

## NEWSLETTER

*August 2024*

### 50+ Board of Directors



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Communications Committee  
Strategic Planning Committee



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**Gail Coville**  
Activity Director  
[activitydirector@fiftyplus50plus@gmail.com](mailto:activitydirector@fiftyplus50plus@gmail.com)  
Registration Committee



**Sharon Kaesler**  
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Office Manager



**Rosalie Morris-Spencer**  
[brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)  
Newsletter Editor  
Strategic Planning Committee  
Communications Committee



**Julie Daxon**  
Member at Large  
Office Helper



**Rick Fry**  
Member at Large  
Strategic Planning Committee



**Carl Insley**  
Member at Large

### Message from our President

**Tom Beach**

Hello all. I hope you have been enjoying a fun-filled summer.

Many Board members have been busy this summer getting things ready for the Fall 2024 term.

Gail has a great selection of activities and amazing leaders lined up and has found venues for all of them.

Carla and Fiona have done a lot of work on the website, and we are close to launching so it is up and going for the new system for registration.

Sharon has been working in the office, rearranging it and shifting, organizing and filing information, moving from Microsoft to Google programs.

Mike, Gail, Julie and Sharon have been fine tuning the new system for registration, reducing much of the administrative work for you, for leaders and for office volunteers.

Rosalie, Rick, Maryann and I have been reviewing our policies and those of other organizations in preparation for developing policies that will help guide and govern our organization.

Google has accepted us as a non-profit for free use of Google workspace, and emails connected with our domain name have been created for board positions.

Mailerlite, which we use for quick messages to members, changed their use capacity for free access, so we have upgraded to the next level.

Lots of administrative and behind-the-scenes work has been taking place, which we hope you will notice when you apply, and start attending activities in September.

Information about registering will be on the website when it is launched very soon, before registration is opened on August 26th

We will also be sending an email to members with information about the new process for registering.

**APPLY ONLINE Aug 26<sup>th</sup> 9am - Sep 5<sup>th</sup> noon**

**<https://fiftyplusbrockville.ca/>**

***More than 50 Activity Groups to choose from!!***

# *Introducing our new Board Member*

## *Rick Fry*

Like the interviewer herself, Rick Fry is yet another case of heading back to your old stomping grounds to retire. Originally from near Mallorytown, Rick graduated from BCI to do a BSc in Forestry at U of T in 1985. After a few years of commuting to a remote bush camp up north and only seeing his wife on weekends, Rick decided to change career paths, and he accomplished his dream of getting an MBA.

He was just finishing up his degree at Queens in 1990 when the first of his three children made an appearance. An excellent job was found at the Belleville Proctor & Gamble site, and his wife, Kathy, found a nursing position at the Belleville General Hospital.

Ten years later he was transferred to the Brockville P&G site where he continued managing a number of different departments including the Swiffer line!! The Global Manufacturing Capability management position had him travelling extensively to exotic locales such as Vietnam, China, countries in South America and across Europe.

During his 20 years at the Brockville site, Rick also served on the Board of Directors for the United Way of Leeds and Grenville. He also began helping at St. Xavier Church as Eucharistic Minister and money counter, which he continues to do since he retired over three years ago.

Rick's three children are enjoying very successful careers and relationships in Owen Sound, Ottawa and Toronto. Rick and Kathy are the proud grandparents of two.

Rick and Kathy recently bought a trailer allowing them to enjoy more time outdoors. Rick is an avid curler and golfer and also serves on the Board of the Brockville Country Club. They enjoy travelling, particularly cruises, that take them all over the world.

It was his wife who encouraged Rick to join the 50+ group to play Euchre. (Pickleball was full.) It didn't take long for him to understand the benefits of having a 50+ group in the community. The activities and social interaction bring mental and physical advantages that help our demographic age in a healthy fashion.

Despite his new status in the organization, Rick stepped up to the volunteer plate to serve on the Strategic Planning Committee. Thirty years of management positions in a big company certainly provided him with ample skills to fulfill this new role. He may be new to the Board, but he recognizes the importance of surveying and listening to the members so that his committee can focus on strategic choices that drive the organization in the right direction.

The 50+ group is so fortunate to have this new vibrant and hardworking member serving on the Board.

Welcome, Rick!!



*Thanks to Laurie Jeffrey for interviewing Rick and preparing this article*

# ***Exploring Activity Options with Moyra Riley***

## **Line Dancing 1 – Beginner with Joan Green - Mondays 10:30 am**

Welcome back to another fantastic year of 50+ everyone! Late last spring I had the pleasure of participating in the Beginner Line Dancing class. This one hit all three of body, spirit and mind for me! Primarily, dancing really makes my spirit soar. It was also an excellent workout for the body, and remembering the steps certainly gave my mind a workout!

Janet Rose was in the final stages of turning over leadership of this class to Joan Green. By now Joan is deftly flying solo. I'm certain she is attracting quite a following, as I found her teaching to be highly skilled. Learning to call and lead a dance takes great effort and time, and Joan spent the last two years co-teaching with Janet. Joan's motto is: "Do what you know and add as you go".

Each step learned is a building block, and the blocks can be put together in various formations to create different dances. Joan was ultra clear in building each block. She first demonstrated the step with calling the moves, then the class joined in as Joan broke each move down, and finally the steps were put to music. In addition to calling the steps, Joan kept everyone on track by telegraphing each move with exaggerated steps and hand signals. Everyone, including me, seemed to have a great time, while enjoying lots of laughs as we fumbled the occasional step.

On a technical note, I really appreciated the sound system they use, as the leader's voice was extremely clear over top of the music. I have difficulty distinguishing speech when there is background noise, and in this class, I had no trouble at all.

I spoke with Ross, who is obviously the class clown. As a former teacher myself, I've always had a soft spot for the class clown. He almost had me convinced that at the end of the semester they cast votes for the worst dancer. That's a testament to my gullibility. Rest assured, this is a very supportive environment, and nothing you do will ever get you voted off the island.

The class ended with Janet leading a dance to "Montego Bay / Oh What a Beautiful Morning". We all joined in singing as we danced. What an uplifting way to start my day! If you want to explore your artsier side, or just want a fun way to exercise, consider joining this popular class.



## **Message from our Activity Director**

**Gail Coville**



### **New Fall Activity**

For those of you who were disappointed to read our Zumba leader had to cancel, I'm pleased to announce we have found a replacement activity. It is Dance Fit Low Impact class that will be offered in September at the Brockville Memorial Centre on Wednesdays. The new leader, Denzel Maradza, runs his own fitness studio and is a former instructor from the YMCA. We are very lucky and pleased to have him come on board as a volunteer.

### **Fall Registration**

Starting August 26 and until September 5, the application form will be live on our website [www.fiftyplusbrockville.ca](http://www.fiftyplusbrockville.ca) for people to apply for activities. Please read the activity descriptions and check the schedule for the choices you make so there is no overlap. Instructions have been posted 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 you. After the online application closes on September 5 at noon the applications are then 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. We are encouraging people to pay electronically; otherwise cheques are to be handed in at the first activity the participant takes when the classes start September 16. Do not pay until you have been accepted into one activity.

### **Volunteers**

A number of members have volunteered to assist with the in-person registration (Sep 4 & 5), and others have volunteered to be an assistant ("AAA") to our Leaders with a variety of tasks. We will be planning training for each of these groups early September and will email them once dates have been set.

### **Welcome Back Social Event**

All are invited to Wall St. United Church gym on Thursday, September 12 from 10am to noon to a social gathering with fellow members, newcomers, leaders and Board members. Refreshments will be served.

### **Free Ping Pong Table**

Brockville 50+ will be purchasing a new ping pong table to replace one that is getting worn. This table can still be used but it needs to be left set up. If you know of any organization that can use a table for their social club, please let me know, or if you personally are interested in the table for your rec room, I will keep you in mind. Anyone taking the table needs to have the ability to pick it up and transfer it to their location. Contact Gail Coville at [activities@fiftyplusbrockville.ca](mailto:activities@fiftyplusbrockville.ca) by September 18 if you are interested.

*Gail*

## **News from some of our Activity Groups**

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

**Leader: Gael Bullard**

Earlier this year our book club read Mexico, a James Mitchner book This was a first for several people and all of them enjoyed the book even though it was very long. They asked for another one of his books. In September, we will be reading Chesapeake.

Our group is looking forward to another year of wonderful reading!

## ***Acrylic Painting - Wednesday***

**Leader: Marilyn Wallace**



These paintings (taken May 2024) are a sample of the growth of talent of participants in Marilyn's class!

## ***Art Studio – Tuesday***

**Leader: Karen Gregus**

We are anticipating another fun session coming up. Lots of regular participants and some new members to add new ideas and knowledge. We plan on doing more “outside the box art” along with our own solo projects. We love learning new techniques! See you soon.



## ***Pickleball for Beginners - Wednesday***

**Leader: Stephen Graham**

Stephen is a new leader and joined 50+ in 2022. A longtime Pickleball player, he felt that the ‘new-to-pickleball’ crowd could benefit from more teaching/instruction/coaching. He is very pleased to take on that role, and his key objective will be to teach the game, focusing on safety, etiquette, equipment, scoring, positioning, terminology, and....basically, preparing the ‘newbies’ to this sport to learn the skills so that they can advance to join the other three established 50+ Pickleball offerings in subsequent semesters, if they so choose. Stephen and Activity Assistant Kim Barr (his sister!) hope to accomplish this by having sessions of instruction on one court and using the other court for participants to apply what they are learning.




## ***Dance Fit Low Impact – Wednesday***

**Leader: Denzel Maradza**

This activity is open to everyone. We will be learning different ways to move our own bodies to classic and modern sounds, and also learning to laugh when we cannot get certain moves or when it takes a while to get them. Styles included are disco, jazz, merengue, pop, salsa, soca and some of our favourite oldies. The most important thing is to enjoy each other's company. Participants should bring a bottle of water, a pair of good/shabby dancing shoes and a good attitude!

# August & September

# Dates to Remember

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>August</i>						
26	27	28	29	30	**	1
<p align="center"><b>50+ ONLINE APPLICATION FORM GOES LIVE August 26th!</b>                      You can apply for 50+ Activities on-line from Aug 26th - Sept 5th  <a href="https://fiftyplusbrockville.ca/">https://fiftyplusbrockville.ca/</a></p>						
<i>September</i>						
2	3	4	5	6	7	8
<p><b>** From August 26th to September 5th noon, you can apply online for 50+ Activities **</b></p>			<p><b>Online 50+ applications close at noon Sept 5th</b></p>			
<p>Volunteer Training 9:30-11:00 at WSUC for in-person applications</p>		<p>Need help? Ask a friend to help complete your online application, or...</p>				
<p>Leader &amp; AAA Training 1:30-3:30 for in-person applications</p>		<p>Come in person to Wall St. Church Heritage Hall Sept 4th 1-4pm or Sep 5th 9am-12pm.</p> <p>Volunteers will be available to complete applications in person.</p>				
<p>Check the 50+ website <a href="https://fiftyplusbrockville.ca/">https://fiftyplusbrockville.ca/</a> to find answers to many of your questions.</p>			<p><b>** 12pm Sept 5th: Applications for Activity Participation CLOSE</b></p>			
9	10	11	12	13	14	15
<p><b>Sep 9 &amp; 10:</b> * Leaders and AAA's review applications and choose participants.</p>		<p>Sept 12: 10am-12pm: <b>"Welcome Back Members!" Social event in the WSUC Gym.</b> Refreshments served! Come out and meet your Leaders, meet the Board, and catch up with old friends and acquaintances.</p>		<p><b>* Applicants on waiting list are informed by email.</b></p>		
		<p>* Confirmation emails sent to successful applicants. * Instructions provided on how to pay for classes online or by cheque.</p>				
16	17	18	19	20	21	22
<p><b>** Most Activity Groups start this week **</b></p>						
<p align="center"><b>Cheque payments may be dropped off at various activity venues this week</b></p>						

## Message from your Newsletter Editor

Rosalie Morris-Spencer

**We're rockin!!**

The excitement is *rising* amongst our members, the Registration Committee, and the Board. With over 50 Activity Groups to choose from this semester, it's safe to say there will be more and more smiling 50+ers seen around town very soon. I don't know what your plan is to try to get into the classes you most want, but mine includes going on the website to carefully review the activity schedule, then making my activity wish list, and while relaxing in my favourite chair at home, submitting my online application for those that are most important to me, that I know will work with my own schedule.

A tremendous amount of work has gone into this Fall's registration event. A huge shout out to Gail and her team to get thousands of required tasks done in time for you to apply for your activities of choice. The website team (especially Carla and Fiona and Mike) have worked very hard to create our updated website and ensure the online application process flows smoothly from entry point to lists being prepared by our office team (Sharon, Julie and volunteers).

**We have a new Board member!** Alex Loshak has a wealth of experience in photography, graphic design and creating publications. I'll be introducing him more fully and formally in September's newsletter. Alex will bring a whole lot of skills and experience to the table. Alex answered our callout for a new Newsletter Editor. **Hooray!** He's keen to move into the seat of Newsletter Editor sometime in the Fall, and that's exciting!

As always, I very much want to hear from you about how we can improve our newsletter. What do you like and what would you like less of? What would you like added? Do you like receiving a newsletter monthly (except for July), or would you like to receive it less frequently? How about the newsletter length? Too long, too short, just right? Please write to me at [brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com) opinions and suggestions.

*Rosalie*

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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If you no longer wish to receive the newsletter, contact Brockville 50+ at [brockvillefiftyplusnewsletter@gmail.com](mailto:brockvillefiftyplusnewsletter@gmail.com)

## News from other non-profit organizations in Brockville:



**BROCKVILLE MUSEUM**  
3 Henry Street, Brockville, Ontario K6V 6M4  
Tel: 613-342-4397  
Email: [rose222@brockville.com](mailto:rose222@brockville.com)  
[www.brockvillemuseum.com](http://www.brockvillemuseum.com)

***Brockville Museum September History Talk***

***Weaving Community with the Mississippi Valley Textile Museum***

***Thursday, September 12 at 2:00 pm***

***Tickets \$5.00 plus HST (includes tea).***

***Reserve your spot in advance by calling the Museum 613-342-4397 (pre-payment required)***

***Guest speaker Michael Rikley-Lancaster will introduce guests to the Mississippi Valley Textile Museum, Highlighting the building, accomplishments, the history, and the community it represents. Michael will also present quilts from the Mississippi Valley Textile Museum's permanent collection.***

**The Brockville Community Choir**

**Come Sing With Us**

**Soprano Alto Tenor Bass**

**Do you like to sing?**

**Do you enjoy choral music?**

**Enjoy timeless classic music?**

**WE ARE RECRUITING!**

**SOME FAQs ABOUT THE CHOIR**

Our Artistic Director is Madelyn Mennen

Past major performances - from Mozart's Coronation Mass to Forrester's Jubilate Deo - And medleys such as "Gospel to Gershwin" & "To Broadway with Love"

Adult membership dues are \$100 per session (2 sessions per year)

Students are welcome & there are 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. 4, 2024  
6:30pm**

**[www.brockvillechoir.ca](http://www.brockvillechoir.ca)**