

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Winter 2024 Newsletter”



It is hard to believe that 10 years ago we officially started this group.

On December 2, 2013, a few of us met with then Mayor Watson and Ward 3 Councillor Jan Harder to discuss forming a seniors' group for Barrhaven. An “Advisory Board” was formed to explore possible events for the coming months.

The first **official kick off event** of this group was held on January 15, 2014. A series of events throughout 2014 will commemorate our founding.

This winter, we continue activities Monday to Friday – most at our building, but some being Hosted at other locations too. Be sure to check out the following pages for hints about activities.

Over the coming months, we will be hosting a few special presentations. Some of these outline safety considerations while living at home, plus options to consider when deciding how to age in place at your own home. Suggested contacts are provided at workshops for attendees to follow up at their leisure. Assurance Home Care will be doing a presentation in March which will certainly be of interest for those hoping to age in place at home.

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 variety of activities are offered this winter from which to choose!



Executive: President – Don Winchester
Vice President – David Voisey
Secretary – Lois Elkins
Treasurer – Val McPhail

Directors At Large:

Heather Bourdon; Pandora Weller; Hilary Robinson



ASSURANCE
HOME CARE

"Mom loves her neighbourhood and wouldn't want to ever leave....she now does her daily walk together with her caregiver and they both love it"

David - Manotick



Live-in Care Keeps Mom Home, Healthy and Happy

Rest assured with Canada's Live-In Care Specialists. Our 1 on 1 worry free care, whether live-in or hourly, is provided by compassionate, caring and experienced caregivers who will deliver customized care for your loved ones.



Canadian Home Care
Association
canadienne de soins
et services à domicile

MEMBER 

HOME CARE
ONTARIO

Call Now
for a **FREE,**
no obligation
consultation
613-909-8872

assurancehomecare.ca

TRAVEL PRESENTATION

With many of our group resuming travel nationally and/or internationally, this presentation will provide you with another excellent opportunity from which to choose.

together
GROUPS BY CAA TRAVEL



Whether you're travelling solo, with a partner, or with a group of friends, there are amazing experiences around every turn with **Together. Groups by CAA Travel** – CAA's all-new group departures and itineraries.

Every trip is unique and loaded with exclusive benefits only CAA Members can access. Relax on a cruise, explore culinary delights, or absorb new adventures – CAA Travel's incredible group experiences are custom designed with you in mind. Plus, CAA Members save \$300 on every trip and enjoy hassle-free planning with all-included pricing.

Join us at the Barrhaven Seniors Club **on Feb. 14th from 1 p.m. until 4 p.m.** as we discuss all things travel. An expert from CAA Travel will be there to answer any questions you may have!



Find your next destination

- Long-Stay Portugal
- Solo Italy
- Rockies by Rail – Alaska by Sea
- The Great Escape – Tuscany
- Tahitian Passage Paradise

For more information, visit **TogetherByCAA.ca**

MEMBER MEAL PROGRAM

You told us at our Member Meals last fall 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” continues for the winter months ahead. Watch for menu and sign-up details in the coming weeks/months.

January 10th; February 7th; and March 6th

3 Sittings of approximately 24 each/meal
Plus
Take Out



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

Pg. 5 **A POTENTIAL LIFE SAVING OFFERING FOR MEMBERS !**

Due to the large number of requests received, we have booked additional screening dates for January, February and March at our building:



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

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 Winter:

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: Wednesday, January 31st - 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: Wednesday, February 28th – 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:



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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!

BARRHAVEN WRITERS' CIRCLE



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

A “Word of the Month” and “Prase of the Month” are provided to help guide your work.

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.

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



LOOKING FOR AN EXERCISE PROGRAM ?

NEW

NEW

All costs are covered by the
“Home and Community Care Support Services: program”

Types of Exercises

- Chair;
- Stroke Recovery;
- Parkinson’s;
- Diabetes;
- C.O.P.D. (Chronic Obstructive Pulmonary Disease)

Join any time as this is an ongoing program.

Please remember that every new participant should contact Grace at gkowalczyk@familyphysio.com or call her at 613-796-4729 for proper registration and to confirm times and days of the week.

Times: a variety of days and times are available during the week. Classes are held using Zoom. Currently, there are no in person classes.



SEASONAL BUS TRIPS

This past fall we resumed our day long bus trips. As in the past, we reserve a block of seats for our Members with Ottawa Valley Tours.

We do not travel in the winter. Day trips will resume later this year for Spring, Summer and Fall.



From February 2 to 19, Ottawa and Gatineau will be bustling with a host of indoor and outdoor activities that showcase Indigenous culture, Canadian diversity and significant anniversaries.

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

January 16th * February 13th * March 12th * April 9th

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

January 17th * February 14th * March 13th * April 10th

Reservations can be made up to two days before each meal by contacting

Heather at solligrey@rogers.com or calling 613-825-1789

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.

USUALLY THE 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 - 12:30 to 3:30 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.

DICKINSON READS BOOK CLUB



Second Wednesday of the month: 10 AM to 11 AM

Ruth E Dickinson Library

Share the enjoyment of good books in a relaxed atmosphere.