

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Spring 2032 Newsletter”

First Edition: April 20, 2023

Welcome to Spring 2023 – a much more positive season than we have enjoyed for some time. Luckily, the waves of social isolation (2020, 2021 and 2022) that took such a terrible toll on all of us have long since past. Remember, though, to follow Public Health Guidelines as to new boosters.



As we look ahead to the spring and summer months, let's focus on some of the positive options ahead. Almost of our previous activities have resumed. There are some interesting special presentations in May and in the late summer. Our popular Member Meal program resumes next month.

Watch for the monthly email updates as lots of activities are available – both with our group and in the community.

As outdoor sports and other opportunities present themselves, we usually find that attendance to programs changes over the late spring and summer – increasing again in the fall.

Some programs stop for the summer season or transition to being combined with other programs for maximum efficiency in use of the building.

New programs and optional activities begin at various times throughout the year.



Some activities – such as our popular bus excursions – are once again becoming more available later this year.

If you have any suggestions for activities this fall and winter, please send us an email at barrhavenseniors@gmail.com or to contact us at 613-440-3620.

Join us!

Ottawa's premier all-inclusive retirement community presents...

Senior Speed Dating

Friday, May 26, 7:00 - 8:30 pm

Enjoy an evening of socializing with other senior singles in search of love or just a fun time! Sip and snack on complimentary wine and cheese while getting to know new people. Call for more information.



To RSVP call Natasha at (613) 823-0220 or email barrhaven@vivalife.ca.

Mother's Spa Day

Friday, May 12, 2:00 - 3:00 pm

Treat yourself and your mom to a luxurious day of pampering at VIVA Pickering. Get royal treatment from Roses Facial Spa with manis, pedis, and facials. Spots are limited. RSVP today!



Musical entertainment with Gale Gavin and Sherryl Fitzpatrick

Monday, May 29, 2:00 - 3:00 pm

Don't miss out on the unique opportunity to enjoy an exciting and interactive show with two of our valley's most talented musicians.



Call Natasha at (613) 823-0220 or email barrhaven@vivalife.ca to RSVP.



275 Tartan Drive, Nepean at Strandherd Drive.
Only 10 minutes from Manotick, Stittsville, and Kanata.
(613) 823-0220 | vivalife.ca | Find us on 
INDEPENDENT LIVING | ASSISTED LIVING | RESPITE

CANADIAN TUPLIP FESTIVAL

Event Date: May 12, 2023 - May 22, 2023

A wide variety of activities are scheduled this year. Take a few minutes to look at the many options: [Festival Information - Canadian Tulip Festival](#)



About The Canadian Tulip

Festival: The Canadian Tulip Festival was established to celebrate the historic Royal gift of tulips from the Dutch to Canadians immediately following the Second World War as a symbol of international friendship. The Festival preserves the memorable role of the Canadian troops in the liberation of the Netherlands and Europe, as well as commemorates the birth of Dutch Princess Margriet in Ottawa during World War II—the only royal personage ever born in Canada.

LOOKING FOR A COMPUTER ?



Hello Barrhaven Seniors Council Members;

I have some older laptops that have been refurbished with Chromebooks operating system. If you want one, please connect me.

Stephen Johns
613-327-0334

WHO DO I CONTACT ?

Have a question about Ontario Government services?

Are you having difficulty booking your 80+ Drivers' test -
or for any other Ontario program or service?

Help is available. Please call MPP MacLeod's office at
613-823-2116



CATERED MEMBER MEAL PROGRAM

You told us how much you enjoyed the opportunity to have catered, low-cost meals at our building. We are pleased to announce that the program is continuing on specified dates. Watch our monthly emails for updates.

A variety of sponsors have come forward to help offset some of the costs.

On behalf of the Membership, I would like to offer a special thanks to our caterer - **Allen Galachiuk** – for not only preparing fabulous meals, but also donating a significant portion of his labour.



**3 Sittings of
@ 24 per meal**

Meal Cost

**\$12 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!

Spring Book Club

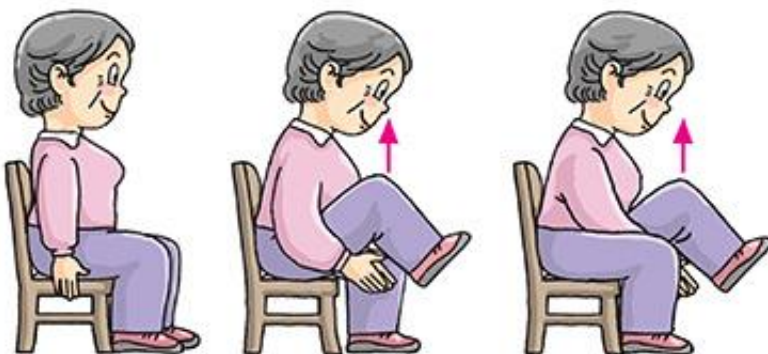


Dickinson Reads Book Club Second Wednesday of the month: 10 AM to 11 AM

Share the enjoyment of good books in a relaxed atmosphere, meeting via Zoom for April - but returning in May and June to meeting at the Library

- Apr 12th: Incidents in the Life of Markus Paul
by David Adams Richards
- May 10th: The Personal Librarian
by Marie Benedict & Victoria Murray
- June 14th: Off the Record by Peter Mansbridge

YEAR ROUND SENIOR CHAIR EXERCISES!



Several seniors are enjoying the continuation of the Chair Exercises through Zoom.



The program is now offered "several days" each week at different time slots.

Instructor Elani makes these sessions very enjoyable for all. For times and other details, please contact Elan at kelancheran@gmail.com



Barrhaven Legion Open Mic

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

*January 4 and 18
February 1 and 15
March 1 and 15
April 5 and 19
May 3 and 17
June 7 and 21*



**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: 613-204-5248**



SPRING AND SUMMER WEEKLY ACTIVITIES: BARRHAVEN SENIORS CENTRE

REMEMBER: If someone arrives a bit late and needs a group to join, please welcome them to the event - and then adjust card groupings to accommodate those arriving.

ALL attendees deserve the chance to play!

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.

WEDNESDAYS

EUCHRE: every Wednesday afternoon – 1 PM to 4 PM

Co-Ordinator: Regina

Whether you are a beginner, or experienced, come and join this lively group. This is a non-competitive group with a set playing format. Drop-ins are always welcome.



THURSDAYS



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-Ordinators: Pandora and Marilyn

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



FRIDAYS



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.



Barrhaven Knitting Group

At the Library: Ruth E. Dickinson Branch, 100 Malvern Drive

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!

April 3rd to June 26th

Weekly on Mondays* 1:30-4pm

*Cancelled on:

- April 10th for Easter Monday
 - May 22nd for Victoria Day
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RESERVE YOUR SPOT AT THE TABLE

Throughout the Spring and Summer months, we will once again be offering “group luncheons” at different locations in Barrhaven throughout the spring and summer. Email notices will be sent out about two weeks in advance. Although some restaurants have closed or are operating on reduced hours, nonetheless there remain a number of locations from which to choose.



MEN'S BREAKFAST

April 11th; May 9th; June 14th; July 13th; August 8th
Broadways Barrhaven – 8:30 AM

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

April 12th; May 10th; June 15th; July 14th; August 9th
Broadways, Barrhaven – 11:30 AM

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

LOTS TO DO IN THE MONTHS AHEAD:



RCMP Musical Ride Sunset Ceremonies

Summer 2023, dates to be announced

Watch the world-famous RCMP Musical Ride Mounties perform a free, time-honoured tradition in Canada's capital, including complex and thrilling cavalry figures and drills choreographed to music.

Over one weekend each summer, a full troop of 32 riders and their horses perform the Canadian Sunset Ceremonies at their home base—the RCMP Musical Ride Centre, located just east of downtown Ottawa. The time-honoured tradition features an impressive performance by the Musical Ride, a flag lowering ceremony at sunset, and a participatory singing of the national anthem.

This free event is held outdoors and may be canceled due to inclement weather.



Remember to attend this special event on Canada Day:

08:30am – 9:30am: Senior's And Family Breakfast

For a full list of events and schedule, check the information posted at

[Schedule of Events - Canada Day Barrhaven](#)