committee**

The Strategic Planning Committee (SPC) has been meeting twice a month.

At the February Board meeting, the Board unanimously passed the Terms of Reference for the SPC.

The **Mission** of the Strategic Planning Committee: By Fall 2023, to develop a comprehensive, realistic and clear two-year Strategic Plan for Brockville 50+ for the period late 2023 through 2025.

- After a careful assessment of critical issues and prioritizing the areas of 50+ that require change, for the Strategic Planning Committee (SPC) to proceed to review all aspects of the 50+ Activity Centre, including By-laws, policies, procedures, Board positions' and Committees' roles and responsibilities.
- For the SPC subsequently to create an extensive organizational Strategic Plan that details recommendations for By-law revisions, clearly defined roles and responsibilities, communication and reporting processes & procedures for Board positions and Committees, and that will promote effective growth planning and management.
- For the approval of the Strategic Plan to result in provision of a clear and specific "roadmap" for implementation of the recommended changes, with the SPC providing guidance and direction toward achievement of each of the Implementation Plan's milestones. It is anticipated that implementing the Plan in stages, in a methodical and calculated manner, evaluating each step, reassessing and adjusting the Plan as needed, will ensure Brockville 50+ Activity Centre's positive and safe growth and development.

The SPC's Terms of Reference describe activities to gather information from the membership. This is an important first step to carefully assess the strengths and challenges of our organization, and then to list and define the priority areas that require change.

Over the past month the SPC developed a series of questions to pose to the members and some specifically for Leaders. At the March Board meeting the Board asked for clarification on some questions and had some concerns and suggestions for changes to some questions. The SPC is currently working at rewording the questions and will present them to the Board for approval at the April meeting. Our plan is to survey our members and leaders before the end of this term.

Write to us at Strategic Planning Brockville 50Plus: [strategicplanning.bville50plus@gmail.com](mailto:strategicplanning.bville50plus@gmail.com)  
We will need your opinions and ideas throughout the process of developing the Strategic Plan, and assure you that your emails will be kept confidential by the Strategic Planning Committee.

***Be involved in planning Brockville 50+ Activity Centre's future!***

Your Strategic Planning Committee: Tom Beach, Rosalie Morris-Spencer, Julie Daxon, Paul Bonenfant,

## **Inspirational Quotes**

***Are you a gatherer of "stuff"?***

***If "yes", here's something to ponder on!***

Thanks to Betty Prideaux  
for sharing this quote.



## ***What are you up to this winter?***

**Elizabeth Stratton**, one of our Spanish teachers, is travelling in Mexico! She wrote to Rosalie recently, to share some of her experiences:

“We recently had the opportunity to spend time in the beautiful and culturally vibrant area of Huatulco in Oaxaca, Mexico. Our most unique experience there was a visit to a “temazcal ” where we participated in an ancient cleansing ritual. Temazcal is a Nahuatl word meaning “house of heat”. Historically temazcals began as a cleansing ceremony for warriors to engage in prior to and after going to wars.

Under the careful guidance of a “temamcalera,” and beneath a “luna plena”, full moon, we were led through the rituals of forgiveness, gratitude, and appreciation for our ancestors.

The temazcal has a dome shape to represent a woman’s womb. You enter it stepping backwards and sit on a stone bench. River rocks are heated outside the temazcal and then placed in the centre. Water infused with medicinal herbs is sprinkled on the rocks creating temperatures in excess of 100 degrees Fahrenheit. When you step out (forward) of the temazcal, you are essentially reborn. It was a fascinating experience and a rare glimpse into an ancient culture.”

Out of respect, Elizabeth didn't take any photos at the temazcal, but she sent along a pic of Don Quixotes for us to enjoy.

*We look forward to seeing you soon Elizabeth, and hearing lots of stories of your travels!*

***Please share your stories and photos with us.*** If you have spent your winter in Brockville area, enjoying your 50+ activities, and/or doing some travelling, other members will no doubt enjoy hearing of your adventures!



*Don Quixotes*

## Message from your Newsletter Editor

Rosalie Morris-Spencer



Our newsletter seems a bit shy on Activity news this month. Fear not! There is plenty to come next month.

We hope you are thoroughly enjoying your 50+ Activities. Tell us what's the best!....Making new friends, spending time with "old" friends, learning new skills, looking forward to laughter and inspiration? My involvement with 50+ gives me all of this and more.

Spring is upon us. *Keep smiling, and find joy in each and every day!*

⇒⇒ Remember to mark May 17<sup>th</sup> on your calendar! See you at the Annual General Meeting of the 50+ Activity Centre!

*Rosalie*

## Activities and Events in our Community



Check out the calendar of  
upcoming events in Brockville!

<https://downtownbrockville.com/>

### **Share with us!!**

If you know of upcoming events in the Brockville area that will be of special interest to seniors, send the info to [brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)

We'll do our best to include the event info in an upcoming newsletter!

Website: <http://fiftyplusbrockville.ca> Email: [fiftyplus@myhighspeed.ca](mailto:fiftyplus@myhighspeed.ca)

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

You received this email because you signed up to receive the Brockville 50+ Newsletter or joined Br9ockville 50+ Activity Centre.  
If you no longer wish to receive the newsletter, contact Brockville 50+ at [brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)