

NEWSLETTER

May 2024



50+ Board of Directors



President
Tom Beach



Vice President
(Vacant)



Treasurer
Kelly Potvin



Secretary
Karen Kerr-Kennedy



Activity Director:
Gail Coville
activitydirectorbrockville50plus@gmail.com



Office Manager:
Sharon Kaesler
fiftyplus@myhighspeed.ca



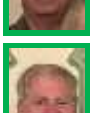
Newslettter Editor
Rosalie Morris-Spencer
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Member at Large:
Julie Daxon



Member at Large:
Carson Kilpatrick



Member at Large
Rick Fry



Member at Large:
Carl Insley

Message from our Incoming President Tom Beach

Hello all,

If there is a theme to this message, it is change. Brockville 50+ has undergone a lot of changes in the past couple years, and there is definitely more change to come.

At our AGM on May 1, we bid farewell to four Board members. Our thanks and appreciation to President Carmen Grosse, Treasurer John Pyl, Secretary Lorraine Buck and Wellness Committee Chair Maryann Daoust for their commitment and support to Brockville 50+.

Welcome to new Board members Kelly Potvin, our new Treasurer; Karen Kerr-Kennedy, our new Secretary; and to Members at Large Carl Insley, Carson Kilpatrick and Rick Fry. Thank you to Board members Julie Daxon, Sharon Kaesler, Rosalie Morris-Spencer and Gail Coville who are providing continuity to the organization and guidance to the new Board members.

The process to register for an activity is also changing with the focus on an online application system. For those who prefer an in-person option, there will be two in person opportunities where they can talk to a Board member or volunteer to complete the application.

Our website is also undergoing changes to improve and expand its functions and to make it more user friendly.

There is a lot of energy and excitement in Brockville 50+ as seen at the Showcase and AGM. We are becoming better known in the community, we are larger than we have ever been, and we offer many more activities than we ever imagined. What is most amazing is that Brockville 50+ Activity Centre is run entirely by volunteers on an extremely low budget. I am continually amazed at how fortunate we are to have skilled people step forward to share their expertise as a Leader, Board member, Committee member or a Volunteer. Thank you all!

As we celebrate our success, it is a fitting time to remember Marian Rafferty, a long-time member and strong supporter of Brockville 50+. A tribute to Marian is taking place this Saturday, details are in the link below.

<https://barclayfuneralhome.com/tribute/details/3896/Marian-Rafferty/obituary.html>

Tom

Annual General Meeting Report from the Board

by Carmen Grosse

May 1 2024

Over 75 people registered to attend the AGM. That must be another record for this fabulous organization.

Our activities are the backbone of the Brockville 50+ Activity Centre. This year we have a new Activity Director, Gail Coville, who quickly got to work making a name for herself. We have 49 activities this semester and will exceed 50 next year. Sing-along and Bridge are two that are returning and at least one or two new classes will be added to the offering as well.

Our enrolment numbers are on the rise with nearly 700 participants taking a total of 1454 classes. This is a significant increase from the challenging times we faced during the first year of the pandemic, when our enrollment was as low as 280.

Our leaders are the heart of the organization, and we are grateful for their dedication. Lucie Stein, long-time Senior Low Impact Exercise instructor, is stepping away after 10 years of dedication. I don't think there is a leader more admired or respected and we thank her for all she has done over the years.

And what about that entertainment and artwork prior to the meeting? Didn't that knock your socks off? And what about the talent? It is inspiring to see how talented our leaders are and how they channel their knowledge to their participants. Well done all! And a big thank you to Polly Beach for being MC.

I've received numerous compliments about our leaders this year. I would like to especially acknowledge Francine Larochelle, our French teacher, who has made language learning fun and made it possible for her students to progress quickly. Also, Julie Daxon, who is making exercise available to all – especially in the lunchtime slot. Janet, Holly and Joan also deserve a round of applause for their clever, energetic and fun classes, as well as the sense of community they have fostered. They, along with their dancers, assisted the Salvation Army in making Senior Christmas Gift Bags for three years running. This year they raised and spent around \$1400 mostly on local products to make up 68 bags. Additionally, thanks to Mike Libbos's encouragement, we had a record number of 50+ers volunteering to man the kettles for the Salvation Army. A special thanks to all the Tai Chi people that participated.

Looking ahead, our Strategic Plan was presented in November, and approved by the Board. Since then, we have made upgrades to the website and expect more to come in the coming months. An on-line registration will be implemented for the fall registration. While I'll miss the energy of registration day, I'm excited to see the benefits this new system will bring.

On a more personal note, my 4-year term is coming to an end, and I'll be stepping down to make way for Tom Beach to take over. Tom has many plans for the future of the organization, and I have no doubt that he and the new Board will lead us to even greater heights. I want to thank all the Board members, leaders and participants who have made my time as president so special. And to Lorraine Buck and John Pyl – couldn't have done it without you! It has been an honour to serve this community. Thank you for your continued support of the Brockville 50+ Activity Centre. Here's to another successful year ahead.

Carmen



Our New Board!

Welcome to our new Board Members: Kelly Potvin, Rick Fry, Carson Kilpatrick, Karen Kerr-Kennedy and Carl Insley



Our Old Board

Farewell and many thanks to: Lorraine, Carmen, Maryann & John

Annual General Meeting Showcase of Art and Talent



"Thank you and Farewell" gifts were presented to Carmen. She loves Tai Chi, and was pleased with her Yin Yang mosaic stepping stone, a gift from the Board. She was also delighted with the quilt that the Quilting Group made for her!



Message from our Activity Director

Gail Coville

As the winter semester wraps up, I'm looking ahead to our next semester and what's going to be coming in the Fall. First, I want to tell you about the new Special Events Committee that was formed these past few months, and some special events they are planning to offer members outside of the regular activities. On **Thursday, September 12 from 10 to noon** there will be a *Welcome Back Members!* gathering at WSUC gym where members are encouraged to come out and catch up with old friends and acquaintances. Our committee of volunteers will be offering refreshments!

On **Friday, October 18 at noon and 2pm** we will be hosting two 40-minute talk sessions on *Fraud & Scams* presented by the Ontario Securities Commission, to be held in the WSUC sanctuary. More information and sign up will be presented closer to the date of this event.

New Activities Coming!

We are pleased to inform our members of the new activities that will be added to our Fall semester schedule.

- ❖ **Aging Out Loud**
- ❖ **Bridge**
- ❖ **Exercise – Core Strengthen**
- ❖ **Info Tech**
- ❖ **Pickleball for Beginners**
- ❖ **Scottish Country Dancing**
- ❖ **Table Tennis for Beginners**
- ❖ **Zumba Gold**

All the activities being offered will be listed on our website in the next few months with a detailed description and information on the selection process each leader will use to select participants. Please be sure to review all the descriptions and check out the videos before applying to any activity to ensure it meets your interest and ability.

Fall Registration

We are very excited to announce our fall sign up for activities is going online! We will no longer ask people to line up to register for activities at the Memorial Centre. You will be able to complete your application from the comforts of your home or wherever you may be, and you can fill it out using your cell phone, tablet or computer. Starting **August 26th to September 5th** the application form will be live for people to apply for activities. There will be instructions on our website to assist you on how to apply and answer many of your concerns. Anyone who doesn't use electronics can either have someone complete the form on their behalf or can come in person to **WSUC Heritage Hall on September 4 from 1-4pm or September 5 from 9am-12pm** and a volunteer will assist with the completion of their application. After the online application closes on September 5 at noon the applications will then be sorted and emailed to each activity leader. Once the participants have been selected the leaders will email confirmation to the successful applicants providing instructions on how to pay.

Try the New Online Application Form!

Click on [application form](#) to link to the online form that will be used in August and give it a try. The form will be available for the month of May to allow members to test it out to become familiar with the process. We encourage everyone to complete the application followed by the survey to give us feedback to how well you understood the process. An email message is automatically generated when you complete the application which gives you the details to what you entered including your choice of activities selected. This feature will be a benefit to everyone who applies in the fall as they will have a record of their activity selection. Remember this is just a practice and you are not actually applying to your activities now.

I want to wish everyone a safe summer and hope you find some new adventures over the next 3 months to enjoy time in the sunshine.

Gail

Exploring Activity Options with Moyra Riley

Spanish Conversation – Thursday

Tom Beach

This month with focus on the mind, I enjoyed visiting with the Spanish Conversation class. I love to travel to Spanish-speaking countries and, every time I visit one, I come back with a resolve to learn more Spanish. So many apps, like Duolingo, have been started and abandoned many times. So, as I sat in my car having my lunch and waiting for the class to start, I listed the seven words or phrases I knew. Pretty pathetic after all my travel.

The class was quite different from those I've attended to date. The chairs were arranged in a circle and, from the moment people entered and sat down, they endeavoured to stick with Spanish in their greetings and conversation. The class felt more like a social gathering, as true conversation flowed amongst the participants. All that was missing was the food and drink. Tapas Tom...you have to add some tapas next year.

As conversation prompts, they use themes. The theme for this particular class was pet peeves: lo que más me molesta. I just love that! Other languages can have such rich and descriptive words compared to English. Qué sorpresa...there was no shortage of pet peeves to be shared! While I was unable to actually participate in the conversation much, I was surprised at how much I actually understood. I knew far more than the seven words I had previously listed and, thanks to the similarity between Spanish and French, I was able to understand quite a lot.

Lest you think that learning Spanish with 50+ is a lost cause for you, it's clear I was in the wrong class for my ability. Rest assured there is a beginner Spanish class for we who are early on the path to linguistic proficiency.

The class ended with a lesson from Mary Triny, aka Ma, on useful phrases and sign reading while driving in her native Mexico. How fortunate are we to have Ma join our group? She gets to work on her English, having only been in Canada two years, and we get her help with pronunciation. Ma joined her partner Don in Canada as the result of an online romance. That's a story of which I would like to learn more. Member profile Laurie? Just sayin'.

This class evolved from a bunch of 50+ members using Duolingo in isolation during COVID and wanting to practice with others. As COVID waned, they tried meeting in person, but the masking requirements proved a hindrance to conversation, so they would gather outside around the fountain on the Courthouse Green. Thankfully they could eventually move into the Living Room at Wall Street and let the conversation flow come rain or snow. If you are ready to take your Spanish to the next level, consider joining this friendly bunch. Tom, please don't forget the Tapas!



The article was contributed by Moyra Riley

News from Activity Groups

Book Club 1

Leader: Gael Bullard



Book Club 1 is reading the final book of this year. It is the Clockmaker's Daughter by Kate Morton. There is some mystery and intrigue in this story! We are also looking for new titles to request from the library for the next sessions starting in September until May 2025.

Our last gathering for this semester will be later this month. Like most members, we are looking forward to summer activities.

Art Studio – Intermediate – Tuesday

Leader: Karen Gregus

We have had another fun and successful session in our group. Our artists have produced many amazing pieces and just a sampling was shown at the AGM. We have a great group of talented artists that I am proud to lead.

Next session we will continue to hone our skills and welcome new members to our group. Every now then we will have a fun art project we can participate in apart from our usual. Have a great summer!

And



Tai Chi - Tues & Thurs

Leader: Carmen Grosse

Tuesday and Thursday Tai Chi classes are going to have a new look starting in the Fall semester. First is a name change. Instead of Beginner Tai Chi, it will now be called Introductory Tai Chi. Tai Chi Boost will now be known as Introductory Tai Chi Practice.

Secondly, these Activity Groups will span two semesters. We will start learning Master Moy Lin-Shin's Tai Chi starting in September. This will give us the time to delve into the moves and intentions of Tai Chi in more detail. In January, you will have to register and pay again; however, we will continue from where we left off before the Christmas break.

There will be more time to learn all the moves. At the end of the 2nd semester, the class will feel confident in their knowledge and be able to progress to the continuing class if they choose, for the next semester.

Zumba Gold - Wednesday.....*starting in September!*

Leader: Karen Angel-Gagnon

Join the dance fitness party!!

Zumba® Gold is a fun, energetic fitness program that merges Latin inspired dance (like Salsa, Merengue, Soca and Mambo) with aerobic movements resulting in a calorie-crushing workout without the work! Karen is a licensed Zumba® Instructor. The low impact choreography creates a dynamic and fun fitness class that strives to improve balance, strength, range of motion and coordination. This music filled fitness hour is great for both the body and the mind.



Quilting – Monday

Leaders: Theresa Iddon and Kathryn Nield

Our quilting class has been quite busy this last month. We displayed many of our individual and group projects at a table in the Open House before the AGM. These included wall hangings, placemats, table toppers, and full-size quilts. Many viewers admired the beautiful work.

At the open House we also presented our retiring president, Carmen, with her own quilt to show our appreciation of her leadership of Brockville 50+. Our ladies made 20 blocks in one class, and Gael Bullard put these blocks together to make the quilt. Carmen was very touched by our gift.

We ended the year with a celebration in class, with way too many goodies made by our members, but it was delicious! We also showed a collection of the charity quilts we made during the year. We created **11 quilts** which we will deliver to Interval House, a very deserving organization who will appreciate receiving our donation.



11 quilts donated to 11 special women at Interval House



Message from your Newsletter Editor

Rosalie Morris-Spencer

Summertime. *I love it!* Sunshine, warmth, outings, travels, visitors, and some time to just lollygag!

Check out the new newsletter feature: *Brockville 50+ Dates to Remember and Calendar of Events*. A few years back I posted a calendar for a number of months. With all the great changes coming to 50+ (like on-line application!!), I figure it's a good time to bring it back. If you're like me, a calendar to rely on as a memory aid is a helpful thing!

In September I will celebrate 3 years of being the Newsletter Editor for Brockville 50+. I have enjoyed it very much and each month I truly appreciate receiving emails from our subscribers, with their new ideas and notes of thanks. As you might guess, creating, organizing and producing the newsletter is a large job. Kathy Zeran has volunteered to take photos. Laurie Jeffrey and Moyra Riley have 'lightened the load' a lot for me, by writing feature articles about members and leaders and board members and activity groups.

Within the next 6 months I want to gradually retire from the Newsletter Editor role. *Would you like to be our new Editor?!* In the more immediate sense, we need a volunteer to help with layout and formatting work. Can you help? Do you know of someone who has this skillset? If you are interested in being involved, whether a little or a lot, *please connect with me*.

brockvillefiftyplusnewsletter@gmail.com

Rosalie

May 2024

Brockville 50+ Dates to remember!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20	21	22	23	24	25	26
Test the New Online Application Form! Go to the Brockville 50+ home page https://fiftyplusbrockville.ca Click on the bright blue print that says "Test our Application Form" Give it a test run until May 30th! Practice using the new online form that will be used in August. Give your feedback by doing the survey at the end of the application.						
27	28	29	30	31	1	2
Try the New Online Application Form! Go to the Brockville 50+ home page https://fiftyplusbrockville.ca and click on the bright blue print that says "Test our Application Form" Give it a test run! Practice using the new online form that will be used in August. Please give your feedback by doing the survey at the end of the application.					<i>Global Day of Parents</i>	

June 2024

3	4	5	6	7	8	9
		<i>World Environment Day</i>			<i>National Best Friend Day</i>	
10	11	12	13	14	15	16
		Brockville 50+ Board Meeting			<i>World Elder Abuse Awareness Day</i>	<i>Father's Day</i>
17	18	19	20	21	22	23
	<i>International Picnic Day</i>			<i>National Aboriginal Day</i>		
24	25	26	27	28	29	30

Don't miss this upcoming event in Brockville:



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

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

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