

# **BARRHAVEN SENIORS' COUNCIL**

**Registered Charity # 72092 5924 RR0001**

## **“Spring 2024 Newsletter”**

Welcome to Spring 2024 !



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 and optional activities begin at various times throughout the year. Our seasonal bus excursions are outlined in this newsletter. Join us!

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.

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



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

**Directors At Large:**

Heather Bourdon; Pandora Weller; Hilary Robinson

Due to the large number of requests received, we have extended the last opportunities for Members with April and June screenings 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.**



# Quilt

## **Flexible, personal, and high-quality home care in Ottawa.**

One-third of Canadian seniors admitted to long-term care could be supported at home, and most would prefer that. The challenge stems from the in-home care industry's failure to provide personalized care. Agencies often prioritize caregiver availability over compatibility, leading to a mismatch in the care provided. They also struggle to communicate effectively with families. This leads to a hard choice for families. Either their loved ones can stay at home and receive unsatisfactory care or move to a retirement home.

Quilt, an Ottawa start-up, is improving the in-home care experience. Quilt makes it easy to find a compatible caregiver and personalize care. They also give families visibility into the care being provided.

Find out how Quilt can help you provide personalized and cost-effective care at [CareQuilt.ca](http://CareQuilt.ca) or email [Peter@CareQuilt.ca](mailto:Peter@CareQuilt.ca) for more information.



## **FREE EXERCISE PROGRAMS**

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

**Types of Exercises by Zoom – Variety of Time  
Slots Offered – Join Anytime**

**Chair; Stroke Recover; Parkinson’s; Diabetes; C.O.P.D.**

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

Pg. 4 **SEASONAL BUS TRIPS RESUME FOR 2024**



This spring we resume our day long bus trips. Members have told us that they enjoy travel but would rather take part in trips where their friends can join them.

In 2024, we are concentrating the type of the trips planned for previous years but could not be offered due to COVID,

We have reserved a block of seats for our Members with Ottawa Valley Tours.

**To reserve a seat for any of the trip below, please contact Don at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) who co-ordinates with**

**Our three (3) seasonal bus trips are:**

**1. 1000 Islands Playhouse - Gananoque**

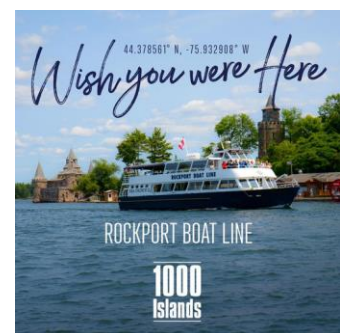


**June 5** | We travel today to the 1000 Islands region arriving at the Gananoque Inn, overlooking the banks of the St. Lawrence River, to enjoy a delicious lunch. Then, off to the Springer Theatre for the live productions of “Liars at the Funeral”

**\$177 Transportation, Lunch, Theatre Ticket, All taxes**

**2. Rockport Cruise & Charming Merrickville**

**August 8** This morning we will travel to the quaint waterside village of Rockport. Upon our arrival we will board Rockport Boat Lines Sea Prince II for a two-hour cruise on the waters of the St. Lawrence Seaway. Sail into the Heart of 1000 Islands where you can view Boldt Castle and the palatial homes of the rich and famous of the bygone era. After the cruise enjoy lunch dockside. Later this afternoon enjoy browsing in the quaint village of Merrickville and its wonderful shops that line the streets.



**\$158 Transportation, 1000 Island Cruise, Lunch, Shopping, all Taxes**

**and our third trip...**

### 3. Fall Leaves: Celebration of the Opeongo Flaming Leaf

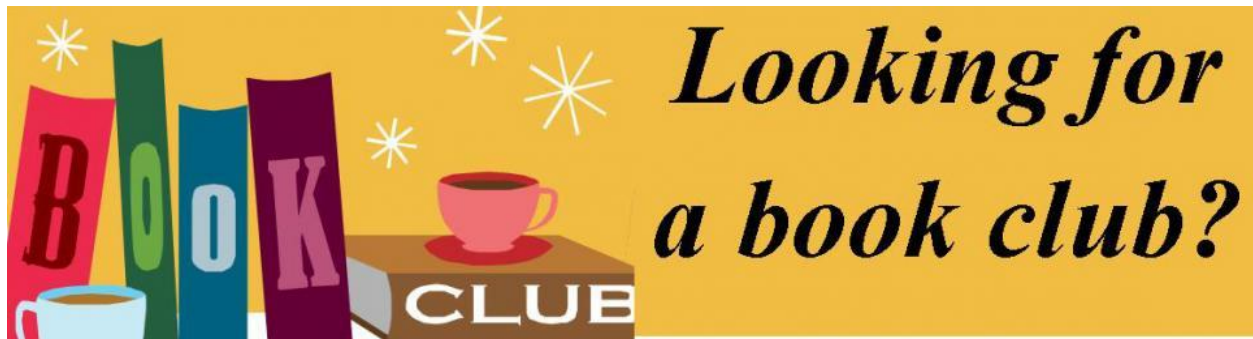


**October 1** Enjoy the history, culture, and beauty of the Upper Ottawa Valley during the Celebration of the Opeongo Flaming Leaf. Explore the Opeongo Trail travelling from Renfrew through many historical towns and charming communities making our way across to Barry's Bay. We will stop at the Spectacle Lake Lodge for a delicious lunch. A truly relaxing and enjoyable day

**\$145 Transportation, Lunch, All taxes**

To reserve a seat, contact Don at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)

Please consider including the [trip cancellation insurance](#) to your booking as trips are not refundable. Sometimes others will purchase your ticket, but that cannot be guaranteed.



### **DICKINSON READS BOOK CLUB**

**Second Wednesday of the month: 10 AM to 11 AM**

**Ruth E Dickinson Library**

**2<sup>nd</sup> Floor Meeting Room**

- April 10<sup>th</sup> : Anxious People by Fredrik Backman
- May 8<sup>th</sup> : The Paris Library by Janet Skeslien Charles
- June 12<sup>th</sup> : The Housekeeper by Joy Fielding

**Share the enjoyment of good books in a relaxed atmosphere !**



Pg. 6 **RESERVE YOUR SPOT AT THE TABLE**

Our catered monthly Member Meal program has ended.



However, with the weather quickly warming for the Spring and Summer months, we resume our large group meals at a variety of local restaurants.

To assist the restaurants with our group booking, we will be offering two Sittings per location.

Be sure to “reserve your spot at the table.”

**Tentative dates:** Wednesday, May 15<sup>th</sup> ; Monday, June 3<sup>rd</sup>

**Locations will be announced 2 weeks in advance of each large group outing.**



**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. If the word has you stumped, feel

free to bring another piece of writing to present to 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 !

Meeting Space provided by:  
275 Tartan Drive





## **KNITTING GROUP**

Contact: Veronica Suarez  
[vsuarez99@icloud.com](mailto: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!

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## **South Nepean Community Health Centre**

The South Nepean Community Health Centre (SNCHC) is a satellite of Pinecrest-Queensway Community Health Centre.



**4100 Strandherd Drive,  
Suite 201  
Nepean, ON K2J 0V2  
Phone: [613-288-2820](tel:613-288-2820)**

The Community Health Centre model of service focuses on priority populations who face barriers accessing services – including seniors.

Program Information: [South Nepean Clinic | Pinecrest-Queensway Community Health Centre \(pqchc.com\)](#)

## LOTS TO DO IN THE MONTHS AHEAD

### CANADIAN TUPLIP FESTIVAL

**Event Dates: Friday, May 10, 2024 – Monday, May 20, 2024**

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.



## Barrhaven Ribfest and Poutine

2024 Barrhaven Ribfest & Poutine

**May 17-20**

at Clarke Fields

[Barrhaven Ribfest and Poutine | Ottawa Tourism](#)



## Canadian Sunset Ceremonies



Join us for the RCMP's Canadian Sunset Ceremonies featuring the Musical Ride in the nation's capital, June 27, 28, 29 and 30, 2024!

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.

This annual event, held to thank the community for their support, offers Canadians and visitors a chance to see the Musical Ride at its home in Ottawa.

If you're looking for a truly Canadian experience, come see the iconic Musical Ride – it will fill you with pride!

We're pleased to offer 4 family-friendly performances:

June 27: 7 pm

June 28: 7 pm

June 29: 7 pm

June 30: 7 pm

Arrive early to get a good spot and check out our RCMP and partner booths and food vendors.

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Watch for details in the months ahead.

Set up is usually a few days before July 1<sup>st</sup>. Lots of fun !!

Apparently, this will be the 42<sup>nd</sup> event.

**RESERVE YOUR SPOT AT THE TABLE !**

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



**MEN'S  
BREAKFAST**

Broadways  
Barrhaven

8:30 AM

Tuesday  
Mornings

April 9<sup>th</sup> \* May 7<sup>th</sup> \* June 11<sup>th</sup>

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



*Ladies*  
**LUNCHEON**

Broadways  
Barrhaven

11:30 AM

Wednesday

Mornings

April 10<sup>th</sup> \* May 8<sup>th</sup> \* June 12<sup>th</sup>

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

## ACTIVITIES AT THE BARRHAVEN SENIORS CENTRE



Your building is located at the intersection of Longfields Drive & Highbury Park Drive (first stop light north of Strandherd Drive).

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

### MONDAY MORNINGS

#### SENIORS DROP IN

Specified Dates: 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.

### MONDAY AFTERNOONS 1:30 to 4 PM



### 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

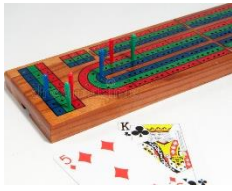


1 PM to 3:30 PM

HOSTS: Don and Heather

A variety of special presentations are being booked for some Wednesday afternoons this spring. Watch for the monthly updates and calendars of events for more details.

## THURSDAY AFTERNOONS



**CRIBBAGE:** every Thursday afternoon: 12:30 to 3:30 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 to 3:30 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.

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## EXPECTATION OF MEMBERS

Our event Co-Ordinators are “volunteers” - 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 enough players for another table of that particular game, please take turns sitting out a hand or two to accommodate such situations.