



NEWSLETTER

March 2024



50+ Board of Directors



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Carmen Grosse



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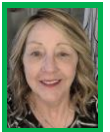
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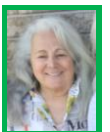
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Member at Large:
Julie Daxon



Member at Large:
Maryann Daoust

Message from our President

Spring has sprung and there are only two months left to the semester. Where does the time go? Time seems to be flying and with that, the Board is focused on the AGM on May 1 and everything that entails.

We will be showcasing our artworks and music programs once again. For me, this was the highlight of the year. What talent we have. It brought out the party in everyone, and I finally figured out why everyone is taking drumming classes. I can't wait to take in this year's event. It will be held in the gym at Wall Street United Church from 1 PM to 3 PM followed by the Mayor, who will speak in the gym rather than at the AGM due to time constraints. Be sure to come out and meet some of your fellow 50+ers and enjoy the good times.

The Annual General Meeting will be held in Heritage Hall, starting at 3:30 PM. Refreshments will be served. This is a good opportunity to meet your Board and other members of our great community.

We are still looking for new Board members to fill the spots of those who have completed their mandates. So, think about how you can give back to this community. Either call the office (613-345-2412) or send an email to fiftyplus@myhighspeed.ca specifying your interest and a little information about yourself. Please put Nominating Committee in the subject line.

I hope to see you May 1st.

Carmen

Message from our Activity Director

The Board members have been busy since the start of this semester working on our Strategic Plan as well as forming various committees to keep up with the growth of Brockville 50+. I have been juggling several tasks while sitting on various committees and forming a Special Events Committee. We will be brainstorming ideas for one-time events that would be of interest to the 50+ community. Hopefully we will have time to hold something before the end of this semester. Otherwise, plans will be made for Fall special events. Ideas include the list received in last spring's survey, but if anyone has an idea for a great bus trip, send me an email.

I have gotten permission from activity leaders to visit classes to take a short video to add to the descriptions on our website for the Fall semester. Prior to this happening, the leader will bring it to the class's attention and anyone who is not in favour of having their image on the website can approach when I arrive. These videos will give newcomers a better idea of what each activity is all about. My focus is going to be on just that, not people's faces. I look forward to visiting your class. Email me at activitiesdirectorville50plus@gmail.com

Gail

Exploring Activity Options

Introducing Moyra Riley



Starting this month, Moyra is contributing articles about our Activity Groups, written from a different view! This lucky gal will be a “visiting participant”, travelling to one class after another. *Dream (volunteer) job, huh?* As a one-time ‘insider’ she will get the scoop and share it with us all through her reports.

Moyra was born in Saint John, New Brunswick and moved to Brockville in 1987 to begin her career as a Chemical Engineer at DuPont. In 1991 she changed careers, and after attending Teachers College at Queens, spent the rest of her working life teaching high school Chemistry and Math, primarily at South Grenville District High School. She joined 50+ in 2022 and has been a member of Mosaics since then.

Here is Moyra with her 38 string harp Peggy (short for Arpeggio). This beautiful Celtic lever harp was built by Tatt Stanley of Kingston, Ontario.

Fit Over Fifty - Wednesdays and Fridays 9 am

Leader: Lucie Stein

Hello!....Moyra here.

This is the first of many articles I will be writing for you to get a better idea of what’s going on in all of those classes you were always curious about. Many of our leaders have graciously invited me to attend their classes for a day and write about my experience. So, no holds barred. Even though I don’t know a word of Dutch, I’m eager to visit with them, and...bonus...I hear they have great snacks!

I’ll be approaching these classes in a way that alternates the broad categories of Body, Mind and Spirit. Brockville 50+ has so much to enrich every aspect of our lives. We are fortunate indeed!

First up we have Fit Over Fifty, led by Lucie Stein. Well, what a fun day I chose to attend this class. They were all decked out in their funkiest Irish wear, and Lucie managed to include some Irish jigs into the routine. The gym was packed, which gives you an idea how much members enjoy Fit Over Fifty and Lucie’s teaching.

Now I’ll be honest. While exercise really should reside on my Must Do list, more often than not it is relegated to the Should Do list. I was a little nervous that I wouldn’t be able to keep up. Lucie has lots of modifications for those with physical constraints, and the moves can be easily adjusted to be more or less vigorous. Thankfully, I had my 80’s and 90’s history of grooving with the likes of Jane Fonda, Cindy Crawford and Billy Blanks. That helped me to catch on to the footwork. Unlike Jane and Billy though, Lucie doesn’t lie. When she says four more, it really is four more...if you can. Had I been in class from the start, I know the routines would have been slowly built so that no senior is left behind. This senior made out pretty well and had a lot of fun in the process!



There was a great balance of cardio, stretching and light hand weights. We all need the cardio to keep our hearts healthy, stretching helps us to prevent injury in class and in life, and the weights help us to keep those muscles strong as we age. Gail says she really appreciates this versatility and Lucie’s keen attitude. Sharon relates that, since starting Lucie’s class, her health has improved dramatically, and her doctor is pleased with her progress. Lucie even gave her some great exercises to relieve her sciatica. In Lucie’s own words: *“Exercise is not about working out, but about living joyfully.”*

Here’s a video peek at Fit Over Fifty: <https://youtu.be/qlsPyHlpiPQ?feature=shared> This article was contributed by Moyra Riley

Beginner Drumming – Tuesday

Leaders: Sue and Ron Smith

This month we continue our exploration of the many activity options available with Brockville 50+. Continuing with our broad themes of Body Mind and Spirit, the beginner drumming class focuses on the creative spirit and using the body to make a joyful noise.

Be careful what talents you reveal around these parts. Sue and Ron Smith have been drumming for 15 years. Our President Carmen heard this couple play a couple of songs on their Djembes, and the next thing you know they were teaching a beginner drumming class beginning in the fall semester of 2022. We are lucky to have them, as drumming is popular enough to warrant three different classes.

What a hoot I had participating in Beginner Drumming. I arrived early, and Sue and Ron went over some of the basics with me. They are generous and skilled teachers. We used African drums called djembes. I dove right in, with Sue's encouragement, and the fun began as we practiced three songs in preparation for the May AGM performance. As long as I kept my mind out of it, I was immersed in the rhythm. As soon as I thought about what I was doing, my hands were all a fumble. I found the class as good as meditation in terms of keeping me in the moment.

My favourite piece was Akiwowo (Chant to the Trainman). I could just feel the wheels turning as the train left the station and gained momentum, only to fade in the distance with a haunting whistle.



Janet shared that the class is a lot of fun and leaves her feeling energized, and that Sue and Ron are very patient. Jo Anne, who shared that she had no previous musical background, was looking for something fun and new. She scored a home run with Beginner Drumming.

According to Sue, beginners needn't worry about lacking musical experience. She told me that once you lock into the rhythm, the sound of the group will carry you along. If you would like to join in this enriching activity next semester, Sue and Ron will welcome you. In the words of Sue and Ron: "*What? No rhythm? We can fix that!*"

This article was contributed by Moyra Riley



Let There Be Light!!



A shout out of a big **THANK YOU** to *Rem Burns, Ross Thomson and Chris Leclair*, for keeping the lights on at the Salvation Army. Rem arranged for the equipment and manpower necessary to get all the lights back in working order in both rooms that we use for 50+ activities.

Much appreciated. **Thanks guys!**

Fun stuff happening in our Activity Groups!

Acrylic Art – Wednesday

Leader: Marilyn Wallace

The Acrylic painting class has completed our "Rock's on the St. Lawrence" pictures. The pictures here are some of the results. The next picture we will work on is of a pond with lily pads.



Art Studio – Intermediate – Tuesday

Leader: Karen Gregus

Some of our Tuesday art group are progressing with watercolour lessons with all kinds of spring flowers and new techniques being learned. Our other artists are doing flowers, seascapes and landscapes; anything to make us feel like spring! We have fun creating our art together. It is so inspiring to be with such a wonderful group of liked-minded individuals.



Book Club - Thursday

Leader: Gael Bullard



At the request of the Brockville library, this semester we are continuing to read older books that we missed when they were first released. January's selection was *The Underground Railroad* by Colin Whitehead. It is about conditions experienced by slaves over two hundred years ago. Some parts are difficult to read because of the extreme cruelty many experienced.

This month we are reading *The Runaway Jury* by John Grisham. For most of us who have not served on a jury, it is informative of the duties and expectations of the jury. There are some unexpected events that lead to an exciting if far-fetched conclusion.

We have two new members who are adding new perspectives to our discussions, which are really welcomed.

Reading broadens our outlook, expands our knowledge and is a pleasant way to pass the time. I believe that with all the choices of books, there is something for every person of every age and background to enjoy.

WANTED!!!

- Nominees for the 50+ Board.
- We especially need candidates with Financial or Clerical skills.



☆ **Would you like to nominate yourself or another 50+ Member to be a Board Member?**

☆ **Please email the office** fiftyplus@myhighspeed.ca and enter “Nominating Committee” in the subject line &/or **call 613-345-2412 to leave a message** for the “Nominating Committee”

The Nominations Committee will be happy to explain the nomination and election process and what is involved in being a 50+ Director.

Seniors Low Impact Exercise – Monday

Leader: Julie Daxon

The Monday exercise class celebrated the Irish and dressed accordingly in their “Greens”. Exercising to Irish music and laughing through Irish dance moves, fun was had by all!



Yoga Pilates Intermediate

Leader: Kim Wark

Members have been very supportive as I recover from unexpected surgery in February. A shout out goes to Lauren and Shenda, members who stepped up to lead beside me and demonstrate a lot of the poses I couldn't do for a few weeks. It's important that we listen to our bodies and not re-injure or newly injure ourselves, and that includes me, the instructor. We've had some new members join our group! We have foundation poses and stretches that repeat week to week, while also dropping and adding a few poses for variety. In just two months, members have made amazing progress with their warrior and balance poses. It's hard to make time to stretch an hour yourself, which is why we can accomplish so much more as a dedicated group. Our momentum and enthusiasm lead to noticeable gains.

Beginner Conversational Sign Language

Leader: Ruth Baxter

American Sign Language (ASL) is the language of most Deaf Canadians. It is a visual language made up of specific gestures (signs), hand shapes and facial expressions. It has its own unique grammatical rules and sentence structure. This beginner course is designed to introduce students to ASL. Concepts discussed relate to people, places and things within the immediate environment. Students learn to handle basic, everyday communication such as exchanging information, identifying and describing others, and asking for clarification. Sign Language is *fun!!*



Music Jam – Wednesday

Leader: Wayne Bullard

This semester the Music Jam activity moved from WSUC on Monday to the Masonic Hall on Wednesday afternoons from 1:30 to 4pm. It's an ideal location with lots of parking and a side door at the same level as the room for anyone carrying heavy instruments. Unfortunately, over the past few months the participation has been decreasing and members aren't coming out to jam as often.

If you are a musician playing any type of string instrument, keyboard, harmonica, etc. and like to get together with fellow musicians to harmonize, please consider giving this activity a try. You can join the activity for the rest of this semester whether you are a member or not. (Non-members will require completing an application and paying.) Music Jam has been a popular activity group for many years. We would hate to see this activity dropped at the end of the semester. Come on out and join Wayne and the gang!





The event of a lifetime will occur on Monday April 8th when the moon passes between the earth and the sun to create a solar eclipse. Brockville has the rare privilege of being in the path of totality. The moon circles the earth in an elliptical orbit and during this eclipse it will be on its closest approach, resulting in a perfect eclipse. Starting at 2:10 pm the light will start to dim until at 3:24 pm totality happens for 2 minutes and 47 seconds. Street lights will be on, the temperature will drop about 5°C; the planets and stars will be visible and the birds start to chirp, thinking that its night.

The Aquatarium has obtained 25,000 pair of eclipse glasses that they will distribute from Blockhouse Island. This is the only safe way to observe. The Island will be closed to vehicular traffic that day. Paul Bullock will be there with an appropriately protected telescope for solar viewing. Another astronomer is bringing a camera/telescope combination and plans to project a large image onto a screen.

We hope to see you there on April 8th. Parking in the area will be at a premium. The next Canadian eclipses will be in 2033 and 2044.

This article submitted by astronomy enthusiast Paul Bullock

Getting to know our terrific Volunteer Leaders

Glenn Davis

Beginner Guitar - Tuesdays

Born in North Bay, Glenn has moved around quite a bit. His family settled in Ottawa, and Glenn studied at Algonquin College to become a surveyor. This job took him to Yellowknife for ten years and then to Calgary. There he switched from surveying in the field to doing mapping in an office. He retired to Athens nearly three years ago.

Glenn joined 50+ in 2022. Last year he was asked to lead the 50+ Beginner Guitar class, and he signed up as Leader again this year. His experience playing guitar for more than fifty years makes him very qualified for the post. He also plays a number of other instruments including drums, banjo, ukulele and mandolin. Bluegrass, blues and rock are among his favourite genres. Glenn runs open mic nights at the Bastard Cafe in Delta, facilitating and supplying equipment. If a group is missing a member, his expertise on so many instruments allows him to stand in as needed, even with vocals, occasionally.

In addition to music, Glenn joined the Spanish Conversation class last year. Past trips to Mexico, Cuba, Costa Rica, Galapagos and Ecuador sparked an interest in the language. Glenn's clever wit and wonderful sense of humour keeps the class in stitches. He enjoys learning new skills in a group setting, and the spirit of community as all the students assist each other.

Last year Glenn took on a new family member, Ernie the dog, who is now nine months old. This has re-ignited a love for hiking and spending lots of time in the woods, particularly the Mac Johnson Wildlife Area.

Although he did scuba diving while up north, Glenn is not keen to repeat the experience in Canada's frigid waters. Future diving endeavours will be limited to the Caribbean, hopefully in Spanish-speaking locales so he can practice all his new conversation skills.

Glenn believes the 50+ Group is so popular due to the large variety of classes that are offered to a very significant senior population in Brockville. Many thanks to Glenn for helping to make this happen!

This feature article was written by Laurie Jeffrey, who had the pleasure of interviewing Glenn.

The Easter bunny will arrive soon!



Classes at **WSUC** on both Good Friday and Easter Monday are cancelled, as the church will be closed.

Salvation Army is open Good Friday. Ukulele and Line Dancing participants: be sure to check with your Leaders as to whether there will be a class on Friday March 29th.

There will be no classes at Salvation Army on April 1st, Easter Monday.

Message from your Newsletter Editor

As always, I hope you really enjoy our newsletter!

Easter weekend is coming up, so I've decided to share a personal Easter story. Here goes.....

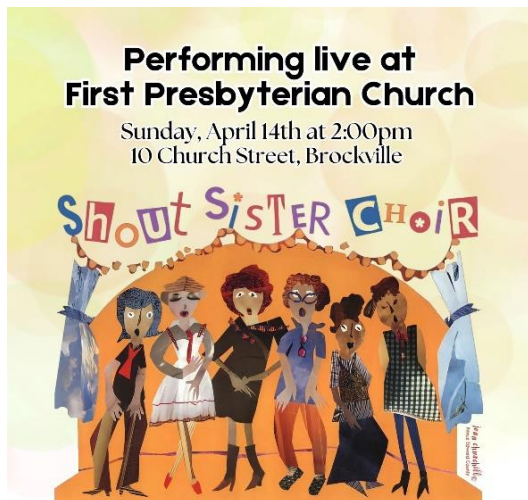
For over 60 years I've been trying to break a habit of eating the Easter treats that I bought to give to family and friends, before Easter arrives. This year, I said to myself: "Self: embrace your traditions!"

Happy Easter to each and every one of our subscribers.
Save some Easter treats to share with people who are special to you!

Rosalie Morris-Spencer



Don't miss these upcoming events in Brockville!



In support of
Habitat for Humanity®
Thousand Islands

Admission by donation to Habitat for Humanity Thousand Islands



ConnectWell Community Health
in partnership with Canada Revenue Agency

Community Volunteer Income Tax Program

FREE INCOME TAX RETURNS
for modest income families/persons

March / April 2024 virtual and in person clinics

- Trained volunteers will be in your community to complete tax returns in person or over the phone.
- Completing your tax return could entitle you to government \$ benefits, including child tax credit, trillium & housing application programs.
- Don't forget to bring or have your Social Insurance Number, T4's, rent receipts and medical expense receipts.
- We can file previous years too!

CALL 613-257-7121 or 1-800-667-2617 Ext. 3200



Mahjong Open Play

Thursdays, 12 - 2:30pm
at the Brockville Library



The Brockville Public Library and the Upper Canada Musicians Association have teamed together to celebrate **Jazz Appreciation Month** and the UCMA's 100th Anniversary. Every Tuesday Night at 7:00pm during the month of April 2024, the Brockville Public Library along with the Music Performance Trust Fund and the Upper Canada Musicians will be hosting 5 live jazz performances upstairs in the Brockville Public Library free of charge to the public. Come and see and hear some great Jazz Performances from:

- April 2nd - The Maurice Lemieux Trio
- April 9th - The King of Swingers
- April 16th - The David Druce Sextet
- April 23rd - Sue Baker and her Rhythm Makers
- April 30th - The Matthew O'Halloran Trio

All shows start at 7:00pm and are about an hour long.

*Don't forget, all the performances are
FREE!*

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

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

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