



Royal City Men's Club

RCMC Newsletter

April 2024

April 11th. “LIVE MEETING”

Brian Skerrett:

Urban Park Guelph: The Solution We've Been Looking For

Presentation:

Turning the Former Correctional Centre into a National Urban Park

Bio:

P. Brian Skerrett has lived in Guelph for over 50 years. His first job in high school was washing dishes at the Bookshelf Café in 1981 and his last job in the city was Bookstore Manager at the Bookshelf. After career as a sales and marketing director in the book publishing industry, he volunteered for five years with Heritage Guelph including four years as committee chair. One of the highlights of that time was the drive to have the Reformatory lands designated as a Heritage Conservation District.

He is now able to bring all his background, and especially the research into the Ontario Reformatory, as a member of Urban Park Guelph.

10am. To be followed by Live Questions.

April 25th. “LIVE MEETING”

Karen Van Ooteghem:

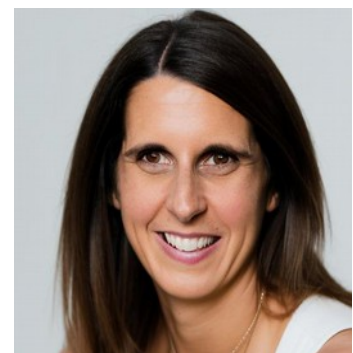
Balance: How Important it is to our Health & And What We Can Do About It

Presentation:

Karen will discuss how integral balance (and mobility) are to our daily life and share some current work in the field related to assessing, maintaining, and re-training balance. She will also provide recommendations for keeping balance ‘top of mind’ with respect to overall health.

Bio:

Karen Van Ooteghem completed her graduate training in Behavioural Neuroscience at the University of Waterloo. She currently holds a Research Appointment in the Department of Kinesiology and Health Sciences at the University of Waterloo and has been a Scientist with the Ontario Neurodegenerative Disease Research Initiative (ONDRI) since 2018. The goal of Karen’s research is to advance methods and tools for assessing health outside of clinics and doctor’s offices. She has specific interest in helping older adults maintain their capacity for safe, independent mobility through the course of aging and disease. Her work is rooted in understanding how the brain controls balance and gait (walking) and using this information to optimize assessment and training. She has studied older adults on the continuum from severe disability (e.g., advanced dementia, severe Parkinson’s disease) to exceptional cognitive aging.



10am. To be followed by Live Questions.

Messages : Future Meetings

Meetings for May

May 9th.

Aiping Yu, Ph.D.:

Future of Nanotechnology and Why It Matters

May 23rd..

Grinder Singh:

Domino Pizza: FAST Food Success

Coffee/Breakfast 10:am

April 4th. and April 18th.

Coffee/Breakfast

RCMC Live Coffee Morning

9:30am at The Boathouse or Uptown Grill
116 Gordon St 694 WoolwichSt.

Activities & Events

April 13th.

“Jersey Boys”

Hamilton Family Theatre
Cambridge

April 19th.

Volt Carbon

Technologies - Tour

April 28th.

“Five Alarm”

GuelphLittleTheatre

See activities desk for more details

Other News

There is a new What's New section on the Home page of our website. This will give you quick links to any new information which has been posted on the website.

If you have any new content for the website, please send to Ritchie Zelk at edna.ritchie@sympatico.ca

Membership

Please send any updates to your entry in the Membership Directory, including any change in email address, to **Martin Alderwick**; 519-763-6939
malderwick6939@gmail.com

Members are encouraged to invite male friends and acquaintances to our meetings.