

NEWSLETTER

March 2025

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Message from our President

Tom Beach

My last two President's articles have been asking for your help and people are responding. Thank you! This message is to acknowledge how much you are already giving to Brockville 50+.

In the past I have thanked our Leaders and Board members, and I can't thank them enough for making us the growing and energetic organization that we are; but I also want to thank the many people who come forward when we need help with an event or behind-the-scenes work with registration and those who continually give when they participate in activities.

Julie Daxon has taken on the role of Volunteer Coordinator and is asking Leaders to identify the volunteers in their activities. From this information we are learning how much people are giving. There are people who agree to take attendance and greet people as they arrive, those who agree to be the person who responds in an emergency, and those who help contact participants when messages are being sent out.

I also want to thank participants who show such kindness, respect, and interest to others. It is often the small things in a day that make it so wonderful or turns a not-so-great day around. You provide that to other participants with a smile, a comment, a compliment and especially sharing a laugh. As we age, our networks of family and friends get smaller, and positive interaction means a great deal to us.

Thank you for making Brockville 50+ the amazing organization that it is.

If you want to see how amazing we are, make sure you come to the Showcase on April 30 at Wall Street United Church. Fired by the enthusiasm the last two years, there is a lot of interest from members to showcase the skills they have learned and strengthened. In the Gym there will be tables displaying artistic creations and other activities showcasing their skills in dance and movement; in the Sanctuary there will be musicians entertaining us with their songs and skills. There there will also be cake and beverages in Heritage Hall to mark our 45 years since incorporation. This event gets better each year so you don't want to miss it.

Following the showcase the Mayor has agreed to bring us greetings from the City and then we invite you (urge you) to come to the Annual General Meeting where we thank outgoing Board members and vote in new Board members. The event is open to the public so invite your family and friends so they can see why you love Brockville 50+ so much.

Message from the Activities Director

Gail Coville

Leaders Needed!

There is no doubt about it... we are growing, and we are always looking for new leaders to support the many activities that we presently have, as well as introduce new ones to the mix. If you have a talent or skill that you would like to share, please consider volunteering.

We are open to new ideas in order to continue expanding our various types of activities, and as our members continue to age, there will certainly be more of a demand for less strenuous classes. Perhaps you have dabbled in creative writing or story telling, or maybe you have an artistic ability using a different form of medium. We would love to hear your ideas and see if we could create something new to entice our members.

The most important part of Brockville 50+ is exercising the mind, body and soul with the opportunity to get out and socialize. Many, as they age, have to face life without their partner, and we hope this community provides an avenue of sunshine to brighten their day, with the potential to make new friends.

Our wonderful leaders volunteer to lead an activity for a minimum of one hour each week. As a leader, you decide the length of your activity and the day you are available. In doing so, the bonus for volunteering is that the registration fee each semester is complimentary and the acceptance to a class is placed at a high priority. (Leaders still have to use the priority system so anyone selecting a higher priority level to an activity than the leader gives is accepted first.)

As everyone knows there are a number of popular activities that are very difficult to get accepted into.

Last semester we added additional classes in chair yoga and core fitness to meet some of this demand thanks to those leaders who had already been volunteering to run an activity. We are trying to find instructors for additional classes in our fitness and line dancing activities. We will also be needing a new dance fit leader, as Denzel Maradza – our only underage 50+ leader – needs to focus more time on his business. We will be advertising for leaders on our website but are also asking members to reach out to the community to help us find volunteers to lead these popular activities. If anyone knows someone with experience in fitness or line dancing, please approach them to see if they would be interested in volunteering one hour a week of their time to lead an activity. They can reach out to Brockville 50+ through our website, or call the office.

Why would I want to go to the AGM?

Your Annual Showcase is on April 30... YAY! with cake to celebrate 45 years!... YUM and the AGM... UMM?

My first Annual General Meetings (AGM) were long and boring and yes, I did get recruited onto a Board, so I know your reluctance. Fear not, by the time the AGM is held the Nominations Committee will already have a list of people who have volunteered to run for election to the Board.

Your Board has worked hard to find these amazing nominees, and plan to keep the AGM brief, with reports just long enough to give you a picture of where we are and our plans for the future.

Do your part. As a participant it is your responsibility to ensure that the organization is run well and continues to benefit you and the community. You do that by electing Board members who manage the organization.

Come to the AGM to hear how we are doing, what our plans are for the future, and to vote on who your Board members will be. Did I mention there will be cake?

Important Dates

March 27	No Chair Yoga
April 21	No Low Impact Exercise
April 30	AGM and showcase

Activities Showcase & AGM and 45th Anniversary Celebration

Wednesday, April 30th, 2025

**Performances will start at 1 pm in the WSUC
Gym followed by the Annual General Meeting
at 3:30 pm in the Heritage Hall.**

Anyone and everyone is invited to attend the Brockville 50+ annual showcase to enjoy the many artistic talents and experience what 50+ has to offer you. We will also be celebrating our 45th Anniversary with cake and refreshments. Following the showcase members are encouraged to attend the AGM at 3:30 pm.

Performances

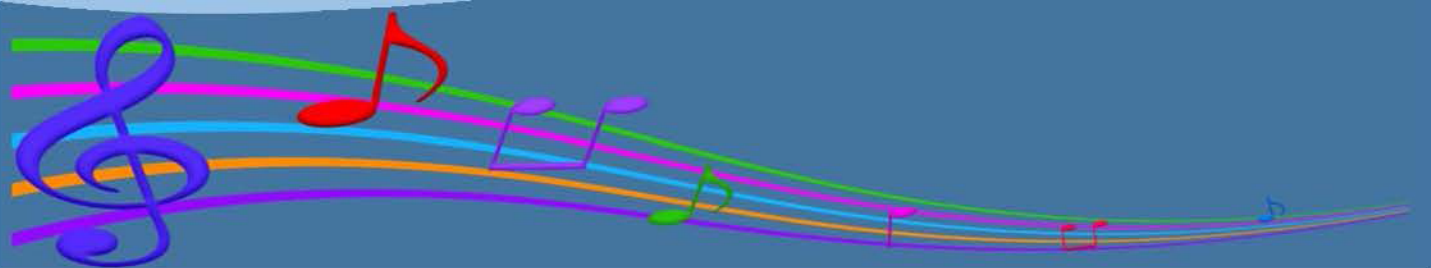
- ◆ Dance Fit
- ◆ African Drumming
- ◆ Beginner Plus Guitar
- ◆ Acoustic Guitar
- ◆ Music Jam
- ◆ Ukulele Marmalade

Artistic Displays

- ◆ Acrylic Painting
- ◆ Art Studios
- ◆ Mosaics
- ◆ Quilting

Guest Speaker

Mayor Matt Wren



Would you or someone you know,
like to be a Board member?

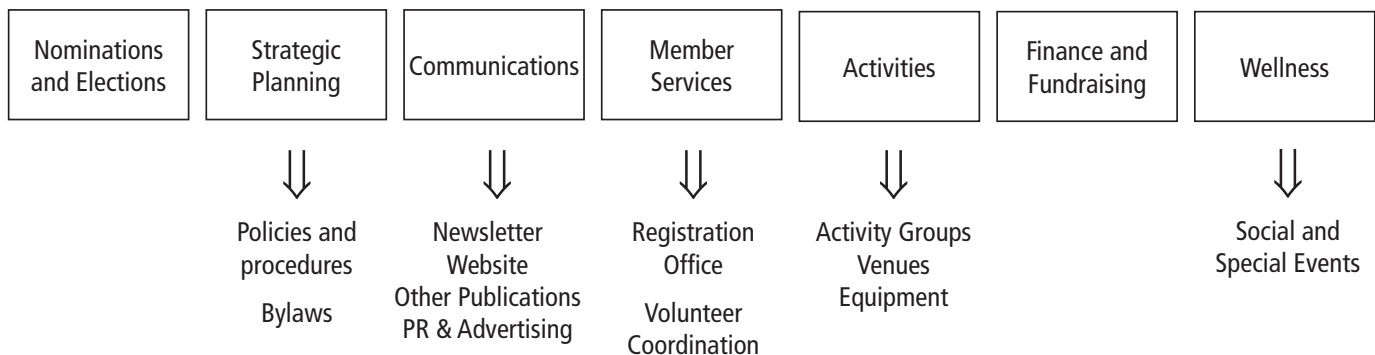
STEP UP!

How about joining a Committee?

STEP UP!

Board

COMMITTEES



There are so many ways to join in making our 50+ future!

“Brockville 50+ is a special community within our community”

Join in the fun of being part of a Committee or the Board. There’s no limit to our future!

Contact the Nominating Committee for more information by sending an email to strategic@fiftyplusbrockville.ca or volunteers@fiftyplusbrockville.ca with “Nominating Committee” in the subject line or call 613-345-2412 and leave a message. Someone from the Nominating Committee will be happy to speak with you and fill you in on the many opportunities within our organization.

Our Annual General Meeting and a Showcase of the talents of many of our Activity Groups will take place on April 30 at Wall Street United Church. Mark your calendar, and plan to be there!

Learn what’s planned for our organization in the next semester, and very importantly, be part of deciding who will be our new Board members!



*Many hands joined
together make for
lighter work and
fun times!*

News from Activity Groups

Pickleball for Beginners — Wednesday

Leaders: Stephen Graham & Kim Barr

As we approach the halfway point of this semester, the class participants have shown steady improvements. More importantly, the class is encouraging and supporting their fellow participants through these various stages of pickleball development.



The class is now being introduced to, and is actively practicing, the concept of scoring in pickleball. This has not been without its challenges as scoring can be somewhat confusing for “new-to-pickleball”

participants, (just as scoring can still be challenging for some more established pickleball players!) However, as ‘mini-games’ have now also been introduced into the program, it will not take long for the class participants to get comfortable with scoring.

The different types of shots used in this game are also being introduced and practiced.

The team leaders will continue to challenge our participants with weekly quizzes, drills, and class challenges, aiming to make the classes both productive and fun.

Pickleball Skills and Drills — Thursday

Leaders: Stephen Graham & Kim Barr

We continue to navigate our way through this inaugural 50+ offering of Skills and Drills Pickleball. The class is utilizing a Pickleball Skill Hierarchy pyramid to plot development and to improve their existing skills. Key benchmarks already drilled from this Skill Hierarchy pyramid include consistency, placement (player positions and ball placement,) control and depth.

The class has just started the concept of using Spins to enhance their skill set and are discovering the impact of Spins during the course of game play.

Once again, the team leaders have been very pleased with the way that the class participants continue to encourage and to support each other as they collectively learn and apply these enhanced pickleball skill sets.

As team leaders we will continue to challenge the participants of this program with quizzes and drills that will reinforce the subject matter being presented... with a whole lot of fun tossed in.

Art of Photography — Friday

Leader: Alex Loshak

The Brockville 50+ Photography Group spends its time discussing and critiquing members’ photographs, which they bring to meetings on a memory stick. Sometimes there’s a theme, but images are often from a trip or the garden.



Members need a basic understanding of photography, as the goal of the group is both to inspire and improve images. © ALDI Design

Volunteers! Volunteers! Volunteers

Julie Daxon

What would 50+ do without them? Nothing! As the organization currently operates exclusively with volunteers. I know I could not manage my classes without volunteers helping me. I teach two exercise classes at 50+. They are both large classes with a



higher attendance in the Monday class. The Tuesday class keeps growing, and with that, so is the need for volunteers. I do all the admin work for my classes myself, therefore I do not have an AAA. In both classes I have volunteers who take attendance and set-up. I cannot stress how valuable they are to me. I want to give a big shout out to all the volunteers in 50+, in particular, the volunteers in my class.

And the award goes to...just kidding, there is no award, just a heartfelt thank-you to the following volunteers recruited to help me in both of my classes: Karen Wooffinden, Janet Armstrong, Dawn Zaversenue, Lisa St. Pierre, Pam McKinnon, Robyn Murray, Bev Delaney, Barb Martin, and Sue Winter.

Special recognition goes out to Janet and Karen for taking charge, assisting me with any new or unexpected issue, and keeping me on track.

Thanks everyone! You all are the best!

A Wellness Bite

Eileen Quinn

Stay connected. Stay healthy.

When we think about staying healthy as the years pass, we often focus on our physical and mental health. But our social well being has an equally significant impact on our health. In our **Aging Out Loud** class, social connection is one of the most important areas we explore.



A survey by the Canadian National Institute on Aging concluded that there is an epidemic of social isolation and loneliness among older adults. They found that 41% of us are at risk of social isolation (a lack of friends and family) and 58% of us feel lonely.

Social isolation and loneliness are as big a risk to our physical health as smoking, lack of physical activity, obesity, substance abuse, injury and violence, and lack of access to health care.

Our risk of social isolation increases when we live alone. Having a mobility or sensory impairment also elevates our risk, as do major life transitions, such as retirement or the death of someone close. Add up these common life experiences and the risk is compounded. In other words, getting older puts us at risk.

On the upside, there is plenty of evidence that having a strong social network makes us more resilient when times are challenging. Being well-connected lowers our risk of chronic health conditions such as depression, anxiety, dementia and a weakened immune system.

At Brockville 50+ we have so many great opportunities to stay connected. Are we truly taking advantage of them? Are we doing what we can to strengthen our social networks? We need both breadth and depth in our social connections. So why not make an effort to get to know someone new in one of your classes. Consider inviting a new friend for a cup of coffee. Plan a social event for your class at the end of the semester, or arrange a meetup over the summer months. Stay connected. Stay healthy.

Cycling Without Age – Brockville



There's a good chance you have seen us buzzing around town on a funky looking trishaw. We are Cycling Without Age – Brockville, and we will be back at it this summer.

Cycling Without Age was started in Denmark in 2012 and now operates in more than 41 countries with more than 3500 chapters worldwide. Our local chapter was started about seven years ago and FYI, it was founded by a current member of 50+. At this time there are no fewer than eight 50+ members who volunteer with CWA-Brockville.



Our mission is simple: we take people with mobility challenges out for a bike ride. It's not complicated, it's just a bike ride. But then, who doesn't like a bike ride on a nice summer day?

Last year our chapter regularly visited 15 different locations, providing more than 1000 kms of rides for more than 450 passengers. No, we do not possess Olympian strength, the trishaws are power assisted.

We are always looking for new volunteers and I can almost guarantee you, that if you are currently engaged in a physical activity in 50+, then you are more than capable of being a CWA "Pilot". If you don't think you have the physical stamina to pilot, then we have other volunteer roles where you may be able to contribute.

Many of you already know, volunteering is a two-way street, the volunteer gets as much out of the activity as the recipient. Here's a recent CWA-Brockville anecdote to share. We received a call from a person whose Mom had been a resident at a nursing home but who had recently passed away. The daughter wanted to tell us how thankful she was and to share her appreciation with our volunteers. She said her Mom had cognitive challenges, but whenever she visited her, her mom would excitedly talk about the rides she had with us... it always made her Mom's day, and it was probably the best thing to happen to her that week. How could our volunteers not get something out of just knowing they made that happen?

If you have a friend or relative who would like a trishaw ride, or if you have questions about how you might be part of our story, give us a call at 613-246-4142.

Mike

Message from your Newsletter Editor

Alex Loshak

The snow has finally disappeared from the garden, and this morning I could see green! Daffodils I think. It's been a long winter, with snow like I remember from childhood, and although 50+ provides plenty of opportunities for indoor activities, I'm looking forward to spending more time outside.

The Annual General Meeting is next month, and there will be changes, as we'll have new Board members and new Officers. The Newsletter will, of course, introduce them to you.

Suggestions and comments are always welcome, and if you are interested in getting involved with the newsletter, please get in touch at: newsletter@fiftyplusbrockville.ca

An Adventure in Mexico

Gail Coville

I have travelled to many places and always find the image I have in my head is never quite right when I get there. Nothing is more true than my recent trip to Merida, Mexico. I have never been to Mexico before, other than one time while in southern California, hubby and I popped over to Tijuana for the afternoon just to see what it was like. My image of Mexico in general has been a place to be careful in, as the cartels run the country, the police are corrupt, and many people are trying to escape to the USA for a better life.

This was far from the truth in the Yucatan peninsula area. What I found was a lovely place, that was clean and safe with wonderful people, many from the Mayan descendants. The community had everything you needed: fresh produce, fish and meat in a huge market; plenty of stores (no malls) offering lots of choices in products; and quality restaurants. There was even Walmart, Home Depot and Costco! Although this city's population is over one million people, it felt like a small community as we meandered through the many streets in the heart of the city to explore and shop.

Each evening the various parks hosted live entertainment with dancing and singing, and all this was free. The locals were warm and kind and there was a true sense of community closeness and the importance of family. The city closes the main streets on Sundays so that families can get out to bike safely and enjoy the morning. Our group got to hop on and do a little tour around, to check out local artisans taking the opportunity to display their talents.

Our adventures also led us to an old hacienda to learn the history of how the agave plant brought the country wealth through its fibrous core, called sisal. It was used to produce many products such as rope. We explored a cenote, where it was the coolest experience to swim in a cave filled with crystal clear water among stalactites.

A day at the beach was certainly a highlight — being able to lounge in the sun, drink margaritas under thatch umbrellas and swim in the Gulf of Mexico. I couldn't get over how clean everything was. No litter on the streets, highways or beaches. It was a beautiful place in paradise and highly recommended for those who are looking for a new destination away from anything south of our border.



News from other non-profit organizations in Brockville

LEARN TO PLAY FLOOR SHUFFLEBOARD

The Shuffleboard players at the Brockville Legion, 180 Park St., invite you to join them for an afternoon of fun on Wednesdays (with rare exceptions) in the upstairs hall from 12:45-3:00 p.m. No equipment needed.

You will be taught the game as you go in a friendly atmosphere. Pay \$5./week and possibly win some of it back if your team wins! Teams are chosen randomly through a weekly draw. We welcome you to check us out any week with no commitment.

The Brockville Community Choir

Madelyn Mensen Artistic Director
Abe TeGrotenhuis Collaborative Artist

*This
Day*



Featuring Stroope's **Hodie** and works by
Willan Barber Forrest Whittaker Vaughan-Williams

The Herald Brass Ensemble Heather Istead *Oboe*
Ange-Gabriel Treble Chorus
Wendy Schmidt *Fiddle* James MacKenzie *Percussion*

Sunday May 4th 2:00pm

St. Lawrence Anglican Church 80 Pine Street Brockville

ADMISSION Adult \$25 Student \$10 Children Under 12 FREE



TICKETS AVAILABLE FROM CHOIR MEMBERS &
A LIMITED NUMBER AT THE DOOR OR ONLINE



BrockvilleChoir.ca

THE SALVATION ARMY Giving Hope Today

ONTARIO CAMPING MINISTRIES

140th Anniversary Spring / Easter Craft Fair & Silent Auction

Saturday March 29, 2025
175 First Ave, Brockville, Ontario
9:00 AM - 3:00 PM
Silent Auction Bidding Closes at 2:30 PM

This event is a fundraiser to send children to summer camp, develop teen leaders, fund our music programs, and to support our weekly Kids Club.

Come out and experience what Local Crafters have to offer!

Leeds & Grenville Branch, Ontario Genealogical Society

Join us on Monday, April 7 at 7:00 pm via Zoom, for a presentation by Annette Burke Lyttle. Her topic is **"Border—What Border? Our Ancestors Who Called Both Canada and the USA Home"**.

Movement from the United States to Canada was unrestricted and unrecorded until April 1908. The U.S. began recording the entry of Canadians along its northern border in 1894. Before that, many thousands of people lived cross-border lives, without visas, work permits, passports, or immigration records. Learn how to find these elusive ancestors.

To register for this presentation, click [here](#) or visit our Branch website leedsandgrenville.ogs.on.ca for more details.

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