

NEWSLETTER

AUGUST 2023

50+ Board of Directors



President:
Carmen Grosse



Vice President:
Tom Beach



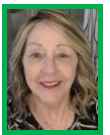
Treasurer:
John Pyl



Activity Director:
Gail Coville



Secretary:
Lorraine Buck



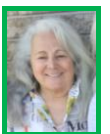
Office Manager:
Sharon Kaesler



Newsletter Editor:
Rosalie Morris-Spencer



Member at Large:
Julie Daxon



Member at Large:
Maryann Daoust

Message from our President

Carmen Grosse

I hope you were able to do things like gardening, golfing, swimming, or whatever activities you enjoy in the summertime. For the Board (especially the Registration Committee and the Strategic Planning Committee) it has been busy, busy, busy.

The registration process has been set up and details have been sent out to all on our mailing list. If you have any questions or need further information, please contact the office at 613-345-2412 or fiftyplus@myhighspeed.ca. Our website is also updated with activities' schedule and descriptions, and registration form and information. <http://fiftyplusbrockville.ca/>

There have been many changes to the Board as well. It is always good to get new ideas and people. Starting this semester, Gail Coville will be the new Activity Director and Tom Beach will move into the Vice-President position. Another change is Sharon Kaesler will take over the management of the office and Julie Daxon will become a Member-at-Large. All these changes will be phased in, so please have patience while we transition. Remember we are all volunteers.

I look forward to working with the new members – Gail Coville, Sharon Kaesler and Maryann Daoust. I would also like to thank our outgoing Board member – Anne Lusby. As a matter of fact, she will be helping at the Registration Day.

And on that note, I would like to thank all the volunteers that have stepped up to help with this monumental task of Registration Day. A big thank you also goes out to all the Leaders. They are the backbone of the organization. Remember to thank them when you get the chance.

Carmen

Outgoing Activity Director's Report

Tom Beach

At the August Board meeting the Brockville 50+ Board elected a new slate of officers. I was elected as Vice President and Gail Coville was elected as Activities Director. Many thanks to Gail for taking on the position, which is one of the busiest on the Board. It will free me up to spend time to work with Carmen on Networking and Public Relations and to focus on Strategic Planning for the future of Brockville 50+.

The Fall Term classes are all lined up and ready to go, so it is a good time to hand over the Activity Director reins. Over this next term I will be providing support and background knowledge to Gail as she takes the lead. Once we get over the technical hurdles, she will be using the same email as I have used as Activities Director activitydirectorbrville50plus@gmail.com and we will be jointly following and responding to correspondence.

It has been a real pleasure working with an amazing group of very committed and talented individuals who are leading classes. They have enabled Brockville 50+ to reach a new level of participation with an increase in the variety and number of classes. I have also enjoyed the opportunity to meet more 50+ members through my role as Activities Director. It has been a very busy and a very rewarding time.

To reach me as VP please use the email VPbrville50plus@gmail.com

Incoming Activity Director's Report

Gail Coville

Hello members and welcome to the Fall session of 50 Plus. I was elected to the board at the May annual general meeting. I will be replacing Tom Beach as the Activity Director as he moves up to Vice President but for the Fall, I will shadow him as I learn the ropes on the numerous venues and activities.

I have been a member of 50+ for the past 5 years so have met some of you, whether in Pickle Ball, Table Tennis, Mosaics, Exercise, Chair Yoga or French. What a great place it is to learn new skills, enjoy playing sports and socializing, especially on those cold days of winter when we need to be pushed out the door.

I hope you realize as much as I the treasure we have in having such a fantastic organization in the community for seniors to get out, be active and enjoy life. I look forward to meeting and making more friends as I continue as a member on the Board, and I hope that I will help in continuing the success of Brockville 50+. You can reach me at activitydirectorbrville50plus@gmail.com

Strategic Planning Committee

The Strategic Planning Committee (SPC) reviewed and analyzed information obtained from Members and Leaders, as well as documentation from previous efforts to engage in Strategic Planning. The result to date is the *Summary of Brockville 50+ Strategic Planning Committee's Findings, Spring 2023 and Priorities to be addressed Fall 2023 through 2025*, which includes 11 attachments of supporting documentation. We sent this report to the Board in July and had a Q&A session at the August Board meeting.

We have made very good progress toward our goal of developing a 50+ Strategic Plan. Priorities for change are clearly identified and we are now developing clear short, medium, and long-term goals to address each priority for change. We will review all aspects of the 50+ Activity Centre, including by-laws, policies & procedures, Board positions and Committee roles and responsibilities. That will lead to creating an extensive organizational Strategic Plan, and a detailed roadmap for implementation of action plans.

The target date to present the Plan to the Board is November. The SPC will provide support to the Board throughout implementation of the Plan and will lead an evaluation of each step of the plan, adjusting the Plan wherever needed. Together we will work to strengthen the many threads that run through the 50+ Activity Centre.

Catherine Cavanagh has joined the SPC! A 50+ member since 2021, her professional experience and involvement in other community organizations and a reputation as a creative problem solver all present Cathy as a real asset to our team. If you are interested in learning more about the Strategic Planning Committee, or if you would like to read any of the SPC's reports, please email us at strategicplanning.brville50plus@gmail.com

Art Studio – Intermediate – Tuesday

Leader: Karen Gregus

The Tuesday Art Group members will be happy to gather again in September. Some have had the time to create art in the summer and others are too busy with other activities. We will regroup and share our experiences of our art and other fun things we did. We have artists from beginner level to very accomplished artists who participate in art shows, and we welcome newcomers!



Our sessions aren't limited to painting only, as some choose to work in pastels, coloured pencils, or graphite. We work on independent projects with guidance as needed.

Art Studio – Intermediate – Thursday

Leader: Gael Bullard

Painters will continue to practice and strengthen their skills in various endeavors. We have a great variety of talents which are used in various ways.

Gael looks forward to seeing what they produce this year. They stimulate her to do different things. Many enjoy different mediums, and we learn from each other.

Badminton - Friday

Leaders: Greg MacDonald and Dave Evans

Badminton provides an excellent opportunity to exercise and socialize. It is open to all levels of playing experience, partners being chosen to balance expertise. There are several rackets that participants can borrow, but most bring their own. It is important to wear proper shoes that grip but don't scuff the floor.

Book Club – 4th Thursday of the month

Leader: Gael Bullard

Members of the book club share their love of reading when we meet once a month to discuss the current selection. This year the book club decided to read older books that we may have not read when they first were published. We are discovering some gems we missed when they were first released. Many have become classics, and all are still a good read!

In September, we are reading *Trustee from the Toolroom* by Nevil Shute. Members are looking forward to a good discussion about the characters and the events that occurred.

Lots to look forward to this year!

Bridge – Monday

Leader: Jeff Reusing

Become an Ace Bridge player! Classes on Mondays for beginners and casual players who wish to improve with bridge masters Ann Labelle and Jeff Reusing. You will learn how to play the cards and bid the best contracts. The class will be one hour of instruction followed by one hour of supervised play and review.

Beginner African Drumming - Tuesday **West African Drumming – Intermediate - Monday**

Leaders: Sue and Ron Smith

Leader: Heather Lance



Everyone was wowed at the talent of our 50+ drummers when they performed at the 50+ AGM in May. African rhythms were played with precision, and it was clear the musicians and the audience were all having fun!

Classes involve focus, learning new skills and basically feeling like a 9-year-old again for 1½ hrs each week!

Beginner African Drumming: This West African hand drum is fun and easy to play. Learn the basics, beginning with simple beats, and build your skills. Playing the djembe will help you gain confidence, improve concentration and relieve stress. Mainly, it's fun! Participants are encouraged to bring their own drums.

West African Drumming – Intermediate: Heather is one of our new Leaders and comes to us with 20 years experience with West African drumming and has worked with both adults and teens (grades 7-12 - "big baNG"). Heather loves to drum and to share her passion for drumming with participants.

Using the djembe, participants will learn the different tones this beautiful instrument can produce. There are many rhythms from West Africa that will be learned, along with some wonderful rhythmic patterns. These rhythms will be played in unison as well as layering complementary rhythmic patterns to produce an amazing West African song. The rhythms learned will be from countries such as Guinea, Ghana, Senegal and Nigeria.

Note: Participants in the Intermediate class must have some experience with drumming. Drums will not be provided. Please come with a djembe or ask Heather to borrow one.

Drumming Circle - Monday

Leaders: Fred Bowen and Mary Beckstead

Seniors Just Want to Have Fun!

This drumming group co-lead by Fred and Mary brings a diverse set of intriguing skills that is sure to strike a chord with people of different, or no musical backgrounds and talents. Fred likes the diversity of rhythms, beats and an appreciation for music, particularly drums of different types and cultural origins.

The main thing you require to join this group is the joy of having fun and a willingness to explore. Perhaps you will learn more about how to release your natural and unique life beat. For those just exploring drumming for the first time, we have a selection of drums to lend for your enjoyment. Please be advised once hooked you will be HAVING FUN!

Dutch Conversation - Friday

Leader: Rietta Osso

We are a small group of Dutch heritage with various levels in Dutch language proficiency. We meet weekly in a relaxed friendly atmosphere, and we converse in Dutch. Conversation topics vary widely, ranging from current affairs to Dutch culture and memories. No instruction is provided, but gentle assistance is offered. We take turns bringing a Dutch treat to nibble on while we drink tea or coffee.



Rietta Osso
King's Day in Amsterdam 2019

Euchre – Play Only - Monday
Leader: Bill McNelly

This “playing only” group has no formal instruction, but many of the longtime participants help newcomers.

“FUN FACT”

Did you know? The average distance our members travel from home to 50+ Activities is 6.7 km. The furthest distance that several of our members travel from home to Activities is 59.6 km. *Those members are definitely keeners!!*

French - Introduction - Wednesday

Leader: Francine Larochelle

French - Basic - Wednesday

Francine Larochelle

French – Conversation (Intermediate) - Wednesday

Leader: Christine Molloy

French – Advanced as a Second Language (FSL) – Wednesday

Francine Larochelle

French Introduction: The introduction to French class has no prerequisites. If you want to learn French, you need a positive approach, patience and willingness to try something new. In this class, we learn vocabulary, we speak, read and write short sentences. We sing, we laugh, and we have fun.

French Basic: In this introductory course, students develop basic French language skills by building a rapport with their instructor and classmates and becoming more at ease with a second language. Course content includes vocabulary, pronunciation, listening, simple conversation, basic writing and reading lessons. Such a varied exploration of the French language will allow each student to better understand and appreciate its virtues.

Prerequisite: Limited understanding of the French language is one key to success. Being open to learning something new and experiencing the beauty of the language is the other key!

French Conversation - Intermediate: Improve your fluency by speaking French in a relaxed atmosphere that builds your vocabulary and conversational skills in an interactive setting that’s relaxed and fun! Conversational French includes both structured discussion such as current events as well as spontaneous conversation.

Advanced as a Second Language (FSL): This class will help you speak, read and write in French, using practical strategies to improve any conversation. You will have input into the direction of the course to help answer your individual needs. This course will be based on the theory that to learn a language, you need to speak it, listen to it, read it, and revise it. Different tasks will come together and give you an effective learning experience, including mini grammar lessons and authentic conversational situations. Prerequisite: a good understanding and frequent use of the French language.

Beginner Guitar - Tuesday

Glenn Davis

Brockville 50+ welcomes Glenn Davis as one of our new Leaders.

If you have always wanted to strum the guitar and play a few tunes, this may be for you. This class is for beginners, and will start slow, working its way up to a few songs. The first class will start by tuning, then getting some picking and strumming. This is a lighthearted class with a focus on having fun while building up calluses.

Participants will need to buy a tuner. They are inexpensive (\$15 and up). Glenn recommends borrowing or renting a guitar first, as they can be expensive. There are 2 music stores in Brockville, and if you rent from Long and Maquade (Kingston or Ottawa) and decide to buy, they deduct the rent paid from purchase price.

Acoustic Guitar Workshop – Intermediate - Wednesday

Leader: Polly Beach

This activity enables intermediate level guitar players to improve their playing skills. It is based on players sharing their knowledge and skills to develop and polish songs. With input from peers, the group aims to include workshop topics such as intros and outros to songs, tempo and strumming patterns, downstrokes and upstrokes, choosing the right key for your voice, finding the start note, chord shapes and chord changing using 'anchor' fingers, bass runs, and simple finger picking. Group members are encouraged to present information on music related topics e.g. bar chords, the chromatic scale and transposing.

Harmonica Blues – Beginners & Advanced Beginners - Thursday

Leader: Denis Dorris

Beginners learn blues harmonica by playing blues riffs, chord rhythms, songs, basslines, and improvising through call and response. Students learn to play by listening. Reading music is not required. Each student brings a notebook and their own key of C diatonic harmonica. Students receive audio clips and class documents as email attachments or as items to download. Students will also listen to YouTube videos by using links in emails. A metronome and software to slow down music playback are both highly desirable for learning and practice, but not required. A key of C diatonic harp that ranges in price from \$50 to \$90 is recommended, because less expensive harps will generally have quality issues that affect the tone or the durability of the reeds.

Line Dancing 1 - Beginner - Monday

Leaders: Janet Rose and Joan Green

Line Dancing 2 – Intermediate - Tuesday

Leaders: Janet Rose and Holly Welch

Line Dancing 3 – Intermediate - Wednesday

Leaders: Janet Rose and Holly Welch

Line Dancing 4 – Advanced Beginner - Friday

Leader: Janet Rose

Toes are tapping in anticipation for the next line dancing session to start!

Holly and Janet are excited that a new instructor, Joan Green, has joined the line dance team. Joan will be co-teaching the Monday Beginner class with Janet.

We continue to offer four classes (2 beginner and 2 intermediate) and look forward to welcoming our dancers back this fall. There are a number of spots available for new participants, so if you are interested in line dancing drop by on Registration day. We'd love to chat with you.

Line Dancing is a fun way to stay active both mentally and physically. All classes are an hour long and are fairly strenuous. We dance to a variety of music – country, rock, blues, and more. All that is required is a clean pair of non-scuffing, indoor shoes, a bottle of water and a smile!

Mahjong -Tuesday

Leaders: Peri Howlett & Karen Mahon

Come join us to learn a new game, meet some new friends, and have fun! Mahjong is a tile-based game of skill, strategy and luck. It was developed in China in the 19th century and is now played in most countries around the world.

Meditation – Monday

Leader: Beryl Wood

Come and experience the method of quieting the mind into a state of calm and peacefulness that best suits you. Learn this practical tool of meditation so you can use it anytime and anywhere it serves you best. Watch as your life unfolds into something you never dreamed was possible. Enjoy!

Mosaic Art - Monday

Leader: Rosalie Morris-Spencer



The members who have been “mosaicers” for several years are keen to get back together, and also excited to welcome some new members this semester!

A mosaic is a pattern or image made of small regular or irregular pieces of colored stone, glass or ceramic, held in place by plaster/mortar, and covering a surface. Read lots more about our group by clicking the Activity Descriptions tab on our website. http://fiftyplusbrockville.ca/wp-content/uploads/2023/08/activity_desc_fall_2023.pdf



Pickle Ball – Monday

Leaders: Sandra and Dave Reed

Pickle Ball – Wednesday

Leader: Carl Insley

Pickle Ball – Thursday

Leader: Jamey McTavish

To enable us to offer this popular activity group to more individuals, participants can only sign up for a maximum of 2 Pickleball classes.

This game has been described as a cross between badminton, tennis and table tennis, requiring a low net, paddles and a light ball about the size of a baseball. It is played in pairs on a court that is a bit smaller than a tennis court.

Brockville 50+ Pickleball classes are a non-competitive playing environment. Emphasis is on extending rallies and promoting equitable court time and a positive pickleball experience for all participants. All levels of experience are welcome. Pairs combine new and experienced players and some training/teaching is provided. There are several rackets that participants can borrow. To ensure safe playing, it is extremely important to wear proper court shoes and to be aware of safe practices when playing. It is also recommended that players wear safety glasses. Please review the safety tips from this link and be prepared to play safely. <https://thepickler.com/blogs/pickleball-blog/pickleball-safety-tips>

Music Jam – Monday

Leader: Wayne Bullard

The Music Jam group has beginners as well as seasoned musicians. They use a guitar, banjo, fiddle, drums, keyboard, mandolin and a harmonica. They share an interest in music as they sit in a circle where everyone gets a chance to lead a song if they want to do so. Participants provide their own musical instruments.

Quilting – Monday

Leader: Gael Bullard

Quilters will be practicing their skills by using them for new blocks. These blocks can be used with others or used repeatedly in different colours to create a variety of projects large and small.

Students need a rotary cutter, cutting mat, quilter's ruler, scissors, pencil for fabric and a good sewing machine. Quilters are free to work on their own projects or with the group.



Seniors Low Impact Exercise – Monday **Leader: Julie Daxon**

Seniors Low Impact Exercise – Wednesday & Friday

Leader: Lucie Stein

Monday: A fun one-hour exercise class that offers a 5-minute warm-up and 20 minutes of cardio with a 5-minute cool down. The second half hour continues with 20 minutes of a variety of endurance and strengthening exercises using weights, bands, and balls, finishing up with 5 minutes each of balance and stretches. Participants will be challenged but are encouraged to work at their own pace. Note: There are no floor exercises.

Participant Requirements: indoor running shoes (not worn outside), comfortable loose clothing, a bottle of water, bands, balls and light dumbbell weights (optional)

Wednesday & Friday: A fun exercise class that offers a moderate to intense cardio workout followed by balance and strengthening exercises. Participants will be challenged but are encouraged to go at their own pace. Note: there are no floor exercises.

Course Requirements: indoor running shoes (not worn outside), comfortable loose clothing, a bottle of water (strongly advised) and light dumbbell weights (optional).



Beginner Conversational Sign Language – Thursday

Leader: Ruth Baxter

This is a fun, casual, interactive class designed to introduce people to basic sign language. Participants will learn several signs and will sign and speak at every class and be exposed to visual communication. Lots of opportunity to ask questions about deaf culture and navigating through a hearing world.

Sing-along with Local Vocals – Thursday

Leader: Mary Campbell

Local Vocals, a weekly singalong group is returning for another session this fall! It will take place at a new time, on Thursdays from 11 am – 12 pm at the North Hall of the Salvation Army building. It is led by a talented volunteer band comprised of guitars, ukuleles, keyboard, accordion, and drums. You must register for the fall session with your \$30 overall registration fee that allows opportunity to register for all 50+ activities. Don't feel compelled to join us every week – it is more of a drop in situation than compulsory attendance.



This is an informal group and not a choir per se. There is no need to know how to read music. Participants choose which songs to sing out of an inventory of over 100 songs.

Participants enjoy each other's company, socialize, share stories, and relive memories from their past through song. No singing experience necessary.

Music has benefits for your brain and physical health. It enhances emotions, memory, and learning, and helps your immune system function at its optimal level.

Let the benefits of music enhance your life!

Beginner Conversational Spanish – Thursday

Leader: Elizabeth Stratton

Intermediate Conversational Spanish – Thursday

Leader: Tom Beach

Conversational Spanish – Beginner: This is a relaxed introduction to conversational Spanish. Over a 10-week period, you'll learn the essentials of Spanish pronunciation, exchange greetings and farewells, understand and respond to some simple questions, talk about yourself and your family, name foods and order a meal. Lots of smiles along the way! ¡Hasta pronto! Maximum 16 participants.

Conversational Spanish – Intermediate: This peer support group is for people who have some understanding of Spanish and a desire to increase their ability and comfort level to speak and comprehend Spanish. Current members' skills come from formal training in the past, online courses and experience in a Spanish speaking environment. Our focus is on speaking and understanding Spanish, learning from each other as we go. We are very informal and flexible, working together as a group to determine how we structure each session. To keep minds flowing, members can use the present tense throughout and insert English words when they come to a vocabulary block. Peer support helps with vocabulary and addressing verb tenses and grammar as individuals gain confidence.

Tai Chi – Beginners – Tuesday

Leader: Carmen Grosse

Tai Chi – Boost – Wednesday

Leader: Carmen Grosse

Beginner Tai Chi: I would like to start by thanking Bob and Orma McDougall for their many years of service to the tai chi community. Luckily for us, they have agreed to come to the classes and help out. We will be learning the basic principles, foundations and 108 steps of the Tai Chi set as developed by Master Moy Lin Shin. I'm looking forward to getting started in the first week of October.

Tai Chi Boost: This is a session for those people (beginners and more experienced) who would like to improve their moves and understanding of the Tai Chi Set. It is a casual setting for an extra day of practice, from which we can all benefit. The numbers are limited for this class so that more personalized training can take place.

Remember! Registration is Sept 6th, 10 am to 1 pm at the Memorial Centre

Check out the Activity Schedule at the end of this Newsletter!

Tai Chi – Continuing – Monday

Leader: Doug Cartan

Tai Chi – Practice – Friday

Leader: John Pyl

Tai Chi – Continuing: Instruction in Tai Chi will be provided to students who have completed a beginners' class. The class will emphasize the Tai Chi foundations as well as each of the 108 movements of the set that have been developed and adapted to promote good health by Mr. Moy Lin-shin.

Tai Chi Practice: A practice activity with little or no specific instruction. Usually, 2-3 sets of the 108 Tai Chi steps are performed with a short break in between. Participants must know the 108 steps of the set.

Welcome to Doug Cartan

Tai Chi – Continuing Leader

I'm sure many folks are curious about our newest Tai Chi instructor who is taking over the Monday morning classes, and did we ever luck out when Doug Cartan accepted the post. He came to the last two Friday classes of the spring to pay his respects to Bob & Orma McDougall, retiring from teaching their beginner classes, and Carmen was not about to let an opportunity to have such a teacher like that pass her by!



Doug brings an incredible amount of enthusiasm and experience to the class. He began studying Tai Chi in 1980 when a small group brought Mr. Moy to Brockville for a demonstration. Mr. Moy sent an instructor from Toronto once a week, and within three months, Doug had the set down cold. (Our Tai Chi classes will understand what an achievement that is!) In 2015, he joined the Fung Loy Kok group, attending classes in Kingston, Ottawa, Brockville and Florida; and more recently, started instructing with CTCA (Canadian Tai Chi Academy) in Lansdowne.

Doug moved to Brockville in 1977 to be the Program Director at the YMCA. After three years, he worked with disability services in Brockville, and then as a consultant to organizations assisting people with intellectual disabilities. Between jobs, in 2003, he and his wife Sandy Gray had a four-year stint in Papua, New Guinea volunteering with CUSO.

Since graduating from McMaster University, Doug has always managed to live on the river. A huge fan of kayaking, he not only enjoys paddles from his house, but lengthy trips both in time and distance involving tents and dehydrated food.

Doug has always been very keen to attend workshops and classes to continue his journey down the never-ending Tai Chi path. He will be teaching the adapted Yang style that Mr. Moy introduced to Brockville and has an interest in learning the Lok Hup set that Mr. Moy also taught. Doug will help guide class members to improving and finding the health benefits in Tai Chi. With his knowledge and warm, friendly approach to teaching, the Monday students are in for a real treat!

Being a Tai Chi enthusiast herself, Laurie Jeffrey was very pleased to interview Doug in July, and write this article.

Table Tennis – Wednesday

Leaders: Ping Wu, Mike Libbos

Table Tennis Table Tennis or ping pong for any skill level. We have lots of fun on 3 tables.

Ukulele – Beginner Plus – Friday
Ukulele – Intermediate Plus – Friday

Leaders: Peter & Lynne Meleg
Leader: Polly Beach

Ukulele – Beginner: This class is suitable for intermediate level players. Beginner players, with a knowledge of some basic chords, are also welcome. We encourage each participant to play what they can and have fun strumming along – learning happens through practice. You must provide your own ukulele, music stand and a 3-ring binder.

Ukulele – Intermediate: This class is for intermediate level players who want a greater challenge. Play tunes with more difficult chords and faster chord changes. Speed up the tempo. You must provide your own ukulele, music stand and a 3-ring binder.

Tole Painting – Wednesday

Leader: Marilyn Wallace

Tole Painting is often thought of as the folk art of decorative painting, working on such items as tin and wooden utensils. This class uses a broader variety of subjects, including portraits, landscapes and materials such as shaped wood and stones. The project for each session is decided by the group. Individuals provide their own supplies.

Chair Yoga – Tuesday & Thursday
Mat Yoga – Monday

Leader: Ross Thomson
Leader: Jo-Anne Hanley

Chair Yoga: A gentle form of yoga for seniors with disabilities or health problems. Participants use a chair to stand and sit to support themselves while learning yoga positions, breathing techniques, meditation and ways of relaxation.

Mat Yoga: The yoga class will begin with a grounding and calming breath meditation. Participants will then be led through a gentle class, focusing on flowing from pose to pose and linking the movement with the breath. Yoga postures are introduced through step-by-step verbal description and demonstration with an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers. For comfort and to aid in modifying some postures please bring a yoga mat, blanket, tie/strap, and blocks. A regular men's tie or bath robe tie can be used as a tie/strap and blocks, mats, straps can be purchased at the dollar store for a reasonable cost. Layering clothing is suggested, you will get warm and cool off again at the end of class. For those not comfortable with bare feet, socks with grippers on the bottom are a good option.

Laurie's thoughts on summer:

When searching for a summer theme, one word kept popping up: wrinkles. I had a birthday in July which is always good for a new crop. Unfortunately, it is the nature of birthday cake to fill out my shorts and not my face. I really believed that all that humidity (and boy, was it humid!) would plump things up a bit, but it had quite the opposite effect. I'm officially a raisin. As part of the 50+ Activities group, I am probably not alone.



Contributed by Laurie Jeffrey

Message from your Newsletter Editor

Rosalie Morris-Spencer

Within a few weeks the classes will get rolling again! We'll all be meeting up with friends in our various activity groups. I'm so looking forward to sitting with my mosaic buddies, working on special projects.

As a 50+ Member and Leader, Board Member, co-Chair of the Strategic Planning Committee and your Newsletter Editor, I want to take this opportunity to applaud our Board and all the volunteers who work tirelessly to make great activity groups available. You may not realize the juggling act that our Activity Director engages in to make sure each of 47 activity groups end up with a suitable space for the semester. Tom Beach has carried out his job of Activity Director in his usual way: in a friendly and respectful manner, being quietly persistent when need be. Appropriate venues at a reasonable cost are very hard to find in Brockville, so I'll take this opportunity today to say, "Hats off to you, Mr. Beach".

Someone else who strikes me as being keen to work tirelessly for the interests of 50+ folks, is Brockville's Mayor, Matt Wren. Our 50+ President Carmen Grosse wrote to members in July to encourage us all to respond to the City's request for comments and suggestions about the design for major capital improvements to the Memorial Centre and surrounding property. Design plans include an indoor walking track, Pickle Ball courts and community rooms. The City met with and sought input from several *sports* user groups, but not from community organizations like Brockville 50+ who might well be keen to be frequent users of the facilities. The many 50+ members who took the time to write to Mayor Wren have helped him to become more familiar with our organization and its needs!

A motion for approval of the design of the Arena Project was on the table at the August 15th City Council meeting. I attended the meeting and was very pleased indeed to hear that Mayor Wren has listened carefully to Brockville 50+ members and that he is very interested in our organization. We seniors, being the *majority* of Brockville's population, surely are worthy of being a "key stakeholder group" as the city considers how to best use public buildings and public spaces such as "community rooms" in those buildings.

Here's what Mayor Wren said at the August 15th Council meeting (with Mayor Wren's permission, I "quote"):

"I think that as we move forward, down the road a little further with this, one thing that we need to condition ourselves to do, is to rename this project. It's much more than an arena. I've been calling it a Multi-use Community Recreational Facility because that's what we're going to end up with."

"The residents who are going to in part fund this project in one fashion or another, need to know that we want to build something that the broader community will get some use out of."

"One group in particular that I want to speak on behalf of, is the Brockville 50+ organization. That group I'm told has over 500 members, and they don't have their own home. They are working out of rented spaces (predominately Wall Street United Church) but they don't really have all the space and accommodations they need for all the important programming that they are doing."While I thank Mr. Wood for sitting down with all the current user groups, I'd like us also to sit down with some of these other groups in the community who might benefit from this facility."

"We can't do a mass complete overhaul of the design, nor do I think we need to, but there may be some little tweaks that we can do for some of the groups who haven't been part of the discussion yet, and I think there is still time for that."

"Almost all the feedback I've had this last month has been encouraging. People seem to want it to be more, not less. We need to call it what it is: a Multi-Use Community Recreational Facility that we're heading down the road of."

Mr. Phil Woods (Director of Operations) added:

"Moving forward today towards a 100% design actually is almost the crest of the large amount of work to come with our designers. We plan to have a lot more meetings, a lot more work with the designers, and that includes a lot more work with the user groups."

"Although we have laid out a property (and facility) design that addressed the groups that we know of that participate a lot with the city.....No one proposes that anything that we are privy to today excludes anyone, because that certainly is not our goal, and we fully intend to meet with (all) potential user groups, to ensure we are checking their boxes."

Mayor Wren and I had a chat after the meeting, and he stressed his belief that all public space should be available to all interest groups in the community. He said he looks forward to meeting with Brockville 50+ representatives to thoroughly discuss how the City can be a more active partner in terms of 50+'s space needs and otherwise. I think he is very sincerely interested in helping 50+.

You can check out the design drawings for the proposed layout of the building on the *city website* <https://brockville.com/news/new-arena-community-centre/>

Rosalie



Services and Activities and Events in our Community

Senior Support Services (CPHC)

For those of you who aren't aware, CPHC provides many valuable services, if not for you, then perhaps for someone you know. These services include Meals on Wheels (frozen or hot), transportation to medical appointments in Brockville or nearby centers, a lifeline, respite services at their building or in your own home, home maintenance, and more. Call 613-342-3693 or write to info@cphcare.ca for more details.

JOIN 211 ONTARIO'S COMMUNITY PANEL AND MAKE A DIFFERENCE IN YOUR COMMUNITY!

Are you interested in making a positive impact in your community? Do you have first-hand experience accessing or navigating social, human and health services in Ontario? If so, we want to hear from you!

211 Ontario is looking for 10-20 participants to join a **Community Panel** to share their experiences using social and community services in Ontario.

Participants in the Community Panel will also have the opportunity to:

- Share insights to help inform 211 Ontario's work.
- Help 211 better understand how people experience different services as well as the needs of people across the province.
- Help ensure that communications and additional materials are effective in reaching the people who most need our help.
- Participate in discussions that are community-specific, 211 services and quality and effectively respond to issues and emerging situations.

As a member of the Panel, some of the benefits and opportunities include an opportunity to gain experience participating in an advisory role and access to education and learning opportunities on topics that are relevant and important to you.

Interested in joining the Community Panel? More questions about this opportunity? Please fill out the contact form on our website here: <https://211ontario.ca/index.html#community-panel>. After we have reviewed all applications, a member of the 211 Ontario will be in touch with you. We look forward to hearing from you!

About 211 Ontario

211 Ontario is a free and confidential service that warmly connects people to the critical social and community supports they need. When you reach 211, you are connected to a professional call, text or online chat team that will help you about your situation and refer you to the right program or a resource for you. Other support options: 211 connects you to highly trained and accredited Community Navigators who provide you with a human touch for personalized assistance.

For more information, please check out our website at: <https://211ontario.ca/>

CYCLING WITHOUT AGE BROCKVILLE

"FEEL THE WIND IN YOUR HAIR"

Cycling Without Age is a world wide movement which started in Copenhagen, Denmark. The Brockville chapter is a volunteer organization offering free rides on our Trishaw or Wheelchair Transport Bike for Seniors, shut-ins and those with mobility limitations.

Passengers and pilots enjoy the fresh air, sunshine, scenery and chatting. Rides last up to six hours, but can be as short as you like and we can pick you up at an agreed location. Our program helps reduce isolation and loneliness and we encourage you to contact us to arrange for a fun outing!

Contact us at:
613-246-4142 or email brockvillecwa@gmail.com

For additional info check out Cycling Without Age - Brockville at:
www.facebook.com/brockvillecwa or www.cyclingwithoutage.ca/brockville

CRA Charitable Number: 76182 8276 R3001

Come Sing With Us!

Do you enjoy singing classical and contemporary choral music? Why not join us for our Fall concert in November?

Rehearsals are **Wednesdays starting at 7:00 pm**
St. Lawrence Anglican Church, 80 Pine Street, Brockville.

Adult membership dues are \$100 per session (2 sessions per year)
No membership dues for students.

All are welcome to attend for up to 3 rehearsals with no commitment

Registration & 1st Rehearsal on September 27, 2023 at 6:30pm

For more information, please check out our website at: <https://brockvillechoir.com/>

DAN Faculty in the Community Concert

Kings DON Taiko

Sunday Sept. 24, 2023 7:30 pm
Isabel Bader Performing Arts Centre
in the *Jeanjean Tuva Bernstein Performance Hall*
Adult \$20, Faculty/Staff \$16, Students \$8, Live Streaming \$8

For more information or to purchase tickets, visit the website at: <https://www.queensu.ca/theisabel/whats-on/dan-school-faculty-community> or call the Box Office: 613 533 2424

Day trips, weekend getaways and longer road trips from Canada's capital

One of our members suggested including a link to the Ottawa Valley Road Trips newsletter. Good idea! The Editor, Laura Paquette is pleased to share her newsletter.

Here's a link: <https://ottawaroadtrips.com/>

You'll find lots of ideas for fun road trips in Southeastern Ontario, whether for a day or a weekend.

Fall 2023 Class Schedule

Updated August 19, 2023

Activity (Fall 2023)	Day	Time	Leader(s)	Start/End	Location
Seniors Low Impact Exercise	Mon	9:00 - 10:00	Julie Daxon		WSUC - Gym
Quilting	Mon	9:00 - 11:30	Gael Bullard		WSUC-Mezz
Meditation	Mon	9:30 - 11:00	Beryl Wood		WSUC L-room
Bridge	Mon	9:30 -12:00	Jeff Reusing		WSUC - H Hall
Line Dancing1 - Beginner	Mon	10:30-11:30	Janet Rose		SA North
Tai Chi - Continuing	Mon	10:30 -12:00	Doug Cartan		WSUC - Gym
Euchre Play Only	Mon	1:00 - 3:30	Bill McNelly	9/18 -12/11	WSUC - Mezz
Mosaic Art	Mon	1:15 - 4:15	Rosalie Morris		SA South
Pickle Ball	Mon	1:00 - 3:00	Sandra and Dave Reed	9/25	WSUC - Gym
Mat Yoga	Mon	1:30 - 2:30	Jo-Anne Hanley		SA North
Music Jam 1	Mon	1:30 - 4:00	Wayne Bullard		WSUC- H-Hall
Drumming Circle	Mon	2:45 - 4:15	Fred Bowen		SA North
Chair Yoga - Tue	Tue	9:00 - 10:00	Ross Thomson		WSUC - Gym
Beginner Guitar	Tue	9:30 - 11:30	Glenn Davis		Masonic Hall
Tai Chi - Beginners	Tue	10:30 -12:00	Carmen Grosse	10/03	WSUC - Gym
Intermediate Drumming	Tue	12:00 - 1:00	Heather Lance		Masonic Hall
Mahjong	Tue	1:00 - 4:00	Peri Howlett & Karen Mahon	10/10 -12/12	Royal Brock
Line Dancing2 - Intermediate	Tue	1:30 - 2:30	Janet Rose, Holly Welch		SA North
Art Studio -Tue	Tue	1:00 - 3:30	Karen Gregus		SA South
Badminton	Tue	2:00 - 4:00	Greg MacDonald		WSUC - Gym
Beginner African Drumming	Tue	2:30 - 4:00	Sue and Ron Smith		Masonic Hall
Senior Low Impact Exercise	Wed	9:00 - 10:00	Lucie Stein		WSUC - Gym
French Introduction	Wed	9:00 -10:00	Francine Larochelle		WSUC -Mezz
French - Conversation	Wed	9:15 - 10:15	Christine Molloy		WSUC- L-Room
Table Tennis	Wed	9:15 - 12:00	Ping Wu, Mike Libbos		SA North
Tole Painting	Wed	9:30 - 11:30	Marilyn Wallace		SA South
French - Advanced	Wed	10:15 -11:45	Francine Larochelle		WSUC-Mezz
Tai Chi - Boost	Wed	10:30 -12:00	Carmen Grosse	10/04	WSUC - Gym
French - Basic	Wed	12:15 - 1:45	Francine Larochelle		WSUC - Mezz
Pickle Ball	Wed	1:00 - 4:00	Carl Insley		WSUC - Gym
Line Dancing3 - Intermediate	Wed	1:30 - 2:30	Janet Rose, Holly Welch		SA North
Acoustic Guitar Workshop Int	Wed	1:30 - 3:30	Polly Beach		WSUC - H-Hall
Chair Yoga	Thu	9:00 - 10:00	Ross Thomson		WSUC - Gym
Beginner Spanish	Thu	10:15 -11:30	Elizabeth Stratton	09/28	WSUC-L-Room
Sign Language	Thu	10:30 -12:00	Ruth Baxter		WSUC- H-Hall
Singalong	Thu	11:00 -12:00	Mary Campbell		SA South
Art Studio -Thu	Thu	11:00 - 1:00	Gael Bullard		WSUC - Mezz
Harmonica	Thu	1:00 - 3:00	Denis Dorris		WSUC H-Hall
Pickle Ball	Thu	1:00 - 4:00	Jamey McTavish		WSUC - Gym
Book Club 4 th Thurs of month	Thu	1:30 - 2:30	Gael Bullard		WSUC- Mezz
Spanish Inter- Conversation	Thu	2:00 - 3:45	Tom Beach		WSUC -LRoom
Senior Low Impact Exercise	Fri	9:00 - 10:00	Lucie Stein		WSUC - Gym
Beginner Plus Ukulele	Fri	9:15 - 10:30	Peter and Lynne Meleg		SA South
Line Dancing4 Hi Beginners	Fri	10:30 -11:30	Janet Rose		SA North
Tai Chi - Practice	Fri	10:30 -12:00	John Pyl		WSUC - Gym
Intermediate Plus Ukulele	Fri	10:45-11:45	Polly Beach		SA South
Dutch Conversation	Fri	1:00 - 3:00	Rietta Osso		WSUC L-Room
Badminton	Fri	2:00 - 4:00	Greg MacDonald Dave Evans		WSUC - Gym

Website: <http://fiftyplusbrockville.ca> Email: 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 Brockville 50+ Activity Centre.
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