



NEWSLETTER

October 2023



50+ Board of Directors



President:
Carmen Grosse



Vice President:
Tom Beach
VPbville50plus@gmail.com



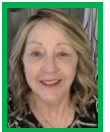
Treasurer:
John Pyl



Activity Director:
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activitydirectorville50plus@gmail.com



Secretary:
Lorraine Buck



Office Manager:
Sharon Kaesler



Newsletter Editor:
Rosalie Morris-Spencer
brockvillefiftyplusnewsletter@gmail.com



Member at Large:
Julie Daxon



Member at Large:
Maryann Daoust

Message from our President

Hello again members. The fall semester is well underway with almost 200 new members. Welcome! We have a record number of members, with over 650 enrolled. This was made possible by moving Chair Yoga to the Memorial Centre and increasing the numbers in classes like Tai Chi and French, etc. Thank you to all the leaders that were willing to increase class sizes.

Please take care of your health during this cold, flu and Covid season. We ask that you get shots as they become available for flu and Covid. If you are at all under the weather, please stay home. It is also advisable to wear a mask, keep your distance and wash hands (sanitize) often. We want to see you staying healthy.

Enjoy this beautiful time of year with leaves changing colour and cooler temperatures. Be sure that you are aware of the winter weather policy for your classes. If any of the venues are closed due to bad weather, we will send out an email to all members. If the venues are open, then it is up to the leader to determine whether the class will take place.

Enjoy this semester and remember to thank your leaders – they are the core of the 50+ Activity Centre. Nothing happens without them!

And yes, I did have a wonderful vacation aboard the Queen Mary 2, but it is always great to come home to Brockville and our community of 50+.

Carmen

Message from our Activity Director

Chair Yoga moved to the Memorial Centre in October, which allowed for everyone on the waiting list (for both Tues and Thurs classes) to be able to join in the fun. The fall registration was over 650 members with 185 being new.

If anyone has ideas for new activities or know of a potential leader to increase some of the present activities, please contact me. I would love to also hear comments from members on what they think of 50+. Email me at activitiesdirectorville50plus@gmail.com

Gail



Brockville 50+ would like to remind all members to refrain from the use of any scented products when participating in any of our activities. Please be thoughtful to those around you who may have various forms of breathing issues. The Activity Centre is a safe place for all to enjoy.

Getting to Know our Board Members

Gail Coville

Gail Coville is a very active woman and has a deep commitment to the goals of the Brockville 50+ organization, getting seniors to participate physically, mentally, and socially through the many types of activities that are offered. She joined 50+ in 2018 when she discovered how much fun Pickleball was. Originally playing three times a week, Gail is now down to one Pickleball class to make room for all the other activities. She says attending Chair Yoga with “funny and quirky” Ross Thomson is “so darn fun”. Participating in Lucie’s energetic Low Impact Exercise class rounds out her physical activities. Gail loves Mosaics.

She first learned this art with former leader Elska Harris in 2018 and continues to enjoy the classes lead by Rosalie Morris. Gail finds the Beginner French class really challenges her brain and says Francine Larochelle makes everyone feel comfortable while stumbling through a new language. Gail commends all her teachers for their unflagging enthusiasm, energy, and encouragement.

When the 50+ schedule takes a break in May, Gail hits the golf course with a passion and spends time kayaking, relaxing at the cottage or hiking in the woods. In the winter, she enjoys squeezing in some x-country skiing and skating or tobogganing with the grandkids.

Gail was born and raised in Brockville, leaving only for a brief six-year period when first married. Her two children, now grown, are also raising their families here. Before retirement, Gail was an administrative assistant in numerous fields including industry, insurance, forestry, tourism/economic development, health care and municipal government. Her duties were also varied: organizing events, creating newsletters, operating and training staff on computer software, and providing tours, just to name a few.

Gail was a long-time volunteer at her church. A retirement goal was to volunteer more in the community. When a Board member spoke at her Mosaics class to ask of interest in becoming a Board member, Gail decided it was something she would like to try, because she finds the organization to be such a positive attribute to the community, and she knows it’s a great way for retirees to socialize and continue to be active outside home life.

Gail’s employment background and personal experience in 50+ activities plus a strong vision for improvements made her an ideal candidate for Activities Director. In September 2023 she took over the position from Tom Beach, whom she credits for making this a smooth and easy transition. A forward thinker, she’s got some great ideas, and she is excited to get to know all the leaders and classes that are offered.

Gail’s wish list for 50+ includes the organization finding a home with a great gym and classrooms to host the many activities, plus an office right at the same location. As for activities, Gail hopes more volunteers will become leaders to extend the popular activities, add new ones, and plan some day trips and special events.



Getting to Know our Members

Introducing...



Janet Bailey

Janet is one of 50+ newer members, having joined a couple of years ago. Prior to retiring to Brockville, she enjoyed a long career in Developmental Services in the Ottawa area. After visiting the 50+ website, Janet decided to join, and she enjoys Julie's weekly exercise class.

Janet enjoys walking the Brock Trail or the boardwalk down by the river, and she is a member of Brockville's YMCA. When she's not in the pool, she enjoys reading and is always up for a discussion about the Canadian political scene!

After being approached to volunteer some time at 50+, Janet soon decided to do just that! First off, Janet has started helping with the newsletter, both writing an article now and then, and behind the scenes. She says she is looking forward to volunteering. "Hooray!" we say. Thank you Janet!

What's going on in our Activity Groups

Art Studio – Intermediate – Tuesday

Leader: Karen Gregus



Tuesday Art Studio is in full swing with most of our members back from vacation. Fall-themed paintings seem to be very popular. Very vibrant leaves, pumpkins and landscapes in the most gorgeous autumn hues are being created.

If any members in 50+ find themselves with unwanted art supplies or frames, we would love to help you declutter! Contact karengregus1@gmail.com



WANTED

Second Book Club and Second Book Club Leader



The Book Club (4th Thurs of the month at WSUC Mezzanine) led by Gael Bullard is *full full full!* There are lots of readers who are keen to participate in another book club, but of course that can't happen without another leader.

If you are willing to lead a second Book Club, contact our Activity Director at activitydirectorville50plus@gmail.com, and/or give Gael Bullard a call 613-213-4430. Gael is very willing to sit down with you and explain how her group works and what would be involved in leading a second group.

Badminton - Tuesday

Leaders: Dave Evans and Johanna Pietersma

After more than ten years as leader, instructor, guide and mentor, Greg MacDonald has had to step back from the badminton court for health reasons. Everyone wishes Greg a hearty and speedy recovery.



Which of these moves came first and second? ↑ ? ↓ ? ↓



Here is a special message to Greg from Johanna and Dave, on behalf of the entire racquet-flailing gang:

“We thank you Greg, for your dedication and support over the years. We look forward to seeing you back on the court in the not-too-distant future. We all miss you.”

Photo credits: Kathy Zeran



Drumming Circle - Monday

Leaders: Fred Bowen
and Mary Beckstead

Please remember! If you have signed up for a class and after a few sessions decide you don't wish to continue, please let your class leader know or phone the office so that your name is removed from the participant list. This may open a place for someone on the waiting list.

Line Dancing 2 - Intermediate - Tuesday

Leaders: Janet Rose and Holly Welch



Toes are tapping once again to a variety of great music - country, rock, blues, and more. Line Dancing is strenuous and is such a fun way to stay active both mentally and physically.

Mahjong - Tuesday

Leaders: Peri Howlett & Karen Mahon

This game, developed in China back in the 19th century, is now played in countries around the world. It certainly has become more and more popular with the Brockville 50+ crowd!



Quilting - Monday

Leader: Gael Bullard



The Quilting group has completed another charity quilt. Also, several lap quilts have been given to Sherwood Park Manor. This project was facilitated by a new member to our group, Carole Baker. Many thanks Carole!



Mosaic Art - Monday

Leader: Rosalie Morris-Spencer



Seniors Low Impact Exercise – Wednesday & Friday

Leader: Lucie Stein

This fun class offers a moderate to intense cardio workout followed by balance and strengthening exercises. Here's what one of Lucie's participants had to say: *"Lucie has such a high gear nature that it's like the Eveready battery bunny! She does a great job making the class fun and at the same time she is very mindful of people's abilities and endurance. We are truly lucky to have Lucie as a leader."*



Chair Yoga – Tuesday & Thursday

Leader: Ross Thomson



This month the ever popular Chair Yoga moved to the Memorial Centre. This move allowed many more members to join in, and surely brought smiles to those on the large waiting lists for both Tuesday and Thursday classes!

Strategic Planning Committee

Since your Strategic Planning Committee (SPC) was created in December 2022, we have listened carefully to members to carefully pinpoint the most important priorities to work on in the next few years. The Strategic Plan we have created to bring about positive change in many areas of our organization has involved creating and defining realistic Goals to effectively address each of the key priorities in the next two years. We intend to present the Strategic Plan to the Board for approval in November. Once approved, action plans for each of the goals will be developed by various Committees in early 2024, and a steady systematic implementation of the plans will follow through 2025.

Please volunteer your time and skills to help bring about positive changes and growth for our organization in the next few years.

Contact the Strategic Planning Committee to talk about how you can help!

Your Strategic Planning Committee:

Rosalie Tom Catherine Maryann

strategicplanning.bville50plus@gmail.com



One of our volunteer photographers will be visiting your Activity Group sometime in October or November to take photos of our various Activity Groups. The photos may be used for the 50+ newsletter and website and public relations materials.

When the photographer arrives, the group will be notified of intent to take pictures (for newsletter, website and other public relation materials).

If anyone does *not* want their picture taken, they need to clearly announce same to the photographer and simply be sure to step out of the way while the photos are being taken.

Need more info? Please contact Rosalie at brockvillefiftyplusnewsletter@gmail.com

SOCKS and GLOVES CAMPAIGN

Brockville Food Bank

Staff and volunteers like Donna Matheson greet visitors at the Brockville Food Bank every week when they come for groceries. The staff at the Food Bank work closely with the Cooperative Care Centre as well, so get to know the needs of our most vulnerable citizens in a very real way.

Brockville 50+ Activity Centre is proud to be helping the Brockville Food Bank again this year, with the Socks and Gloves Campaign. We are asking for your help to offer socks and gloves to those in need this winter. White, heavy socks for adults are preferred, but a variety is always good to be able to offer, so you can be creative. And gloves, also on the heavy side and waterproof if possible, will be appreciated.

Many more people who are unhoused are becoming regular visitors to the Food Bank, and many, many new visitors overall. There is great need out there and your contributions through our classes at 50+ will be greatly appreciated.

Please bring your contributions of socks and gloves to your 50+ classes in the last week of November (November 27th to Dec 1st). Watch for more details in November's 50+ newsletter about this important campaign.

Thank you in advance for helping!

Message from your Newsletter Editor

Rosalie Morris-Spencer

I hope you enjoy all the photos in this month's newsletter edition. Many thanks to volunteer photographers Kathy Zeran, Laurie Jeffrey and Kerey Bolton for travelling to various activity groups to take lots of great photos. You will be seeing more of Kathy, Laurie and Kerey's photo contributions in November, as they continue to capture more memories of the many fun 50+ activities.

Thanks to Laurie Jeffrey and Janet Bailey for contributing stories to the newsletter this month. Watch for more feature stories written by these volunteers.

Please write to me and tell me what you would like to see in *your* newsletter!

brockvillefiftyplusnewsletter@gmail.com

Rosalie

Brockville 50+ Activity Centre Returned Cheque Policy

If a member makes payment to Brockville 50+ with a cheque that is returned by our bank, there will be an additional fee of \$20 charged to the member.

**Take
Note**

Office Hours

are **"by appointment only"** at this time. Emails and phone messages are checked daily and will be responded to in 24 hours.



Don't miss these upcoming events in Brockville!

BROCKVILLE CONCERT ASSOCIATION
75th Anniversary Celebration
A WORLD OF MUSIC
www.brockvilleconcert.ca

MICHAEL BRIDGE **KORNEL WOLAK**

TANGORIUM

Bridge & Wolak
with the
Queen's University Symphony Orchestra
TANGORIUM!
Tango-Fusion Multimedia Extravaganza
Saturday October 28th, 2023
7:00 am
Brockville Arts Centre
Tickets: Adults \$35.00 + HST



Tickets/info Brockville Arts Centre
www.brockvilleartscentre.com
613-342-7122 * 1-877-342-7122

FILM BROCKVILLE

Don't miss these shows!



Wed Nov 1st: What's Love Got To Do With It

Nov 15th: To Be Announced

Nov 29th: To Be Announced

Wednesday Screenings 4 p.m., Galaxy Cinemas

Tickets \$10.

Check Film Brockville website for details.

<https://www.filmbrockville.ca/>

Also at Galaxy The Met: Live in HD

Saturday, Nov 18th : The Life and Times of Malcolm X

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

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

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