

Board of Directors

Tom Beach

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 Chair

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Secretary

Wellness/Events Committee,
 Co-Chair

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Treasurer

Lori Teskey

Activities Director

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Policies/Incoming Secretary

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Joanne Picavet

Member at Large

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Mark Werner

Member at Large

Events

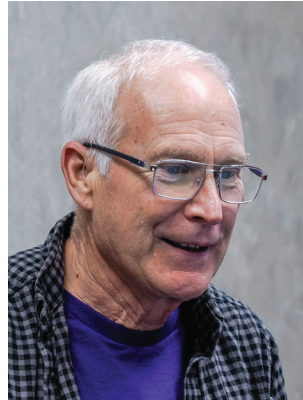
mark@fiftyplusbrockville.ca

Website

www.fiftyplusbrockville.ca

Message from our President

Tom Beach



Dear Brockville 50+ members,

It's been over four years since I joined the Brockville 50+ board of directors and my second term is up after the Annual General Meeting on April 29.

Yes, the time has gone quickly, especially the last few months and no, I didn't accomplish everything I had hoped to, but I did check a few boxes. Online registration, increasing our profile in the community to get a wider diversity of members and choice of activities and, sharing the workload by creating committees chaired by board members.

I have heard people say Tom did a great job, but the truth is that Tom was fortunate to be on the board when many dedicated people made these changes happen by providing administrative work in the office, developing the online registration system, developing and implementing the strategic plan, developing policies and procedures to guide us, planning and implementing events, recruiting new volunteers, leaders and board members and coming forward as leaders to share their skills and their passion. Thank you to you all.

Being a volunteer with Brockville 50+ can be a lot of work, but the benefits to seniors in the community are essential and greatly appreciated. That is very heartwarming and rewarding to those whose dedication keeps Brockville 50+ going.

Thank you to ongoing board members and those just starting your board term. Your dedication and commitment to the community give me confidence that things are in capable and dependable hands.

A message to members, remember it's your organization and your responsibility to help where and when you can so it can continue to provide a very essential service to seniors in Brockville and area.

It hasn't been perfect — I know we went off the track at times and we missed things — but it's been awesome!

Tom

Important Dates

When Wall Street United Church is closed, so is the 50+ Office.

Sunday, April 5	Easter
Wednesday, April 29	Annual General Meeting & Showcase
Friday, May 15	Last day of activities for this semester

Message from the Activities Director

Kim Barr



As I step down from my one-year term as Director of Activities at the Brockville 50+ Activity Centre, I do so with immense gratitude and pride in all that this remarkable community represents. With over 900 members and an incredible variety of programs spanning arts, language, sports, dance, exercise, music, Tai Chi, yoga, and special interest groups, the Centre truly fulfills its mandate of enhancing the lives of those fifty and over by keeping people mentally, physically, and socially active in a friendly and welcoming environment. None of this would be possible without the dedication of our volunteers. In a fully volunteer-driven, not-for-profit organization, their generosity, commitment, and countless hours of service are the heart and soul of the Centre.

It has been an absolute honour to work alongside such passionate and committed individuals. I extend my sincere thanks to each and every volunteer, instructor, and member for their support, kindness, and enthusiasm over the past year. I am confident the Centre will continue to thrive under the leadership of Lori Teskey, and I wish her every success in the role.

Thank you all for making this experience so meaningful — it has truly been a privilege to serve this extraordinary community.

Message from your Newsletter Editor

Alex Loshak

Spring seems to be here, though this year is a bit of a guessing game — my daffodils are confused. What will definitely be here at the end of April is our Annual General Meeting (AGM) and Activity Showcase.

It will be your opportunity to hear about changes that will be taking place in preparation for the Fall semester. Changes made necessary by the growth of Brockville's 50+, which now has some 60 activities and over 900 active members, and the need to streamline the behind-the-scenes operations. It will also be a chance to meet your new Board Members. I'm looking forward to seeing you all, with a reminder that I may memorialize our meeting with a photograph.

I'd also like to thank my intrepid proofreaders, Laurie Jeffrey and Karen Kerr-Kennedy for their efforts in correcting my grammar and spelling mistakes, and to all those who sent me material.

Brockville 50+ Annual General Meeting

**Wednesday, April 29 at 3:00 p.m.
in the Heritage Hall,
Wall Street United Church**

AGENDA

Call to Order

Approval of Agenda

Approval of the minutes of the Previous AGM

Approval of the 2025-2026 Financial Statements

Waiver of the Audit for 2025-2026

Report from the Board of Directors

Thank you to outgoing Board Members

Election of Directors to the Board

Other Business

Adjournment

**All members are encouraged
to attend**

For the latest information, please check the website
www.fiftyplusbrockville.ca

Activities Showcase and Annual General Meeting

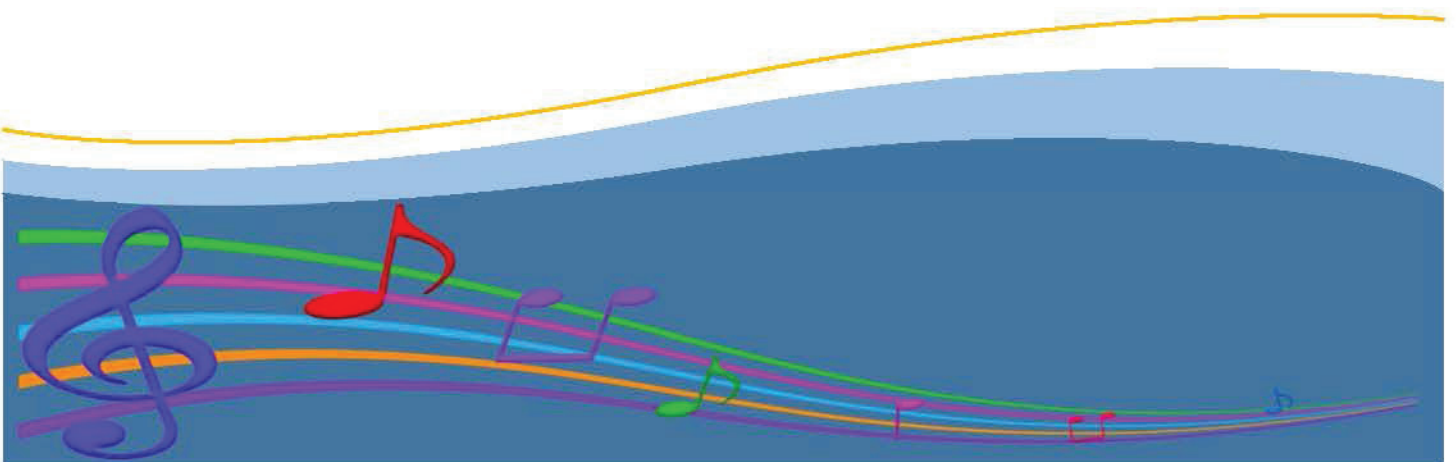
Wednesday, April 29
at Wall Street United Church

The Activities Showcase will start at 12 noon in the Gym, followed by the Annual General Meeting at 3pm in Heritage Hall.

Everyone is invited to attend the Annual Showcase to enjoy the artistic displays and musical presentations, and to see what 50+ has to offer you.

At the Annual General Meeting, you will have the opportunity to meet your new Board Members and hear about plans for the future.

Light refreshments will be served.



Wellness and Events Committee

Karen Kerr-Kennedy

We enjoyed a fun evening on St. Patrick’s Day at the festive Wellings Clubhouse. There was a great turnout with lots of delicious snacks, Betty’s green punch, and a variety of fun games.

We were entertained by “Dublin Road”. Lots of laughter, socializing, and wearing o’ the green occurred throughout the evening.



Prize winners for winning the most games during the evening.



Enjoyable games.



Lots o’ laughs at this table!

Health Care Resources and Activities for Seniors

A list of current helpful resources, specific societies, and various activity providers, has been posted on the Brockville 50+ home page. Phone numbers and websites have been included. This resource list has been created to increase awareness of resources that are available locally.

<https://fiftyplusbrockville.ca/2025/11/25/health-care-resources-and-activities-for-seniors/>

Please save the dates for these upcoming events:

Tuesday, April 21	The Ministry of Transportation Ontario will deliver two presentations
10:30am	We are partnering with Club 85 to offer information regarding “Renewal of Licence for 80+”.
2pm	We are partnering with Wellings Clubhouse for a presentation on Vulnerable Road Users.
Thursday, May 14	First Aid training will be offered to interested leaders on Thursday, May 14th. More details will be sent out soon.

As several members are leaving this year, the Board appointed four new members in the last few months to make transition easier by providing time with outgoing Board members. While the bylaws support appointing Board members between AGMs, it is the right and role of members to vote new members onto the Board at the AGM.

A list of continuing members and new members will be presented to the membership to vote on.

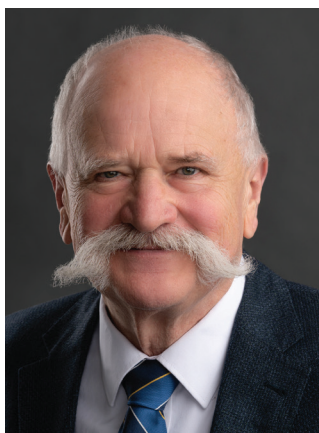


Artie Lane

Born and raised in Brockville, Artie Lane has spent most of his life living in Brockville and the surrounding area. He spent much of his working life in corporate sales and training leadership roles, ranging from provincial manager of sales in the insurance analytics space to VP of sales partnerships in the educational technology sector. He and his wife Jennifer share four children ranging in age from 21 to 33, and two grandchildren aged four and one. Artie and Jennifer enjoy travel and are planning a return to Italy in the near future.

Artie holds a BA in Philosophy from Lakehead University and an MA in Philosophy from Dominican University College, an affiliate of Carleton University. His coursework centred on ethics, metaphysics and ancient Greek philosophy, while his thesis focussed on using the ethics of care in corporate code of ethics documents. Recently, he assisted in the publication of two economics textbooks by providing research and footnote assistance to the author, Dr. Francis Peddle.

Artie is looking forward to helping the 50+ team in whatever way he can, and is excited to get started.



Mark Werner

Mark was born in Montreal, but has lived or worked in nine provinces and one territory, so was able to see a lot of the country, if not fully understand it. Married to the wonderful Jennifer (née Dawe) for 45 years; they have two children and four grandchildren

He went to high school in Ottawa, and graduated with a B.Sc. from the University of Saskatchewan. Later in life he gained a Master of Emergency Management degree from Charles Sturt University (Australia).

Most of his working career was spent in the oil & gas drilling industry, moving from operations to engineering to safety management, and he was in Saudi Arabia for 24 years until retiring to Brockville in 2016.

Mark is looking forward to helping 50+ members enjoy their activities, while developing new friendships and exploring new horizons.



Lori Teskey

Lori has lived in Brockville her entire life, and attended St. Lawrence College School of Nursing, graduating as an RN in 1992.

Her family operated the Relax Restaurant from 1961–1990 (it is currently occupied by Finnegans Tavern), and in 1987, started a new venture, a catering company, out of the restaurant.

They realized there was a need to build a separate facility, and in 1989 CJ's Banquet Hall & Catering Service Inc was built. Lori was employed there as Banquet Coordinator in 1993, alongside her late husband Luke Teskey, who was the Chef, and her late mother, Sia Syrios, until their retirement in 2016.

After three years of retirement, she returned to the workforce for a friend who owned a roofing and renovation company as office administrator, and recently retired from that position.

During her free time Lori enjoys spending time with family and friends, reading and traveling.



Joanne Picavet

Born and raised in Ottawa — yes, a true-blue Ottawa lady — Joanne met her husband, Walter, in 1993. They moved to Toronto for a few years before returning to Greely, Ontario, in 1999 where they designed and built a home they lived in for 19 years. They moved to Prescott in 2018 when Walter became ill. He passed away in August 2023, and it was at this time Joanne moved to Brockville.

Since moving here Joanne has been blessed by meeting so many wonderful people and living a very full life to say the least. She loves to sing and dance, so joined Shout Sisters last year, and takes the opportunity to dance when she can. She is also learning that she loves to paint so started Paint Night and also art classes. Joanne takes fitness classes four times a week at Tandem and joined Line Dancing with Fifty Plus – meeting amazing people and having a lot of fun.

A fundamental belief that you need to give back in the community you are in means Joanne has volunteered on many Boards, including Big Sisters, DIVA Foundation, Osgoode Long Term Care Center and her Professional Association. She feels that it is now time to volunteer with an Association that provides both fun and a way for seniors to connect. It is a perfect stepping stone into her new life adventures.

Joanne's background is in Corporate Services and Human Resources, the last 20 years of her career spent helping small hi-tech companies grow and mature.

Her love and passion has always been to support and help people grow. Her daily goal is to put a smile on someone's face – and/or a chuckle. She is looking forward to being part of this amazing Association and hoping to meet as many people as possible through following this new life path.

Afro-Cuban Drumming Workshop

Moyra Riley

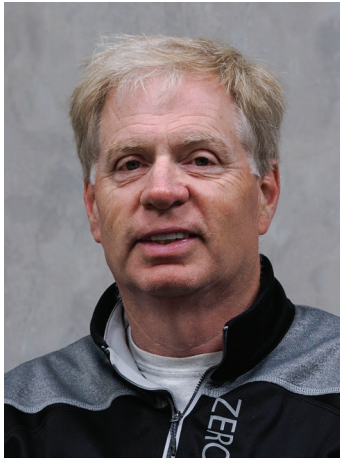
Remember mid-December when we all thought the snow was so pretty and the idea of a white Christmas was charming? Be careful what you wish for! One wish that did not disappoint though was the drumming workshop arranged by Heather Lance and led by Joaquin Núñez Hidalgo. What an exciting finish for the fall term of the African Drumming classes. To learn more about Joaquin please refer to the December 2025 edition of our newsletter.

Joaquin, a proud Canadian Citizen, hails originally from Cuba. He shared some history of Afro-Cuban music and then it was straight into two hours of pure musical delight. In addition to the Djembes that most of us play, we also welcomed the addition of some Dundun and Shekeres.

Joaquin was just a bundle of energy and got us excited about making a joyful noise. It was over all too soon. But wait... there's more! Joaquin told us about his yearly trip back to Cuba, where he takes a group of drumming students to enjoy drumming on the beach, dancing, performing, touring with him, and experiencing the joy of Afro-Cuban music first-hand. He invited us to come along if we were interested.

After months of consideration and internal debate, I decided the experience was just too good to miss and committed to the trip with Joaquin and company. The very next day the travel advisory was announced and you all know the greatly increased hardship Cubans have since experienced. The trip is still scheduled for the first week in May, and I still have a shred of hope that things will get better and we can go. If not, then I'll bank my travel credit and plan on joining the group at a future date. Stay tuned!





Rick Fry
Member Services
Committee Chair

Member Services Report

Rick Fry

In the Fall of 2023, the 50+ Activity Centre introduced an electronic registration system, which we have been using for every semester's registration period since. The system was designed by 50+ Volunteer, Mike Libbos, and the organization thanks Mike immensely for his tireless dedication to maintaining and improving this system.

The tremendous growth our organization has experienced over the past two years — to more than 900 participants and 60 activities — and with continued growth expected, the Board decided to search out commercial software solutions that are available in the market today.

An *ad hoc* committee was struck by the Board to complete this search, and included Board Members, Office Volunteers, Activity Leaders and 50+ participants. The objective was to explore and analyze what was available and make a recommendation to the Board.

I am pleased to announce that on March 25, 2026 the Board passed a motion to approve the selection of Activity Messenger as our registration software tool. The committee reviewed seven registration vendors and did detailed demonstrations with three. Activity Messenger is Canadian, based in Montreal, and I expect as a participant registering this Fall, you will not notice much difference from your previous experiences. More detailed information on the new registration software will be communicated prior to end of this semester and well in advance of the August 2026 registration window.



A Note to Newer and Younger Members

As a past President of the Brockville 50+ Activity Centre, and someone who spent four years on the Board of Directors as well as several years volunteering in different capacities, I've seen firsthand what keeps this Centre strong: members who are willing to step forward and help.

I would especially like to encourage newer and younger members to consider volunteering and possibly serving on the Board.

When you first join, you bring fresh ideas, enthusiasm, and a new perspective on the activities and programs the Centre offers. It's also a time when many members still have the physical energy and mental capacity to take on some of the work involved in helping guide the organization.

Getting involved early is also one of the best ways to meet people and feel truly connected to the Centre. More importantly, it helps ensure that the Brockville 50+ Activity Centre continues to thrive for years to come.

Our Centre exists because each generation of members has been willing to contribute their time and energy. If you are a newer or younger member, please consider being part of that tradition.

If you are interested in volunteering or learning more about serving on the Board of Directors, please speak with a board member or the office.

Your participation can help keep our Centre strong and vibrant.

Carmen Grosse, *Past-President*

News from Activity Groups

Guitar – Acoustic Intermediate — Wednesday

Leader: Polly Beach

The Wednesday Acoustic Guitar Workshop group shares songs via a Folder on Google Drive and we now have over 100 songs from '59th Street Bridge Song' to 'Your Song'! We often use a theme to help us choose songs.

We encourage each other to try new chords, strumming patterns and to step out of our comfort zones while having a ton of fun.



Gentle Karate — Thursday

Leader: Joe Crowley

We have been having a lot of fun at our Thursday morning karate classes. Learning anything new can be intimidating, but everyone has settled in and are getting comfortable and improving.

We have learned basic stances, blocks and punches, and are combining them as we move around the gym. We have also completed the first kata and will continue to practice it.

Along the way we have learned proper dojo etiquette and some of karate traditions.

I am looking forward to the second half of our classes.

Lost & Found

There's a box on the floor outside the 50+ Office that has several items that have not yet been picked up. Mid-May these items will be donated to Wall Street United Church.

The 50+ Office is located on the third floor of Wall Street United Church and is accessible by elevator.

For the latest information, please check the website
www.fiftyplusbrockville.ca

Pickleball for Beginners — Wednesday

The class continues to learn and to apply the various aspects of this game, (safety, rules, terminologies, etiquette, scoring, etc.,) with drills and by playing mini-games. Up-coming topics to cover will be the application and use of various shots, the introduction of game strategies, and our 'famed' mini-Olympics class competitions where the participants will have an opportunity to showcase their new pickleball skills. The Team Leaders have been very pleased with the development and progress of the class as they work diligently to learn this very social and fun activity.

Leaders: Stephen Graham & Kim Barr



Skills and Drills Pickleball — Thursday



Leaders: Kim Barr & Stephen Graham

The participants in this activity are being introduced to the advanced skills of this game, (consistency, placement, control, depth, spins and the use of power.) Participants are then applying these various components by executing drills and by playing mini games. Up-coming topics to cover include game strategies, executing and defending the LOB shot, and our semester ending class challenge team events. The Team Leaders congratulate all class members for their willingness to try and to apply these key skill developmental pickleball components.

Scottish Country Dancing — Friday

Dancing is moving to the music without stepping on anyone's toes, pretty much the same as life.

Leaders: Virginia Glover & David Murray



News from other non-profit organizations in Brockville



Voices Up!

Songs of Canada

SUNDAY MAY 24, 2026 2 P.M.

MADelyn MENSEN ARTISTIC DIRECTOR
ABE TeGROTenHUIS COLLABORATIVE ARTIST

with: JESSICA WILLIAMS - acoustic guitar JOHN REVELL - bass guitar
 JAMES MACKENZIE - percussion WENDY SCHMIDT - violin/fiddle

ADULTS \$25
STUDENTS \$10
CHILDREN UNDER 12 FREE

ST. LAWRENCE ANGLICAN CHURCH
80 PINE STREET, BROCKVILLE

THE Brockville Community Choir
 Celebrating 40 Years!

CANARM

TICKETS AVAILABLE FROM CHOIR MEMBERS
 a LIMITED NUMBER AT THE DOOR
ONLINE* at BrockvilleChoir.ca
 *service fees will be applied




Songs For Springtime!

ELMER ISELER SINGERS
 Lydia Adams, Conductor and Artistic Director

Saturday April 18, 2026 4 p.m.
 doors open at 3:30

St. Lawrence Anglican Church
80 Pine Street, BROCKVILLE

Adults \$40 **Students \$20**
Children under 12 free

Sponsored by:
The Brockville Community Choir
 Celebrating 40 Years!

TICKETS AVAILABLE FROM -
 Brockville Community Choir members
ONLINE* at brockvillechoir.ca
 * service fees will be applied
NO TICKETS AT THE DOOR



BROCKVILLE MUSEUM

History Talks

Second Thursday of the Month @ 2pm

Join us monthly for a 45 minute presentation on Brockville's social and industrial history. We'll explore Brockville's most unique stories through the archival images and objects in the museum's collection. Advance reservations recommended | Admission: \$5.31 + HST (\$6)

2026 Topics*

- January 8th: Hat-Making in Brockville
- February 12th: Brockville's Confectioneries
- March 12th: Brockville's Artists
- April 9th: Guest Speaker - Viktor Kaczowski
- May 14th: Nursing Schools in Brockville
- June 11th: An Overview of Smarts Manufacturing
- July 9th: A Look At Former Brockville Hotels
- August 13th: Royal Visits to Brockville
- September 10th: The Development of Brockville's Local Government
- October 8th: Guest Speaker - TBD
- November 12th: Three Brockville Soldiers (WWI)
- December 10th: Commercial Pharmacies in Brockville

*Topics subject to change without notice - check website for latest and additional details
 Private Talks also available! Gather a group and we can come to you - details online

www.brockvillemuseum.com | 613-342-4397

Brockville Museum Speaking Engagements



A 45-minute dynamic slide-show presentation featuring archival images and unique stories from Brockville's past. Choose from one of dozens of available topics. Talks can be delivered at your venue or at the museum.

Pricing:
 At the museum (capacity 28): \$5.31/person (\$50 minimum)
 At your venue: \$50 flat rate plus HST
 (20% discount available to non-profits; mileage surcharge may apply for delivery outside city limits).

Contact: museum@brockville.com for more information. Visit brockvillemuseum.com to see a list of available topics.

Website: <http://fiftyplusbrockville.ca>
 Email: office@fiftyplusbrockville.ca
 Office Address: 5 Wall St, Brockville 613-345-2412

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