

## NEWSLETTER

January 2024

### **Message from our President**

Happy New Year Everyone!

I hope you enjoyed your time off and holiday celebrations. Registration Day is over, and all the elves are working hard to get the paperwork resolved and sorted so it will be in order when you get back to your activities.

In the meantime, stay healthy and remember that if you are not feeling well, stay away. It would also be a good idea to notify your class leader/facilitator.

I hope to see you out and about or at your classes over the next few weeks and months.

*Carmen*



### **Your Board of Directors**

**Back, L-R:** John Pyl (Treasurer),  
Gail Coville (Activities Director),  
Tom Beach (Vice President & Communications Chair),  
Carmen Grosse (President),  
Rosalie Morris-Spencer  
(Newsletter Editor & Strategic Planning Chair).

**Front, L-R:** Sharon Kaesler (Office Manager),  
Julie Daxon (Member at Large)  
**Missing:** Maryann Daoust (Member at Large)  
& Lorraine Buck (Secretary)

If we have a major snowstorm and the venues are closed, an email will be sent by Brockville 50+ to all members, advising classes are cancelled. If you don't get an email from the Board, then the venues are open and it's up to your activity leader to contact you if your class is cancelled.

On the first day of class your leader will tell you how he/she will inform you of class cancellations. Please do *not* call Wall St. Church with questions about activities, as they are not involved in Brockville 50+ decision making.

**WINTER  
WEATHER  
is  
upon us!**





# Registration Day

January 9, 2024

Once again, Registration Day was *super busy, and lots of fun!*



**Welcome! - Bienvenue!  
Bienvenido! - Welkom!**

To Our Brockville FiftyPlus Registration Day

This event is dedicated to the memory of a very enthusiastic, committed and long serving **Super-Volunteer!**



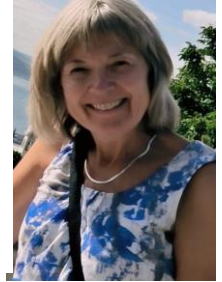
**Marian Louise Rafferty**  
1945 - 2023



## Message from our Activity Director

It's a new year and we're all roaring to get started with the winter semester of activities! It's exciting for everyone to get back together and engage in the fun things we love to do!

Many have asked why we can't start classes sooner. Once registration day is over (and the late registration days) the office staff must enter all the applications into the database to be able to create an attendance list for the leaders of each of the 49 activities. In September we had 655 participants. As I write this, I don't have the final total of members, but it's fair to say we have surpassed that number!



**Registration Day** was well received, with many signing up for new activities. I hope you found there was availability in the activities you wanted and were able to get through the verification and cash out lineups quickly. We have been trying our best to come up with better ways to move lots of people through the process as quickly as possible. If anyone showed up after 11AM on January 9th they were greeted to an almost empty hall this time! We will take the suggestions from this registration day and further tweak our process for the next event to try to make it smoother and simpler for all. Thank you to those who used the online fillable registration form, as it makes the job much easier for our office volunteers when entering your info into the database.

### Classes start on Monday, January 22nd.

Please check the Activities Schedule to ensure you have the correct location and time for your classes:

[https://fiftyplusbrockville.ca/wp-content/uploads/2023/12/activity\\_sched\\_wintwr\\_2024R.pdf](https://fiftyplusbrockville.ca/wp-content/uploads/2023/12/activity_sched_wintwr_2024R.pdf) We have 4 venues now as we are getting larger. Most of the activities are at Wall Street United Church (WSUC) or Salvation Army (North and South Halls). At the Masonic Hall (located on the 2<sup>nd</sup> Concession, 1 km east of Walmart) we have some music classes and Quilting. Chair yoga is at the Memorial Centre. If you cannot remember which activities you are scheduled in and have not received an email from the leader by the start of classes, contact the office at 613-345-2412 or email [fiftplus@myhighspeed.ca](mailto:fiftplus@myhighspeed.ca) Please allow 24 hours for responses, as the office is not open every day.

We ask members to practice **regular attendance**. If your leader has not heard from you after 3 weeks of absence, they may assume you are no longer coming and may replace you with someone on their waiting list. To prevent this from happening to you, get your leader's email address at the beginning of the semester so that you can contact them if you are planning to be away, or if you have other reasons for missing class. Being absent is OK but a "no show" is not.

Finally, **WELCOME!** to all our new members, and welcome back to all the returning members. I hope you enjoy your experience with Brockville 50+ activities, and that your winter is great because of it! Keep warm!

## THANK YOU to our Leaders!



**We Appreciate ALL You do!**

These men and women volunteer many hours of their time every month, to make sure our members can have fun and learn new skills and develop new hobbies.



## **Strategic Plan Update**

In November the Brockville 50+ Board approved our Strategic Plan for January 2024 to December 2025. In December Board members were asked to chair committees and, as a first step, to approach members to participate in the committees. The Board members who stepped forward to chair Committees are now in the process of contacting people who have indicated an interest in volunteering. The Committees we are seeking members for are: Communications, Finance/Fundraising, Wellness, Activities, Strategic Planning, and Member Services. You can learn more about each committee by reviewing the [Committee Structure](https://fiftyplusbrockville.ca/wp-content/uploads/2023/12/committee_structure_stratplan.pdf) document on our website (*click the link*): [https://fiftyplusbrockville.ca/wp-content/uploads/2023/12/committee\\_structure\\_stratplan.pdf](https://fiftyplusbrockville.ca/wp-content/uploads/2023/12/committee_structure_stratplan.pdf)

If you indicated an interest in volunteering when you completed the member survey last spring, expect a call or email. If you didn't complete a survey last spring and you are interested in assisting, please email the Strategic Planning Committee at [strategicplanning.bville50plus@gmail.com](mailto:strategicplanning.bville50plus@gmail.com) or leave a message at the 50+ office at 345-2412. The Chair of the committee(s) you are interested in will contact you. We would love to hear from you and get you involved!

With over 700 members, Brockville 50+ Activity Centre is successfully accomplishing its mission by reaching many of the senior population in Brockville and surrounding communities. With this growth in membership, the work involved has also grown and relying on a working board of 9 people to accomplish most of the work is not sustainable. We need your involvement. When you are approached, please consider how much you can give back to your organization.

your Strategic Planning Committee: *Rosalie, Tom, and Maryann*

## **Communications Committee News**

If you have viewed the Brockville 50+ website this month, you will have noticed a new look and an improvement in finding information. This is thanks to the efforts of our longtime volunteer webmaster Tony Dunbar and our new volunteer webmaster Carla Vanderhelm, who is replacing Tony after his many years of dedicated support, which is very much appreciated.

There is a lot of work behind the scenes of the website to it more secure and functioning well with a higher volume of users.

The Website Development Committee has been discussing how to offer on-line registration and enrollment in activities. Carla has researched the websites of many senior activity centres and talked to the organizations about their software and to the vendors who created the software. The Website Development Working Group's next step will be to make a presentation to the Board of Directors showing them the options for a new online registration process. If the Board agrees to go ahead with an on-line system, it will take time to implement, so changes won't be immediate. We will keep you updated as we move forward to a new look and new options.

Communications Chair: *Tom Beach*

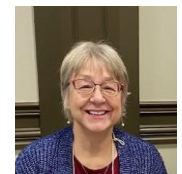
## **Activities!**

### **Art Studio – Tuesday**

**Leader: Karen Gregus**

Tuesday Art group concluded another fun session in December. A lot of the group made Christmas cards, which was fun and appreciated by the recipients. Watercolour lessons are going well with very enthusiastic students!

This session will have some surprises and involve trying some new techniques. Happy New Year to all!



**Acrylic Painting** (previously known as Tole Painting) - Wednesday **Leader: Marilyn Wallace**

Acrylic Painting class is the class previously know as Tole Painting, and has been led by Marilyn since 2014. Given that the group's projects and mediums and skills have expanded through the years, we have decided to change the name of the group to Acrylic Painting.

Since all members of this group pre-registered in December, this group is full this semester.



*Marilyn Wallace*

**Book Club 1** – 4<sup>th</sup> Thursday

**Leader: Gael Bullard**

**Book Club 2** – 3<sup>rd</sup> Thursday

**Leader: Lynda McNabb**

Book Club 1 meets on the 4<sup>th</sup> Thursday of the month. The first class will be January 25<sup>th</sup>. The group enjoys a different book each month. Brockville Library provides a max of 10 books to each Book Club, so this group is limited to 10 participants. Their first selection is *A Man Called Ove*, by Fredrik Backman. This is a story of a grumpy yet loveable man who finds his solitary world turned on its head when a boisterous young family moves in next door. Ove is an unusual and entertaining character.

Book Club 2 will meet on the 3<sup>rd</sup> Thursday of the month, led by Lynda McNabb. Our next discussion will be February 15<sup>th</sup>. While the two book clubs are very similar, each group has a different reading list.

Come and share your love of reading with other 'bookworms'!

**Spanish Conversation – Intermediate** – Thurs

**Leader: Tom Beach**

The Spanish Conversation group had 21 members last term. Initially we thought it would be too many and we would need to divide into two groups but with other demands, expected and unexpected, people didn't make every class, so we were seldom at full participation level. The atmosphere is relaxed and informal where participants take turns to read and answer prepared questions or talk about a specific topic. This gave all participants a time to speak even with a large group when attendance was high. We found that follow up questions would often lead to a broader conversation involving several group members and much laughter. There is a broad range of skills and understanding which provides peer support with vocabulary, pronunciation and, to a lesser extent, grammar. We are a very welcoming and adaptable group, and we encourage others to join us!.

## **Badminton – Tuesday & Friday**

**Leader: Thane Prideaux**



## **Guitar – Acoustic Intermediate – Wed.**

**Leader: Polly Beach**



## **Dutch Conversation – Friday**

**Leader: Rietta Osso**



The Brockville 50+ Dutch Conversation Group held its annual Christmas Lunch at the Wall Street Church on December 15<sup>th</sup>. We enjoyed many Dutch treats including three different soups. As is usual, we were loud and boisterous and the “gezelligheid” was enjoyed by all.

## **Yoga – Pilates – Intermediate - Wednesday**

**Leader: Kim Wark**

I'm looking forward to making new connections and helping members on their fitness journey. Whether you would like to try yoga/pilates for the first time, or you've been a yogi for a long time, this class will push you to explore your flexibility and strength. Yoga and pilates can aid both your mental and physical health with exercises, poses, stretches and relaxation. Carve out some 'me time' and spend one hour in the company of encouraging and non-judging members.



## **Local Vocals Singalong**

**Leader: Mary Campbell**

NOTICE: the Local Vocals will NOT be holding the Singalong session in the Winter Semester due to health issues of some of the volunteer band members and not finding a volunteer to be the Leader for the Jan-May session.

To our dedicated group of participants, it was delightful to see your smiling faces as we all shared in our enthusiastic singing! The band looks forward to leading you again in song in Fall 2024. Don't forget about us and make sure you sign up again!

Best wishes for 2024!

## Exercise – Fit Over 50 – Wed & Fri

Leader: Lucie Stein

This Activity Group used to be called *Seniors Low Impact Exercise*. It's a new year and the class has a new name, but it's the same great program!

Lucie leads two energetic low impact exercise classes . She has been a leader for the 50+ Activity Centre, Shepherd Welcome Centre, and CPHC since 2015.

Lucie notes that deciding to become a leader was not an easy decision, but one that she is very happy she made. Participants in Lucie's classes can quickly see that she takes pride in the programs she has developed. Be ready to work all your muscles and joints with the goal of addressing the functions of everyday life. Have trouble putting your socks on or keeping your balance? This class has exercises for that!

Participants have shared their thoughts and opinions about the experience of being part of Lucie's classes: "we like the energy Lucie brings to class", "the music is amazing", "the instructor makes it fun" and "we do too many squats"! Lucie loves when a participant reports that their doctor is pleased with their progress, and that participants regularly say they feel stronger and more confident. These are what keeps Lucie coming back, year after year.

As a new year begins, Lucie reflects that in retirement she has learned to take each day as a gift. She enjoys the quiet moments when presented to her, and is excited by the busy moments, and cherishes the special moments with friends and family, for these are what make our lives unique and precious.

The classes fill up quickly with returning students, but this year, we have managed to increase the class size! Lucie and the group are hoping to meet you soon!



## Message from your Newsletter Editor

Rosalie Morris-Spencer

The biggest challenge this month in preparing the Newsletter was to find room for all the news, and still have room for lots of pictures! Life is busy, so another challenge each month is to find time to gather up all the articles and spend the hours necessary to do the layout work.

I am very grateful to our Newsletter helpers: Kathy Zeran takes pictures and this month she helped with formatting pics. Kerey Bolton helps to take pictures of activity groups. Laurie Jeffrey helps to take pictures and writes occasional articles. Lorraine, Carmen and Laurie also help with proofreading. Thank you all!

*Rosalie* [brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)

## Quilting - Wednesday

Leaders: Theresa Iddon & Kathryn Neild

This semester we will continue to practice our quilting skills in a friendly, social atmosphere. We will explore new block patterns and learn new tricks to make work easier. We will also continue to create charity quilts each month and donate them to deserving organizations. Overall, we plan to have fun with the quilting we love to do!





## Tai Chi – Continuing - Monday

**Leader: Doug Cartan**



Tai Chi is very popular because of the well documented benefits to our health and well-being. One of the many benefits is reflected in the changes to skeletal physiology when the movements are practiced diligently.

The skeleton works as a dynamic living tissue and the movements of Tai Chi are just about the most perfect way to keep the bones strong and the joints healthy.

Like any other tissue, bone responds to stress by restructuring itself to grow stronger and thicker along the line of stress. Bones need to be constantly asked to take on mechanical loads to remain dense. The loads are provided by simple weight-bearing and by the pull of the muscles and tendons.

When it comes to the joints, a layer of cartilage provides the smooth surface of healthy joints over the underlying bone. This tissue is most unique in that it has no blood vessels running through it. This tissue is nourished by the squeezing provided by regular use of the joint, which helps to force synovial fluids into its substance at high pressure. When joints are not regularly used to their full range of motion, the ligaments around them are not stretched and become tight and inelastic, making it harder to move the joints extensively.

One main goal of Tai Chi practice is to achieve proper alignment of the spine with the shoulder and pelvic girdles. Posture is naturally corrected. The slow sustained stretching improves flexibility in all joints. Both these effects can reduce the natural degeneration of the spine and/or joints which occurs with age.

## Line Dancing 1 – Beginner - Monday

## Line Dancing 2 – Intermediate - Tuesday

## Line Dancing 3 – Intermediate - Wednesday

## Line Dancing 4 – Beginner – Friday

**Leaders: Janet Rose & Joan Green**

**Leaders: Janet Rose & Holly Welch**

**Leaders: Janet Rose & Holly Welch**

**Leader: Janet Rose**

For the 3<sup>rd</sup> year, the 50+ Line Dancers helped our hosts, the Salvation Army, with their Seniors Christmas Gift Bag Campaign. Our dancers, their families and friends raised \$1395, and donated hand lotion, hand-made cards and hand-crafted ornaments to be added to each bag.

The Line Dancing groups' policy is to purchase items locally, and our shoppers are very efficient at finding the best deals. We want to thank Giant Tiger, The Real Canadian Superstore and Leclerc for extending very generous discounts. This allowed us to do a record 68 bags this year! We are so happy to be making a difference to so many seniors in our community.

As we handed the bags over to the Salvation Army, we captured just a few of the many dancers involved in making this donation possible. A big thank you to all of our dancers - donors, crafters, shoppers, bag stuffers and others. You are an amazing group!





## ***Thank you, Marilyn Wallace, a long-time and valued 50+ Member and Leader***

Marilyn Wallace has been teaching painting at the 50+ Activity Centre for 20 years, and she brings a fantastic, varied background of artistic endeavours to the class.

Between her jobs at Automatic, Compas, Brockville Cable, and raising her two sons, she still found time to return to school to study Office Administration and take art courses at St. Lawrence College.



After retiring in 2001, Marilyn joined the Shepherd's Centre to take classes in painting, crafts, belly dancing, and Tai Chi. The next year, Marilyn became the crafts teacher. Then she became the acrylics instructor and now hosts a class of 19. Students are given a picture to copy, (usually a landscape) with plenty of instruction and support, and the results are beautiful!

Marilyn was one of the three founding members of the Brockville Artists' Workshop that operated out of Victoria School before it was turned into offices. She sold paintings at shows and also displayed and sold works on display at an upscale downtown restaurant. Marilyn is still selling paintings, many of them commissioned portraits.

Paintings are not limited to only canvas: other sources include a gourd, stones, and wood. Last year Marilyn took up wood carving, and the progress and talent shown in that short time is amazing. Whimsical figurines, soapstone jewellery, and a remarkable cane are a few examples. She meets weekly with the St. Lawrence Wood Carvers and the Walker House Carvers (Prescott).

Marilyn's other big love is singing in the quartet, Fourtune Seekers, for the last 20 years, and the 1000 Islanders' Chorus for the last 38 years. This busy lady has dabbled in many crafty ventures such as pottery decorating and glazing, cake decorating, felting, and all kinds of needlework. Somehow, she still has time to indulge in her love of reading.

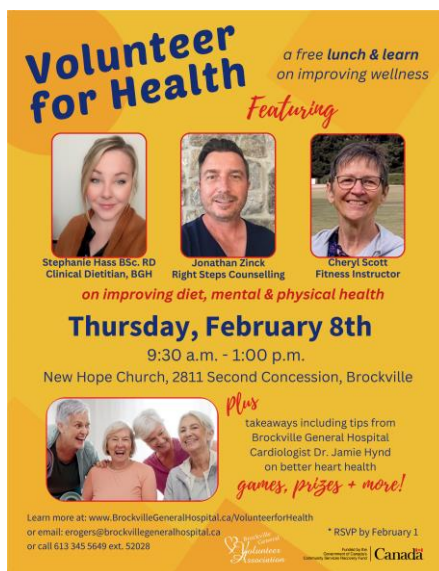
Like many of the 50+ volunteers, teaching classes is only one of the areas that Marilyn helps out the community. She has worked with Lyn School assisting with the reading program, the Christmas Store, and judging artwork at shows. She's worked with the Canadian Red Cross for years.

Marilyn is grateful for all the opportunities that life has thrown her way. The 50+ group can be grateful that she generously shares her expertise, love of learning, and time. Thank you, Marilyn!!




*Laurie Jeffrey interviewed Marilyn in January and contributed this article for our newsletter.*


# UPCOMING EVENTS IN BROCKVILLE




**Volunteer for Health** a free lunch & learn on improving wellness

Featuring

 Stephanie Hass BSc, RD  
Clinical Dietitian, BGH

 Jonathan Zinck  
Right Steps Counselling

 Cheryl Scott  
Fitness Instructor

on improving diet, mental & physical health



**Thursday, February 8th**  
9:30 a.m. - 1:00 p.m.  
New Hope Church, 2811 Second Concession, Brockville

Plus takeaways including tips from Brockville General Hospital Cardiologist Dr. Jamie Hynd on better heart health

games, prizes + more!

Learn more at: [www.BrockvilleGeneralHospital.ca/VolunteerforHealth](http://www.BrockvilleGeneralHospital.ca/VolunteerforHealth)  
or email: [erogers@brockvillegeneralhospital.ca](mailto:erogers@brockvillegeneralhospital.ca)  
or call 613 345 5649 ext. 52028

\*RSVP by February 1

**Volunteer for Health** is a free lunch & learn event for improving wellness, presented by the Brockville General Volunteer Association (BGVA).

Special guest speakers Stephanie Hass, BSc. RD Clinical Dietitian at Brockville General Hospital, Jonathan Zinck of Right Steps Counselling, and Fitness Instructor Cheryl Scott will be providing information and activities on improving diet, mental and physical health. This is an exciting opportunity to learn, meet new friends and network with current volunteers of the BGVA.

Plus, there will be tips from BGH's cardiologist Dr. Jamie Hynd on better heart health and a healthy delicious lunch to follow. It will be a fun morning with games, prizes and surprises!

Community members are encouraged to sign up soon as there are limited spaces.

Contact **Liz Rogers** at **613 345 5649 ext. 52028** or email [erogers@brockvillegeneralhospital.ca](mailto:erogers@brockvillegeneralhospital.ca) by February 1st

...or book your seats through Eventbrite to reserve your spot!

<https://www.eventbrite.ca/e/volunteer-for-health-tickets-780740886007?aff=oddtcreator>



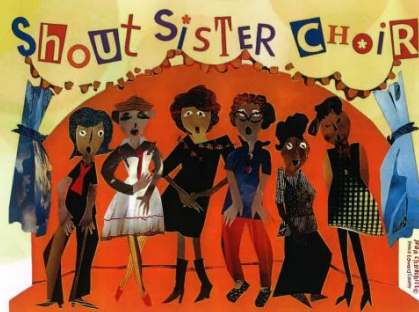
**BROCKVILLE MUSEUM**  
5 Henry Street, Brockville, Ontario K6V 6M4  
Tel: 613-342-4397  
Email: [museum@brockville.com](mailto:museum@brockville.com)  
[www.brockvillemuseum.com](http://www.brockvillemuseum.com)

**Thursday, February 8<sup>th</sup>, 2024 at 2:00 pm**  
**Brockville's Fraternal and Women's Associations**

Explore Brockville's fascinating social and industrial history with the museum's Community Program Coordinator on the second Thursday of the month at 2pm, featuring a different topic each month. Talks last about 45 minutes. Participants are encouraged to share their own stories and ask questions. \$5/person (+HST). Includes tea. Join the Community Program Coordinator as she gives an overview of the fascinating history behind some of the men's and women's organizations that have contributed to Brockville's cultural life. Covid protocols continue to evolve. Masking is optional at this time. The room is equipped with an air purifying system. Participants assume all risks with attending. Advance reservation is not required, but capacity is limited. If you would like to ensure your seat in advance, please contact the museum by phone (613-342-4397) or email [museum@brockville.com](mailto:museum@brockville.com)

## Performing live at First Presbyterian Church

Sunday, February 18th at 2:00pm  
10 Church Street, Brockville



In support of  
**Habitat for Humanity**<sup>®</sup>  
Thousand Islands

Admission by donation to Habitat for Humanity Thousand Islands

## SENIORS' CENTRE WITHOUT WALLS

Seniors' Centre Without Walls (SCWW) is a free, interactive telephone-based group activity program that connects seniors and older adults 50+ to enjoy activities from the comfort of their home. This program is offered through Walker House Adult Recreation Centre in Prescott and you do not have to be a member of Walker House to participate.

The following is a list of upcoming sessions.

**Monday, February 5 & February 26 @ 10:00 a.m. Monday Morning Mindfulness.**  
Una Rhodes will lead participants through mindfulness exercises.

**Friday, February 9 & February 23 @ 10:30 a.m. Faith Lift.**

Reverend Tracey Smith is a former Prescott Anglican Minister who is now working in Newfoundland. Get uplifted with her words from the Bible.

**Thursday, February 15 @ 10:00 a.m.**

Veronica Burchell, President of Fort Wellington Branch 97, Prescott Legion, will talk about events and activities that are taking place at the Legion.

**Tuesday, February 20 @ 1:30 p.m.**

Art Talk by Art Gallery of Ontario

**Thursday, February 29 @ 10:00 a.m.**

BINGO - Contact Walker House at (613-925-5300) to receive your BINGO card.

If you would like to participate in any of these sessions phone **613-975-0081** and enter the **passcode 595056#** on your phone when prompted. Call approximately 5 minutes before each session to be connected. If you have any questions about the program you can call Walker House at 613-925-5300.

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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