

# NEWSLETTER

## SEPTEMBER 2023

### 50+ Board of Directors



President:  
Carmen Grosse



Vice President:  
Tom Beach  
[VPbville50plus@gmail.com](mailto:VPbville50plus@gmail.com)



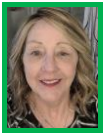
Treasurer:  
John Pyl



Activity Director:  
Gail Coville  
[activitydirectorville50plus@gmail.com](mailto:activitydirectorville50plus@gmail.com)



Secretary:  
Lorraine Buck



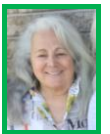
Office Manager:  
Sharon Kaesler



Newsletter Editor:  
Rosalie Morris-Spencer  
[brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)



Member at Large:  
Julie Daxon



Member at Large:  
Maryann Daoust

### ***Our President is sailing this month!***



Carmen has sailed away on a very well-deserved vacation. There's no doubt she will have many stories to share when she returns to Brockville later this month!

### ***Message from our Vice President Tom Beach***

The VP position has been vacant for a while so there aren't specific tasks in motion to take over, and a specific division of tasks with the President hasn't been determined yet. My general role is to work with the President to maintain an overview of the organization, network in the community and assist when and where needed.

Our President, Carmen has been very busy with Registration. I've had my hands full with Strategic Planning and handing over Activities Director to Gail Coville, so we haven't had the opportunity yet to sit down and specifically determine roles and divide tasks. On top of that we are each taking well deserved holidays so coordinating a meeting has been a challenge.

There are two aspects of "Future Planning" that I am working on which fit well with the VP role. The first is co-chairing the Strategic Planning Committee, where we are looking deeply at how we can improve.

The second is networking. We have connected with the Municipality to let them know we are a growing and very active Seniors group and we would like to be consulted on things that affect seniors like, the renovations and addition to the Memorial Centre. The letters that members wrote to the Mayor about the Memorial Centre helped greatly in getting us noticed. The Director of Operations has asked Brockville 50+ representatives to meet with the Arena Advisory Committee and plans to meet with them are underway.

At the last Board meeting, on recommendation of the SPC, the Board struck a Website Development Working Group, to review opportunities for improvement of our website. I'm very pleased to be participating in this Working Group.

The survey which the SPC conducted provided us with lots of ideas about social activities and events that members would like. As Gail takes on the Activities Director role and I have more time, I plan to look at options to provide members with some of the activities or events suggested.

It's becoming a pretty full position for one that has been sleeping for a while! As things progress, I will provide you with updates.

## Our Activity Director is in Turkey!

Gail Coville



Gail and her husband are on a “trip of a lifetime”, planned long before Gail became the Activity Director. Being a board member is a lot of work and the 50+ commitments often fill the calendar. Gail worked triple-time to complete so many tasks before leaving for this exciting adventure with her husband and has kept in touch frequently while away. She’ll be home real soon, and will have many interesting stories to share!

*Hadrian's Gate in Antalya, Turkey*



**Welcome**  
**New Members**

### New members:

*Introduce yourselves to our readers!*

Who are you? Where are you from? What are your hobbies and pastimes? Where have you travelled and where do you want to travel? What do you love most about Brockville?

Write to [brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)

Your message will be included in an upcoming newsletter.

## First Aid, CPR & AED Training



In late August and early September, several 50+ Leaders and office volunteers participated in CPR and First Aid and Automated External Defibrillator (AED) training, and how to use a Naloxone kit.

### **Be informed and ready!**

Ask your Leader to show you where the First Aid kit and the Defibrillator is located at each venue where you enjoy activities. You can pick up a Naloxone kit for free at pharmacies in Ontario.

# Registration Day

Registration Day was *super busy!*

This is only the lineup *in the lobby* of very keen folks calmly waiting to enter the “registration room”!



Considering the influx of over 140 new members, I'm sure you agree that Registration Day went very well!

Hats off to the tireless volunteers who made registration day possible, and to the volunteers who make every event and over 45 activity groups possible, year after year.

***Thank you to our fabulous volunteers, who keep on giving to our members year after year!***



## **Book Club – 4<sup>th</sup> 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. In September, we are reading *Trustee from the Toolroom* by Nevil Shute. Members are enjoying a good discussion about the characters and the events that occurred. Lots to look forward to this year!



### **Second Book Club WANTED**

*and*

### **Second Book Club LEADER WANTED**

The Book Club (4<sup>th</sup> Thurs of the month at WSUC Mezzanine) lead 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, 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.

## **Strategic Planning Committee**

Your Strategic Planning Committee is hard at work defining short, medium and long-term goals for essentially every area of 50+'s operations. We are on track toward our goal of presenting a Strategic Plan to the Board in mid to late November. The plan will include a detailed roadmap to guide the Board and Committees in implementing action plans, and the SPC will provide support to the Board throughout implementation of the Plan and in assessment of progress in strengthening each area of 50+'s offerings and operations.

If you are interested in learning more about the Strategic Planning Committee or joining the Committee, we want to hear from you! Please email us at [strategicplanning.bville50plus@gmail.com](mailto:strategicplanning.bville50plus@gmail.com)

*Rosalie Morris-Spencer   Tom Beach   Maryann Daoust   Catherine Cavanagh*

## **Pickle Ball – Wednesday**

**Leader: Carl Insley**



Carl has been doing some hiking (Blue Mountain maybe?), getting his legs limbered up for lots of Pickleball games!

Now it's time to have fun at our Wed pickleball group. Carl says "With my 'patent pending system' we will continue to have fun and lots of social time together. NO MERCY!"

Our 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, regardless of level of experience. Pairs combine new and experienced players to be able to provide some training/coaching. Safety tips from this link and be prepared to play safely.

<https://thepickler.com/blogs/pickleball-blog/pickleball-safety-tips>

**Tai Chi – Beginners – Tuesday**  
**Tai Chi – Boost – Wednesday**

**Leader: Carmen Grosse**

**Leader: Carmen Grosse**

*Beginner Tai Chi* is packed to the rafters now that the entire waitlist has been accepted. Emails or phone calls have been made to all those for whom we had contact info. There are still 3 people who have not been contacted. B & R Konyer and S Crilley ...if you contact the office they will process your registrations. The class will start October 3 @ 10:30 AM @ WSUC Gym. Wear comfortable clothes and indoor shoes. Also note that there will be a Tai Chi Workshop in Landsdowne on Sunday, October 22. It will be hosted by the Canadian Tai Chi Academy and ALL are welcome.

*Tai Chi Boost* will get rolling on Wednesday, October 4 @ 10:30 AM in the gym at WSUC. Wear comfortable shoes and indoor shoes. We have lots to learn together on our Tai Chi journey. can take place.

*Bob and Orma McDougall*



*25 years of  
Volunteer Tai Chi Leadership*



Throughout the summer a core group of people regularly met in city parks to practice Tai Chi in the city parks. On August 25th the size of our group swelled a bit! Bob & Orma did not know that the reason for the bigger turnout was because there was going to be a celebration afterwards to honour them both.

After a great Tai Chi session, we all gathered for refreshments and snacks, but the main reason was to present Bob & Orma with a replica of an inscribed brick. The actual brick, summarizing our thanks, will eventually be installed in Brockville's Reynolds Park on a 12x12 brick. It will read:

**Bob & Orma McDougall  
YOUR MANY STUDENTS  
THANK YOU FOR  
25 YEARS OF  
VOLUNTEER  
TAI CHI LEADERSHIP**

There is no doubt Bob & Orma's contribution to the Tai Chi community has enhanced the lives of many people, and we were so pleased that we took an opportunity to celebrate them both, and better still that our thanks are inscribed in stone.

**PLEASE  
TAKE NOTE**



Your Newsletter Editor (Rosalie) or one of our photographer volunteers will be visiting your Activity Group sometime in October, November or December 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 be sure to move out of the way when a photo is being taken.

Need more info? Please contact Rosalie at [brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)

**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.

**Art Studio – Intermediate – Tuesday**



**Leader: Karen Gregus**

We now have a group of 26. Bigger than usual! A few new beginners and some seasoned artists.

**Tole Painting – Wednesday**

**Leader: Marilyn Wallace**



We in the Tole Painting group are looking forward to a great semester. Our first picture is of Canoe at sunset, and we are all keen to work on it.

There are 19 in our class. Room for one more! Hoping everyone enjoys this year.

**Bottle Gentians, Turtleheads and hiking all make  
September Laurie's absolute favourite month!**



**BOTTLE GENTIAN**

Firstly, as a former high school teacher, the novelty of NOT heading back to the classroom has not worn off for Laurie after 25 years. And the heat wave to welcome the kids back to school makes it even sweeter this year. This month kicks off hiking season for Laurie, and she checked in while happily packing up for a stint at Frontenac Park that will be closely followed by another stint at Algonquin.

Laurie's favourite flowers, the bottle gentians and turtleheads, are blooming all over; and "don't even get me started on the bountiful crop of mushrooms this year!"

September means also that Laurie's secret guilty pleasure starts up: playing Christmas tunes on the piano. "It takes me a few months to actually play them well enough that people can recognize them as Christmas tunes, but the neighbours haven't complained yet."

And of course, September means we all head back to our 50+ activities, some new, some continuing. A huge thanks to everyone who spent weeks organizing the calendar, the registration, the venues, and everything else that goes into making this such a successful organization.

*Contributed by Laurie Jeffrey*

## **Music Jam – Monday**

**Leader: Wayne Bullard**



We're looking forward to a fun season. To the returning players, "welcome back!" To new members, it will be good to hear your music. Change is always interesting.

## ***Message from your Newsletter Editor***

**Rosalie Morris-Spencer**

Classes are rolling, and definitely bigger than ever! New friends to meet, new skills to be learned, and lots of fun to be had. I have the great pleasure of leading an excellent group of 50+ members each Monday to create beautiful mosaic art. This semester I'm also feeling lucky to be a participant in the Meditation class and the Chair Yoga class. We can all be thankful for a very active and hardworking Board. Happy Thanksgiving everyone!

*Rosalie*

## **Chair Yoga – Tuesday & Thursday**

**Leader: Ross Thomson**

Chair Yoga on Tuesdays and Thursdays is returning to the Memorial Centre starting October 3rd and 5th. With the larger room, the class will be able to include people currently on the waiting list. Participants and those on the waiting list will receive further info on this very soon.



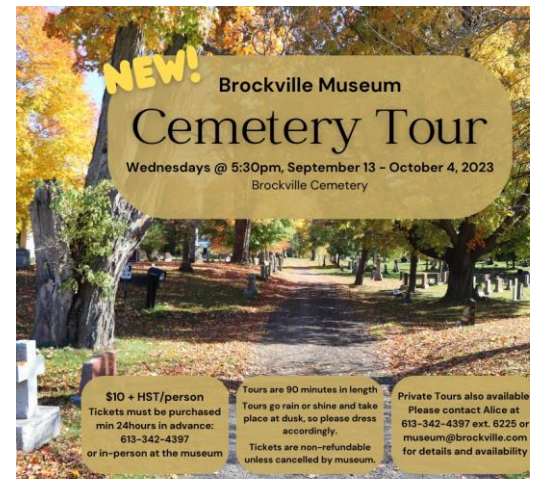
## Events and Services in our Community

### BROCKVILLE MUSEUM'S ALL-NEW CEMETERY TOUR


Join the Brockville Museum this Fall for a stroll through Brockville's historic and picturesque cemeteries to explore topics of urban development, health and sanitation, the process of remembering, and evolving concepts of spirituality with the museum's all-new Cemetery Tour.

Meander through the many cemeteries every Wednesday evening from September 13<sup>th</sup> through Oct 4<sup>th</sup>. 90 minute tours start at 5:30pm. Cemeteries are places of remembrance, and they tell us a lot about the traditions, beliefs, and values of the surrounding community. Brockville's cemeteries offer a fascinating local example of what was happening in cemetery development both on the national and international level.

For more information: [www.brockvillemuseum.com](http://www.brockvillemuseum.com).



*And more!* Ruth Lor Malloy will be a guest speaker for the Museum's October Talk & Tea, Thursday, October 12 at 2pm. Malloy will be sharing stories from her new book, *Brightening My Corner: A Memoir of Dreams Fulfilled*, which describes Malloy's struggles growing up in a Chinese restaurant family in Brockville in the 1940s. This adventure, love and family story tells of her efforts fighting racial prejudice in Canada and countries like Mexico, Kazakhstan, India and China. Copies of the book can be purchased (cash only) at the event. Admission is \$5 and includes a cup of tea. Advance booking is recommended. Contact the museum 613-342-4397 ext. 6222 or drop by during business hours to reserve your spot.



Once a month, our library offers **free movies** geared to seniors!

presented by  
Brockville Public Library

# CINEMA CIRCLE

first Wednesday of each month at 2 pm

**COMING SOON**

<b>October 4</b> Addams Family Values (1993)	<b>November 1</b> The Florida Project (2017)
<b>December 3</b> When Harry Met Sally (1989)	<b>January 3</b> Minari (2020)

## The Brockville Community Choir

# Come Sing With Us

**Soprano Alto Tenor Bass**

**Do you like to sing?**  
**Do you enjoy choral music?**  
**Do you enjoy timeless classic music?**

### WE ARE RECRUITING!

**SOME FAQs ABOUT THE CHOIR**  
Our Artistic Director Dianne Baird comes to us from Queen's University & Our Accompanist/Collaborative Artist is Madelyn Mensen

Some past major performances - from J. S. Bach's *Magnificat* to Forrester's *Jubilate Deo*  
And medleys such as *Gospel to Gershwin* & *To Broadway with Love*  
Our next concert will include Mozart's *Coronation Mass* plus other seasonal works.

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

Rehearsals are Wednesdays starting at 7:00pm at St. Lawrence Anglican Church, 80 Pine St.  
All are welcome to attend for up to 3 rehearsals with no commitment

For further information about the choir visit our website





**Registration & 1<sup>st</sup> Rehearsal** **Sept. 27, 2023**  
**6:30 pm**

[www.brockvillechoir.com](http://www.brockvillechoir.com)



**BROCKVILLE CONCERT ASSOCIATION**  
 CELEBRATING 75 YEARS

75th Anniversary Celebration  
**A WORLD OF MUSIC**  
[www.brockvilleconcert.ca](http://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 pm  
 Brockville Arts Centre  
**Tickets:** Adults \$35.00 + HST



Tickets/info Brockville Arts Centre  
[www.brockvilleartscentre.com](http://www.brockvilleartscentre.com)  
 613-342-7122 \* 1-877-342-7122



**Senior Support Services - CPHC**

CPHC (Community and Primary Health Care) 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](mailto:info@cphcare.ca)

 **Ottawa Road Trips**  
 Day trips, weekend getaways and longer road trips from Canada's capital

<https://ottawaroadtrips.com/>  
 You'll find lots of ideas for fun road trips in Southeastern Ontario, whether for a day or a weekend.

Website: <http://fiftyplusbrockville.ca>      Email: [fiftyplus@myhighspeed.ca](mailto:fiftyplus@myhighspeed.ca)  
 Office Address: 5 Wall St, Brockville 613-345-2412

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