

NEWSLETTER

April 2024



50+ Board of Directors



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Member at Large:
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Message from our President

Dear Fifty+’ers,

As spring comes into bloom all around us, we see our activities slowly winding down as leaders and participants get involved in outdoor activities like golfing, gardening, and enjoying the beautiful weather. It is still spring, so some days are better than others. It is snowing on my daffodils and crocuses as I write this. Go outdoors, if you can, and look around at our little piece of paradise on the St. Lawrence River, here in Brockville.

As we move into April and May, we also look towards the future of our organization. The Brockville 50+ Activity Centre has thrived due to the dedication and passion of our leaders and board. As eager participants we invite you to consider taking your involvement to the next level by joining the Board of Directors.

Serving on the Board is a fantastic opportunity to give back to our 50+ community and contribute to the continued success of our Centre. Your ideas, experiences, and leadership can help shape the future direction of our organization and ensure that we continue to provide valuable programs and activities for years to come.

If you’re interested in becoming more involved and joining the Board of Directors, please don’t hesitate to reach out. Call or email the office (613-345-2412 or fiftyplus@myhighspeed.ca). Together, we can make a difference and continue to create a vibrant and engaging community for all.

Carmen



BROCKVILLE
50+ Activity Centre

**Activities Showcase
& Annual General Meeting**
Wednesday, May 1st, 2024

Performances 1:00 pm to 3:00 pm WSUC Gymnasium	AGM 3:30 pm WSUC Heritage Hall
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Members, family and friends are invited to Brockville 50+ open house to experience some of the many artistic talents. Following the show members are encouraged to attend the AGM.

Performances	Special Guest Speaker
1:00 pm — Line Dancing	3:00 pm — Mayor Matt Wren
1:15 pm — Harmonica	
1:25 pm — Drumming Circle Beginner	
1:35 pm — African Drumming	Artistic Displays
1:50 pm — Drumming Circle Intermediate	• Acrylic Painting
2:05 pm — Beginner Plus Guitar	• Art Studios
2:15 pm — Acoustic Guitar	• Mosaics
2:30 pm — Music Jam	• Quilting
2:45 pm — Ukulele	
2:55 pm — Ensemble	



ANNUAL GENERAL MEETING Proposed AGENDA

1. Call to Order
2. Approval of the Agenda
3. Approval of the Minutes of Previous Meeting
4. Approval of the 2023-2024 Financial Statements
5. Waiver of Audit for 2024-2025
6. Motion to change By-Law 5.2(a) *from*: "The board is made up of 9 directors" *to* "The board of directors (the board) shall consist of no fewer than five (5) or no more than eleven (11) persons."
7. Report from the Board of Directors
8. Presentation to out-going Board Members
9. Election of Directors to the Board
10. Other Business
11. Adjournment

All members are invited to attend the Annual General Meeting. It is an opportunity to meet the Board and get involved! Register by email fiftyplus@myhighspeed.ca The Board will provide a financial update, introduce the present Board members, those who are finishing their term and introduce those who have been nominated to sit on the Board.

Message from our Activity Director **A Sad Farewell to Leaders**

As we get closer to the end of the Winter semester, there are always changes that happen as we look towards the next semester, and with those changes leaders do go their separate ways. We truly appreciate all volunteers who dedicate every week from September to May to lead one of our many 50+ activities which are enjoyed by all. As we come to the end of this month, there are some people I need to recognize and thank.

It may be quite a surprise to many that we will be losing our dear exercise leader Lucie Stein. Lucie has been teaching Wednesday and Friday fitness classes for 10 years. That is a very long time to dedicate to our organization. We cannot thank Lucie enough for her time, her energy, and her love to provide this highly appreciated and much sought-after activity by so many. Anyone who has participated in her class never knows from week to week what the music will be or the routine, and she never loses sight to celebrate a festive occasion with quirky dress ups and fun dance moves. Although she is leaving Brockville 50+ she is not leaving WSUC. Lucie has decided to answer a calling that she has felt to lead a more devotional type of exercise classes at WSUC. Thank you, Lucie, for your many years of providing multiple members great joy in strengthening their bodies.

Mahjong is getting a change in leaders. Both Peri Howlett and Karen Mahon have been leading the class these past few years, and they have decided to turn the leadership over to some of their students. Thank you, ladies, for volunteering your time and keeping this well attended activity going. We welcome Denise McNish, Colleen Quinn and Suzanne Palmer who will as a team be there to teach new students the game and organize play in the Fall.

Another loss to Brockville 50+ is Glenn Davis. Glenn joined us to lead beginner guitar and was praised by anyone who participated in his class that he was a very good teacher, and all learned much under his leadership. We hope to be able to find a leader that can teach beginner guitar to keep this activity going, so stay tuned for the Fall and see what surprises there will be. Thank you, Glenn, for volunteering and getting many people tuned into music.

Gail

Many thanks to our outgoing President

Carmen Grosse



In 2018 Carmen joined the 50+ Activity Centre, and only two years later she had taken on the role of president during what had to have been the most trying time in the history of any organization thanks to COVID. When she first joined, Carmen began volunteering in the office with various duties. This led to her joining the Board in the position of Newsletter Editor right about the time that there was a big exodus of Board members leaving some serious gaps. She stepped into the presidency when no one else stepped up.

Under Carmen's leadership, in 2020 a new location was found, (the old NAPA building at Perth and Brock), to hold classes when the church closed its doors. New policies regarding vaccinations and masks had to be invoked. Once operations moved back to the church, activities had to be staggered to reduce contact among different classes. (At the time, Carmen was the Activities Director in addition to being president, so this complicated job fell on her lap).

Membership dropped from about 450 to 250 participants, and Board members were scarce. Keeping everyone safe was the primary concern and a source of many sleepless nights. But the organization kept running.

It is a testament to Carmen's drive and her deep-seated conviction of the importance of the 50+ Activity Centre that numbers started to grow again. Today there are 681 members taking about 1500 classes. More new venues were found to house some of the new courses. Old Board positions have been filled and new ones created.

Carmen has had some great support during her presidency. Some shuffling of Board positions has made sure that the transition to a new leadership will be smooth, and she is ready to offer a hand to the incoming president the way that past presidents helped her.

Throughout this demanding four-year term, the gratitude and positive feedback expressed by random members has been one of the greatest rewards. Getting members to step up into Board positions and spending time socializing with leaders and members has been fulfilling. Enjoying the success of last year's in-house registration and the Annual General Meeting activities were definitely some highlights of her term.

Carmen will be stepping back from all aspects of the Board, but she will still be busy with 50+ activities, filling her time with some new classes, old classes, and when she's not in a class, you can look for her in her garden.



Laurie Jeffrey interviewed Carmen in April, and contributed this article.



If you haven't heard, Brockville will be in the movies again! Court House Avenue in Brockville is about to be transformed into a wintery wonderland for the upcoming film production of Love at Frost Sight.

The production crews began setting up for their shoot in the Courthouse area last week. The filming area has barricades set up and is off limits to the public from now through May 11th, which will significantly limit parking space near Wall St. United Church. Some streets surrounding Court House Avenue will be unavailable for parking (especially Pine St. and George St.), and detour routes will be set up for traffic approaching the area from the north.

Yes, there will be an impact on parking space near our activities and our AGM, but we'll work through it as best we can. You will not be able to drive up or down Courthouse Avenue, but you will still be able to drive on Wall Street to drop people at the front door of Wall Street United Church.

For more information, view the map below and go to *(Ctrl+Click to follow the link)*:
<https://brockville.com/announcement/upcoming-film-production-on-court-house-avenue/>

Let's all work together to resolve the parking crush in the WSUC parking lot and at the metered parking in front of the church:

- Please leave the parking space at WSUC for those who need it the most, being those who are less mobile and those who are carrying equipment for their activity. If you are one of the more mobile of our group, please park further away and walk a few more blocks than you usually do.
- Reach out to any 50+'er who may really appreciate being picked and dropped off at the front door of WSUC.
- Arrange carpools to travel to your activities at WSUC, and to the AGM.

Please help in whatever way you can to make 50+ events accessible for everyone, and especially those who have mobility challenges.

WE CAN DO THIS!



***URGENT!* Our Board is in need of a Director who will serve in the role of Secretary. Are you interested? Please call 613-345-2412 or email fiftyplus@myhighspeed.ca and leave a message for the 50+ Nomination Committee. We'll get right back to you to arrange an interview.**

Getting to know our terrific Volunteer Leaders

Kim Wark - Yoga-Pilates Leader

Laurie Jeffrey interviewed Kim and contributed this article.

Kim is a Brockville native, born and raised here. She attended TISS, and then went on to Queens U. for two years, Brock U. for two years, and Teachers' College at U of Toronto.

Kim moved back to Brockville in the summer of 2023 after a long teaching career with the York Region District School Board. Living near water and extended family were the impetus. She taught English and French for 22 years at several high schools, the last 12 of them at a high school for sports. Ironically, she was not involved in the sports programs at the school, although sports are her passion.

A fitness fanatic most of her life and an instructor since 2019, Kim is certified with Canadian Fitness Professionals. She worked in GoodLife gyms in the York and Durham areas. She can teach any fitness class, her favourites being yoga, Pilates, core, weights, cardio boxing, and cardio low-impact/high-impact. When not in a gym, she is biking, running, swimming, cross-country skiing or kayaking. This summer she will be competing in four triathlons, including, of course, the 1000 Islands Triathlon held here.

Kim joined the 50+ group in September 2023. While registering for Advanced French she heard a volunteer lament the lack of yoga instructors, and the next spring, Yoga/Pilates Intermediate was offered under her expert leadership. Kim selects poses and stretches with easy, intermediate and advanced options that flow well together. Safety is very important. An online fitness subscription with access to thousands of workouts inspire her choices. Poses are added and dropped weekly so that it's never the same class, but members coming back after absences can easily follow along.

Currently, Kim works part time as a writer. A panel cartoonist for almost 30 years (toons.to/kimwark) she is published in a Minden newspaper and also sells online. Kim writes novels and plans to spend 2024 editing a mystery novel written a few years ago. Another interest is animal rescue, working with nearby wildlife rescue organizations and the local humane society. She is mom to a spoiled labrador retriever, who does an excellent downward dog.

Kim's 50+ wish list includes writers' workshops, an investors' group, and perhaps off-site groups, such as hiking or kayaking. She believes the 50+ Activity Centre is excellent value for the price and an opportunity to meet people, explore interests and make social connections.



Exploring Activity Options with Moyra Riley

Low Impact Exercise

Julie Daxon – Monday

This month we focus on the body, as I had the pleasure of participating in Julie's exercise class. Now, as I said last month, exercise doesn't make it onto my agenda nearly as often as it should. Perhaps this is all the Universe's way of sneakily coercing me to change this! I had a great time. Afterwards I wondered why I don't make like Nike and *Just Do It*.

Before class Julie had some great 50's music playing, and I saw participants begin to do laps of the gym as a pre-warm-up. When in Rome...I followed the crowd and couldn't help but dance and sing a little.

I found myself amazed at just how many different ways Julie found to have us move our arms to target different muscles as I experienced this well-rounded workout. The playlist was the Beatles. In my head I was singing along the whole time. Julie spends an incredible amount of time curating music to develop the perfect playlists for the various exercises she wants to incorporate. We had some great laughs as well, especially during the balance training. I know I *wobbled like a Weeble*, but thankfully, also like a *Weeble* I managed to avoid falling down. Perhaps it was the white-knuckle grip I had on the chair. As a very clumsy person with inevitably aging bones, I truly appreciated the balance training portion of the class.

Carmen Tremblay related how much she enjoys the class and keeps up with her practice at home the rest of the week. She really appreciates how Julie gears the class to the 50+ age group, especially having just returned from a cruise where Carmen's classes meant trying to keep up with the show dance leaders! Keeping up at home is made easier by the simple exercise aids that are employed in class. I think the ball exercises were great for my tendinitis. Now to get my dog's permission to borrow his ball.

Julie's qualifications and training are courtesy of Western University's Canadian Centre for Activity and Aging. It is a rigorous program that requires recertification every two years. We should all be very appreciative of the time, dedication, and money Julie and other fitness instructors put into learning to safely lead us in practices that keep us well.



This article was contributed by Moyra Riley

Fun stuff happening in our Activity Groups!

Yoga Pilates Intermediate

Leader: Kim Wark



Yoga Pilates continues into May; last class is Wednesday May 15th. Our yogis are working hard on their strength and flexibility. Shout outs go to our Most Flexible: Brian, Most Advanced: Lauren, Most Enthusiastic: Kathy, Most Dedicated: Nancy, Eda, Carson, Joanne and Sharon, Most Progress: Sharon Cameron, Frances and Denise. We have a few members with injuries/illness and a few members with other commitments--we hope to see you all back in September or sooner.

Mosaic Art

Leader: Rosalie Morris-Spencer



Splendid mosaic art is being created here in Brockville, and particularly by 50+ Mosaic group members!



Be sure to come to the pre-AGM Open House to see more of our Mosaic creations, and all the other great art that will be on display.

Quilting – Monday

Leaders: Theresa Iddon and Kathryn Nield

Our Quilting group continues to enjoy the new location at Masonic Hall, as evidenced by the many projects we are completing.

At the end of February we made almost 30 charity blocks using strips of fabric sewed using quilt-as-you-go. Lisa has been diligently working to join the blocks with strips of sashing, and has almost completed one beautiful quilt.

Gael has taught us 3 new blocks: the Hunter star, Opt-in Opt out, and the Whirling star. It's always nice to see new patterns. Because of her experience, she has also showed us ways to save time with the cutting of the fabric for these blocks. These methods make it so much easier.

At the end of March we used children's fabrics to make our charity quilt blocks. It was wonderful to work with such vibrant colours and designs. There were enough blocks completed to make at least 2 quilts.

Art Studio – Intermediate – Tuesday

Leader: Karen Gregus

Tuesday Art group started Spring off with a total out-of-the-box art experience. One of our members taught us how to finger paint with acrylic paint on canvas! Yes, we went back to our childhood and got messy! It was fun and freeing, and everyone agreed it was a really super afternoon.



Pat Long



Jackie Biggs



Martha Drake

Message from your Newsletter Editor

Rosalie Morris-Spencer

Thanks to Laurie Jeffrey and Moyra Riley for contributing stories to the newsletter this month! Would *you* like to contribute an article about your 50+ experience, or how about submitting a recipe, some Brockville information, or some helpful hint? If you're not comfortable to write the article yourself, but you would be agreeable to an interview with one of our newsletter team then writing an article, *please write to me!*

Don't forget!...let me know what *you* would like to see in *your* newsletter!

brockvillefiftyplusnewsletter@gmail.com

Rosalie

Don't miss these upcoming events in Brockville!

On Thursday May 9, 2024, the **Brockville General Hospital Volunteer Association (BGVA)** will be hosting a **free lunch and learn event** with guest speakers connecting learning and laughter with the benefits of volunteering at the Brockville General Hospital. There will be opening remarks by BGH's Nicholas Vlacholias and lunch provided in an atmosphere where guests can meet new people and learn about the BGVA community and volunteering opportunities.

Speakers will include Mark Weir, a Senior Learning Consultant at Algonquin College, who will talk about developing and learning new skills through volunteering. Carly Baker, comedian, will talk about finding the laughter in your life, and Liz Rogers, Volunteer Coordinator at BGH, will talk about various roles volunteers play at the hospital.

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 by **May 1st** to reserve your spot! You can also book your seats for the event through Eventbrite: <https://www.eventbrite.ca/e/spring-into-volunteering-tickets-863931551527?aff=oddtcreator>



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



Approximately 40% of Ontarians age 15 and up don't have the literacy skills they need to function and thrive in their life.

You can help make a difference!

Literacy Link Eastern Ontario is recruiting volunteer members for our Board of Directors. As a member of our Board of Directors you'll use your commitment to equity, diversity and inclusion, experience and skills in finance, skilled trades, administration, or education to help support adult literacy learners and educators helping us achieve our mission.

As a nonprofit charitable organization funded by the Ontario Ministry of Labour, Immigration, Training and Skills Development we coordinate adult literacy services, provide professional development and resources for literacy educators, and promote adult education and skills development in Eastern Ontario. Our mission is to connect and support literacy service providers and learners with outstanding literacy services in Ontario. Time commitment: 4-6 hours a month

Contact us if you're interested: info@lleo.ca or 613-340-3083

Swing into Spring

as YOU DANCE with the
visiting Square Dancers

Saturday, May 4 at 1:30

Thousand Islands Secondary School
2510 Parkdale Ave, Brockville, ON

Join us at the front door, weather permitting
(indoors otherwise)

Everyone is invited –

young or old (less than 16 yrs must bring an adult),

alone or together, musical or not,

you can do this, and it's FREE!

We'll show you how much fun dancing is!

This free show-and-tell is a \$10 fee (one per person, varies from \$5 to \$10)

Visit lleo.ca for more information and a list of clubs in Eastern Ontario.

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

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

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