

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Fall 2023 Newsletter”

We strive to make the best use of our Barrhaven Seniors Centre building. Although small in its size, it can accommodate a wide variety of activities. With growth in Membership comes the need for a much larger facility. To that end, I have met with both Barrhaven Councillors who have been discussing with the City a potential date in the not too distant future to move into our new location. More details will be forthcoming in the months ahead.

This fall, we resume activities Monday to Friday – most at our building, but some being Hosted at other locations too. Bus trips resume this fall too ! Be sure to check out the following pages for hints about activities to come.

Barrhaven, like many communities, faces a very significant housing shortage. This is especially true for seniors. There are several retirement homes that offer a variety of care options – along with a new one opening in October. However, I often hear from seniors that they want to live in their own home. One of the challenges is how to overcome the increasing costs of maintaining a home given one's pension(s) – plus how to avoid the potential social isolation as one's mobility becomes more of a challenge.

Over the coming months, I will be hosting a few special presentations outlining possible options to consider when deciding how to remain living in your own home. There are also private agencies that – for a fee - offer many services to help you age in place.

We operate our programs with public health measures in mind. Please be considerate of other Members – face coverings and are an individual's choice; if not feeling well, please stay at home and monitor your conditions before resuming activities.

A fun filled fall awaits, with lots of activities from which to choose!



Executive: President – Don Winchester
Vice President – Robert Butler
Secretary – Lois Elkins
Treasurer – Val McPhail

Directors At Large:
Heather Bourdon; Pauline Compton; Hilary Robinson



OPENING OCTOBER IN BARRHAVEN



MORE THAN JUST SENIOR LIVING. IT'S A NEW LIFE.

Our Westpointe community offers residents a new path for living. Providing peace of mind and freedom, so you can focus on living your best life.

We offer a Full Continuum of Care
Independent, Assisted Living & Memory Care
Inclusive Care Options

Contact **Josh Dubovie** to book your visit
westpointeretirement.com | **613-697-1214**



A GREAT WAY TO ENJOY A WEDNESDAY AFTERNOON

Barrhaven Legion Open Mic

You like singing, playing music or just listening,
well join us on Wednesday's in 2023

September 6 and 20
October 4 and 18
November 1 and 15
December 6 and 20



Music from 12:30pm to 3pm
Food available from Noon to 2pm
****The fee for entry, is a donation****

“Howard Hayes and the Country Drifters”

**Featuring: Howard Hayes, Wilf Arsenault,
Roy Feener, Andy Clark**



**For more information, please contact:
Don Pelletier at: 613-204-5246**



Pg. 4 **EXPLORE OPTIONAL LIVING ARRANGEMENTS**



Workshop date and sign-up will be announced in the weeks ahead.



AGING IN A COMMUNITY.

At Aisha Comfortable Coliving, we understand that loneliness is a significant challenge among seniors, and we believe that a vibrant life filled with **companionship knows no age limits.**

Our innovative coliving approach aims to transform the way seniors live, providing them with the opportunity to enjoy community and companionship once again, ultimately improving their overall well-being. We bridge the gap between seniors seeking suitable housing and homeowners looking for trustworthy tenants by offering a revolutionary housing solution. **Coliving is the future of senior housing**, offering compatibility, companionship, and comfort, making it a great alternative to aging in place or retirement homes. Say goodbye to loneliness and financial burdens, and welcome a new chapter of joyful living at Aisha Comfortable Coliving!

 info@comfortablecoliving.com
 comfortablecoliving.ca

SEASONAL BUS TRIPS

We are pleased to resume our day long bus trips. As in the past, we have blocks of seats reserved with Ottawa Valley Tours for the following trips:



**Thursday,
October 26th**

Akwesasne Mohawk Casino & Bingo Palace

The casino features 1600 of the newest slots, 20 table games, four food venues and a poker room.

A Bonus Package (\$20. Slot Play/240 meal value credits) will be added to your player's card. (Bonus amount subject to change). This tour is restricted to persons 21 years and older. A valid passport is required

Cost: \$ 85 Transportation, Bonus Package, All taxes

PLUS

Wednesday, December 6th

Upper Canada Playhouse – Morrisburg

A fabulous festive special:

Buffet Lunch and Afternoon Performance

Today we travel to the St. Lawrence Seaway making a stop for a delicious buffet lunch at the McIntosh Country Inn in Morrisburg. This afternoon we will claim our reserved seats for, "Home for the Holidays" (December), on stage at the Upper Canada Playhouse.

Cost: \$177 Transportation, Lunch, Theatre/Concert Ticket, All taxes

Our Bus Trips Sell Out Quickly !

**To sign up for any of our bus trips, please email
barrhavenseniors@gmail.com as soon as possible.**

Terry and I will set up a Master List and contact you later regarding payment and pick up details (usually at Walter Baker.)

BARRHAVEN WRITERS' CIRCLE



**First Wednesday of the month
6 PM -8 PM**

**Meeting Space provided by:
275 Tartan Drive**



A “Word of the Month” and “Phrase of the Month” are outlined in the chart below. Have fun preparing your work as you prepare to share your work with others in this warm, welcoming group.

At the following month’s gathering, you may present your prepared written piece that uses the Word / Phrase of the Week. Each person will be given up to eight minutes to present their work to the group.

Poetry, prose, a novel in progress, song lyrics ...the sky’s the limit

If the word has you stumped, feel free to bring another piece of writing to present to the group.

| CIRCLE DATE | WORDS | PHRASES |
|-------------|-----------------------|--|
| September | hockey goal | -The player was mesmerized by the puck! -It’s a great day for hockey. |
| October | costumes scary | -Any trick-or-treaters? -Watch out! |
| November | trajectory fixed | -You know what that means... -I didn’t say a word. |
| December | enjoyment resolutions | -Memories of Family Christmases -New Year’s will be a lot better |

For further information about the group, please contact:
Martha Sanipe at marthasanipe@gmail.com

MEMBER MEAL PROGRAM

You told us at our Member Meals last year just how much you enjoyed the opportunity to have catered, low-cost meals at our building. We are pleased to announce that the “Member Meal Program” is resuming this fall and winter. Watch for menu and sign up details in the coming weeks/months.

September and December

3 Sittings of approximately 25 each/meal



Meal Cost

**\$15 or less
per
person**

**Catered
meals
include
dessert and
beverage**

An email notice will be sent about two weeks in advance, including the set menu for the themed meal + Sitting times. Seating is limited!

Catering by
Allen Galachiuk

Partially Funded by:



**This program may resume in the Spring of 2024
if a Sponsor(s) come forward.**

Pg. 8 **A POTENTIAL LIFE SAVING OFFERING FOR MEMBERS !**

We have booked the following screening program to be offered at our building in November. Please consider this unique opportunity !



Centre for Valvular Heart Disease Mobile Screening Program



WHAT? A free valvular heart disease and cardiovascular risk factor screening performed by a nurse, cardiac sonographer, and overseen by a cardiologist.



WHY? Valvular heart diseases are dysfunction of cardiac structures directing blood flow within the heart. Valvular heart disease is considered the next cardiovascular epidemic, affecting hundreds of thousands of people in Canada, yet it is often left undetected and undertreated. This program offers early detection and prevention of severe complications.



HOW? The sonographer will perform a mini ultrasound to look for valvular heart disease. The nurse will screen for cardiovascular risk factors through questions, measurements, and rapid finger poke blood tests. The cardiologist will review results and recommendations will be provided.



WHO? Anyone 65 years and older with no known cardiovascular history (heart problems).



Don't miss this opportunity! Limited space available, sign up NOW by calling 613-696-7000 ext 19172.

SPECIAL PRESENTATIONS

About Smart Aging



Many seniors make significant life decisions in crisis moments. When this happens to you or your family, you often don't have adequate tools, resources and/or information to make the best decisions for you, or your loved ones.

The COA has developed four new stand-alone workshops as part of the Smart Aging Program. These new workshops can be taken independently from the Core Program.



Presentations This Fall and Winter Include:

Understanding the Ingredients for Healthy Eating

Participants will learn about changing dietary needs and eating habits as we age, reflect on their own eating habits, needs and challenges, discuss healthy eating, and explore opportunities to expand their options.

Date TBA: Time - 1 to 3:30 PM- Cost: \$5 including. snack

Navigating In & Out of Hospital

Participants will determine how to prepare for, navigate through, and return home from both a planned and unplanned hospital admission. Discussion will include powers of attorney, reducing the risk of readmission, as well as recovery and convalescence.

Date TBA: Time - 1 to 3:30 PM- Cost: \$5 including. Snack

Nurturing Mental Wellness and Resiliency

Participants will increase their knowledge related to mental wellness and resiliency as they age. Useful tools and ideas will be shared to help create tangible and concrete plans to support mental wellness. Issues surrounding COVID will also be considered.

Date TBA: Time - 1 to 3:30 PM- Cost: \$5 including. Snack

Exploring Online Banking and Shopping

Participants will explore their current banking and shopping habits, learn how to safely bank and shop online, as well as when and how online banking and shopping can be helpful as an alternative to conventional methods.

Date TBA: Time - 1 to 3:30 PM- Cost: \$5 including. Snack

A minimum of 20 participants is required per session.

The Barrhaven Seniors' Council would like to thank the Barrhaven Lions Club for providing a donation last spring to cover some of the costs of our Hosting these workshops.

Partially funded by:



KNITTING GROUP:

Contact: Veronica Suarez
vsuarez99@icloud.com

Monday afternoons

1:30 PM to 4 PM

Come join our group of experienced knitters. We make substantial donations of knitted materials each year to Ottawa's premature babies and adults in need. You can choose to knit for charity or for yourself while making new friends and getting new project ideas. A fun time for all!



LOOKING FOR AN EXERCISE PROGRAM

CHAIR EXERCISES



**By Zoom or
In Person**

Join any time as
this is an
ongoing
program.

No Cost: This is a fully sponsored program

Please remember that every new participant should contact Grace at gkowalczyk@familyphysio.com or call her at 6137964729 for proper registration and to confirm times and days of the week.

Times: Zoom: a variety of times during the week.

In Person: Wednesday and Friday 11:45 to 12:30 PM
at the South Nepean Community Health Centre
4100 Strandherd Drive, Suite 201

FALL RHAPSODY WILL SOON BE UPON US



Every fall, as the days get shorter and temperatures drop, vibrant colours take over Ottawa–Gatineau. This spectacular show lasts only a few weeks but attracts hundreds of thousands of visitors to the parks and natural spaces in Canada's Capital Region.

From the heart of the Capital to the peaceful Greenbelt and beyond, there are many unique and fascinating places to enjoy the fall colours in the Capital Region. In addition to the popular spots in Gatineau Park, there are plenty of hidden gems tucked away from the crowds.

[Fall Rhapsody - National Capital Commission \(ncc-ccn.gc.ca\)](http://ncc-ccn.gc.ca)

Branch Hours

Subject to change; please check our website for the current hours
Monday: 10 am to 9 pm
Tuesday: 10 am to 9 pm
Wednesday: 10 am to 9 pm
Thursday: 10 am to 9 pm
Friday: 10 am to 6 pm
Saturday: 10 am to 5 pm
Sunday: 10 am to 5 pm*
*closed on Sundays from the end of June to Labour Day

Follow OPLAdultServicesRD on BiblioCommons (OPL website) for book lists and recommendations.

Fall 2023

Programs for Adults
Ruth E. Dickinson Branch

All programs are free!
No registration required except for Techno Buddies: Register in-branch.
Check the OPL website for updates.



Conversation Groups
Groupes de conversation

Tuesday English Conversation Group

Weekly on Tuesdays 6-7 pm
September 12th to December 19th

Wednesday English Conversation Group

Weekly on Wednesdays 7-8 pm
September 13th to December 20th

French Conversation Group - Beginner

Weekly on Mondays* 7:30-8:30 pm
*Cancelled on October 9th for Thanksgiving
September 11th to December 18th

French Conversation Group - Intermediate

Weekly on Tuesdays 7:30-8:30 pm
September 12th to December 19th



Dickinson Reads Book Club

Monthly on Wednesdays 10-11 am
September 13th, October 11th, November 8th, December 13th
Ask a staff member or check the website for selections.
Stay for the Older Adult Safety Series in the afternoon!



Older Adult Safety Series
@ Ruth E. Dickinson

Monthly on Wednesdays 2-3 pm
September 13th, October 11th, November 8th



Granny Squares for Warmth

Monthly on Tuesdays 3-5 pm
September 12th, October 10th, November 14th, December 12th



Adult Crafternoon

Monthly on Wednesdays 3-4 pm
October 4th, November 1st, December 6th
Bring your own project or try ours!

Techno Buddies



Register in-branch, 2nd floor
Monthly on Wednesdays 4-5 pm
September 27th, October 25th, November 22nd



Barrhaven Social Services Table

Monthly on Thursdays 6:30-8:30 pm
September 28th, October 26th, November 30th



Barrhaven Cook and Tell Cookbook Club

Monthly on Thursdays 7-8 pm
September 14th, October 26th, November 23rd, December 14th - Cookie Swap!
Ask a staff member or check the website for selections.

FAMILY EVENTS



Ruth E. Dickinson Fall Plant Swap
Saturday September 16th 1 - 4:30 pm



Barrhaven Food Cupboard Holiday Food Drive
Friday December 1st at 10am to Thursday, December 21st at 1pm



Ottawa British Railway Group Train Display
Friday November 24th 2-6pm, Saturday November 25th 10am-5pm, Sunday November 26th 10am-2pm

RESERVE YOUR SPOT AT THE TABLE !

From November to April we suspend our large group restaurant outings – replacing it with the “Catered Member Meal” program. It is anticipated that large group restaurant events will resume in the spring of 2024.

We continue to offer our highly successful Men’s and Ladies’ outings:



**MEN’S
BREAKFAST**

Broadways
Barrhaven

8:30 AM

Tuesday
Mornings

September 12th *October 10th *November 7th *December 12th

Reservations can be made up to two days before each meal by contacting
Mir at mirali9937@gmail.com or calling 613-617-8067



Ladies
LUNCHEON

Broadways
Barrhaven

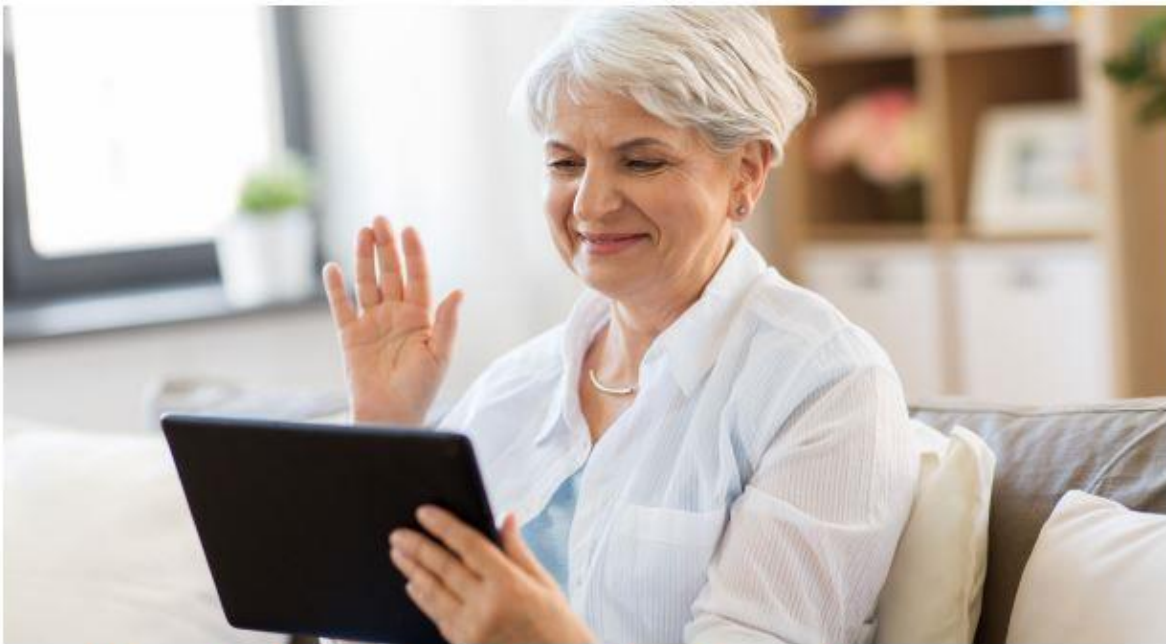
11:30 AM

Wednesday
Mornings

September 13th *October 11th *November 8th *December 13th

Reservations can be made up to two days before each meal by contacting
Heather at solligrey@rogers.com or calling 613-825-1789

NEED HELP WITH TECHNOLOGY?



Tech Help for Seniors!

Do you need help sending emails or connecting with loved ones through social media? You may be struggling with a new phone, computer, or tablet and could use assistance. Not to worry, Revera Barrhaven is now offering free drop-in sessions where you can bring your device and receive the help you need.

Drop in on the following dates:

Wednesday, August 30th, 1:00-2:30 PM

Wednesday, September 20th, 1:00-2:30 PM

Wednesday, October 25th, 1:00-2:30 PM

Wednesday, November 29th, 1:00-2:30 PM

Call Jenna today if you have any questions.

Barrhaven

110 Berrigan Drive, Nepean

613-823-2525 | reveraliving.com



revera
RETIREMENT LIVING

ACTIVITIES AT THE BARRHAVEN SENIORS CENTRE



Your building is located at 700 Longfields Drive - on the east side of the intersection of Longfields Drive & Highbury Park Drive.

Enter the large parking lot and our accessible building is ahead on the left

EXPECTATION OF MEMBERS

Our event Co-Ordinators are “volunteers” who willingly give up their time so as to provide a “positive experience” for participants. Everyone who comes to the building for **any activity** should have the opportunity to take part – **no one should be left out**. If there is not a sufficient number of players for another table of that particular game, please take turns sitting out a hand or two to accommodate such situations.



**Barrhaven Seniors'
Centre**

**Centre pour aînés de
Barrhaven**

MONDAYS

COUNCIL DIRECTED + SPECIFIED WEDNESDAYS

Wednesday activities at the Barrhaven Seniors' Centre are primarily organized and run by the Barrhaven Seniors' Council and/or Advisors, including: Presentations; Special Events; and Member Meals.

SPECIFIED MONDAY MORNINGS

SENIORS DROP IN 10 AM to 12 Noon
HOSTS: Val and Hilary

Looking for a chance to get together and start the week in a relaxed manner? This informal gathering offers a casual atmosphere in which to meet others and share ideas. Coffee, tea and other beverages are available at minimal cost.

FIRST TUESDAY MORNING EACH MONTH

BIRTHDAY SOCIAL: 10 AM to Noon
Host: Pandora

Each month, Members who have birthdays that month are invited to celebrate together at the Barrhaven Seniors' Centre. Cake and activities will make this event fun for all to attend. Watch for the monthly updates with instructions about how to take part.

TUESDAY AFTERNOONS

BRIDGE: every Tuesday afternoon
– 12:30 PM to 3:30 PM
- Co-Ordinator: Robert



This active group welcomes new players. Whether a beginner, or experienced, this group is non-competitive. Enjoy the game in a friendly setting. Drop-ins are always welcome.

SPECIFIED WEDNESDAY AFTERNOONS



1 PM to 3:30 PM
HOSTS: Don and Heather
A variety of special presentations are being booked for some Wednesday afternoons this fall. Watch for the monthly updates and calendars of events for more details.

THURSDAY AFTERNOONS



CRIBBAGE: every Thursday afternoon: 12:30 PM to 4 PM

Co-Ordinator: Michael

This group has received good response to date from interested Members. The more players the better! Drop-ins are always welcome.

SCRABBLE: every Thursday afternoon
– 12:30 PM to 4 PM

Co-Ordinator: Pandora and Marilyn

This group welcomes both new and experienced players. Come and have fun. Scrabble boards and dictionaries provided.



FRIDAY AFTERNOONS



CANASTA: every Friday afternoon – 1 PM to 4 PM

Co-Ordinators: Diane and Paul

Come join this lively group of players for fun times. New players and experienced are both welcome to join.

If you have any suggestions for Mondays from January onward, please do not hesitate to send us an email at barrhavenseniors@gmail.com or to contact us at 613-440-3620.

10TH ANNIVERSARY EVENT

It is hard to believe, but 2023 will be the tenth calendar year of activities offered by this group. In the fall of 2013, a few of us met with the Mayor and Ward 3 Councillor to discuss forming a seniors group in Barrhaven. Given their support, **the official kick off event** was held on January 15, 2014.



Since then, we have continued to offer programs and services every calendar year – even during the pandemic when we reverted exclusively to Zoom.

Over the coming months, I will be asking Members for recommendations on how best to celebrate the **official 10th anniversary** on **Monday, January 15, 2024**.