

# ***BARRHAVEN SENIORS' COUNCIL***

***Registered Charity # 72092 5924 RR0001***

## ***“Summer 2023 Newsletter”***

First Edition: June 20, 2023

As we roll along now from Spring to Summer, most routines are finally back to normal after three years of dealing with the pandemic. Many seniors have resumed travel, both nationally and internationally – with many others making travel plans for next winter. Social gatherings have resumed, along with reconnecting with family and friends.

Attendance for indoor events dwindles during July and August. During these months, we offer programs 3 afternoons per week at the Barrhaven Seniors' Centre itself. **However**, there are many *more options for activities* each month at local events plus Member outings in and around Barrhaven. Check out the **Tour option** (Pg. 6), **Euchre Tournament** notice (Pg 8), along with our **meal options** at various dates and locations (Pg. 2, 4 and 10).

Plans are well underway to resume a full range of programs this fall. Returning for another year is our famous “Member Meal” program – quality, catered meals at drastically discounted prices. Seasonal chartered trips return for another season beginning this fall.

There are new program options too! There will be a monthly “technology” session – bring your laptop, phones, and tablets that you have, and our sponsor will help you to troubleshoot issues you are having on your devices. Another new feature will include periodic “travel” sessions looking at a wide variety of options for local, national and international travel.

Looking to the future, our ever-increasing Membership requires that we have daily access to a much larger facility. Our local councillors joined me in a tour of the Kanata Seniors Centre, learning from the Recreation Supervisor there what works well and what updates they would recommend if building a new facility. Watch for more information about your new centre in the coming months.



Construction dates will be announced by our Councillors. Your input will be valuable too.



**Friday, June 30, 11:30 am – 2:30pm**

Come join us for a sizzling BBQ experience! Enjoy juicy burgers and hotdogs while bobbing your head to the toe-tapping beats of the Jim Ryan Band. Don't forget to RSVP as soon as you can - we don't want anyone to miss out on this fun event!

To RSVP contact Natasha at  
(613) 823-0220 or [barrhaven@vivalife.ca](mailto:barrhaven@vivalife.ca).

275 Tartan Drive, Nepean | (613) 823-0220 | [vivalife.ca](http://vivalife.ca)

**Don't miss out on these wonderful opportunities –4 full days:  
June 29<sup>th</sup> to July 2<sup>nd</sup> inclusive. Check out the variety of events!**



# 2023



**41<sup>ST</sup> ANNUAL  
MATTAMY HOMES CANADA DAY IN BARRHAVEN  
CLARKE FIELDS EVENTS PARK  
WEEKEND EVENT SCHEDULE**

June 29 <sup>th</sup>	5pm to 10:30pm	Robertson Amusements Midway
June 30 <sup>th</sup>	4pm to 10:30pm	County Music Night Robertson Amusements Midway
July 1 <sup>st</sup>	10am to 11pm	Canada Day in Barrhaven and Robertson Amusements Midway
July 2 <sup>nd</sup>	11am to 6pm	Classic Car Show Robertson Amusements Midway

**JULY 1<sup>ST</sup> CANADA DAY IN BARRHAVEN EVENTS**

- 8:30am to 9:30am Senior & Family Breakfast
- 11:00am to 4:00pm Kidz Zone Activity Area - Kidz Zone Stage - Kidz Zone Craft
- 11:00am to 4:00pm Multicultural Stage Shows
- 11:00am to 4:00pm Non-Food vendors
- 11:00am to 10:00pm Indigenous Display
- 11:00am to 10:00pm Food vendors
- 10:30am to 10:40pm Shuttle Bus – McDonough's Independent and Heart & Crown to Clarke Fields  
(NOTE: Last shuttle from McDonough's and H & C at 9:00pm)  
(No shuttle buses from 9:15pm to 10:15pm)

**MAIN STAGE SCHEDULE**

- 4:00pm to 4:20pm Ceremonial Speeches  
Indigenous land acknowledgement & Blessing  
Parade of Flags  
National Anthem – Mary Bryton TBA English, French & Anishnaawbe  
Free birthday cake
- 4:20pm to 5:05pm - Indigenous Experience (45 mins)
- 5:15pm to 6:15pm - 1<sup>st</sup> Monkey Rock Music (60 mins)
- 6:30pm - 7:45pm STARFIRE (75 mins)
- 8:00 to 10:00 - Headliner STAR 80 (120 mins)
- 10:00pm Fireworks

*Midway times subject to change due to weather or attendance  
please check our social media sites for current times & discount coupon*



Canadian Heritage

Patrimoine canadien

Ontario



**TOMLINSON**  
FOUNDED ON STRENGTH GUIDED BY VISION





**Be sure to join many Members at their kick-off to Canada Day Celebrations in Barrhaven. Many thanks to the many Sponsors and Volunteers without which this event could not happen !**

**MATTAMY HOMES CANADA DAY IN BARRHAVEN**  
**CANADA DAY FREE SENIOR'S**  
**PANCAKE**  
*Breakfast*  
SPONSORED BY **Legion**   
**ROYAL CANADIAN LEGION BRANCH 641**



**JULY 1<sup>ST</sup>, 8:30AM – 9:30AM**  
**CLARKE FIELDS, 93 HOLOUHAN ST**

Tickets available from:  
Barrhaven Seniors Council – Barrhaven Legion  
and various Senior Residences

Family Breakfast ticket available on our website for \$5.00 per person

[www.canadadaybarrhaven.ca](http://www.canadadaybarrhaven.ca)

**Senior / Family Breakfast**

**Tent Sponsor - V!VA Retirement Community**

**Entertainment sponsor-Waterford Grand Retirement Community**



Activities are held 3 afternoons per week July & August at the:



**Barrhaven Seniors'  
Centre**

**Centre pour aînés de  
Barrhaven**

**EXPECTATION OF MEMBERS**

Our event Co-Ordinators are volunteers who willingly give up their time to provide a “positive experience” for participants.

**If there is not a sufficient number of players for another full table of that particular game, please take turns sitting out a hand or two to accommodate such situations  
– no one should be left out.**

We rent the building from 12:30 to 3:30 PM

Check the summer calendars for start times for each of the activities:

TUESDAY afternoons - BRIDGE;

THURSDAY afternoons – CRIBBAGE & SCRABBLE;

plus

FRIDAY afternoons – CANASTA

**THERE ARE ALSO LOTS OF ACTIVITIES THAT ARE PLANNED  
AT DIFFERENT LOCATIONS ACROSS BARRHAVEN  
THROUGHOUT JULY & AUGUST**



# ***Tour & Treats***

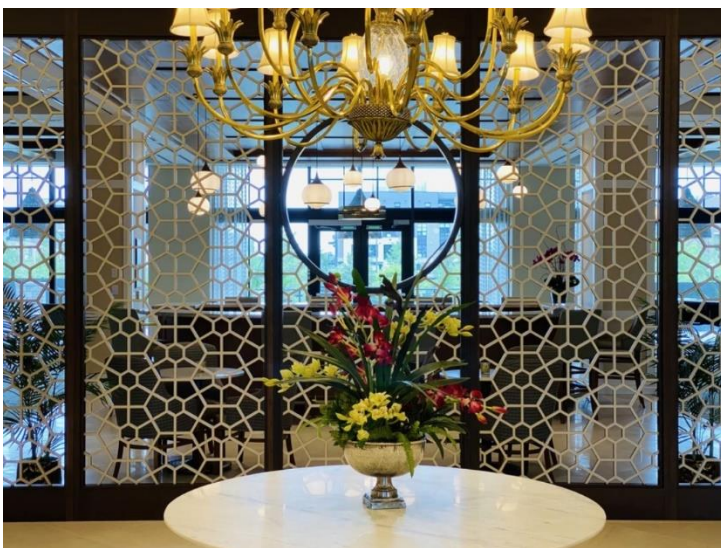
**Come for a Tour of  
The Waterford Grand and enjoy Coffee and Treats.**

**WEDNESDAY July 12<sup>th</sup>**

**1:30-3:30pm**

***Enjoy a walk through the Grand  
and then relax with a coffee and treats.***

***Please RSVP at [Sales@waterfordgrand.ca](mailto:Sales@waterfordgrand.ca)***



Pg. 7 **ENSURING SAFETY – PLUS ADDING TO YOUR INCOME**

From the Ottawa Safety Council

We are currently looking to hire more Crossing Guards for the upcoming 2023-2024 academic school year. The position provides a flexible work opportunity: short shifts from 40-90 minutes either before and/or after school hours.

Our ACGs are **paid \$19.60 per hour**, allowing them to continue making some money without impinging on free-time and other responsibilities. For further information, please contact:



**Mikaela Cooke**

**Recruitment Assistant**

Ottawa Safety Council

301 Moodie, Suite 103, Ottawa, ON K2H 9C4

Tel: **613-238-1513** Fax: **613-238-**

**8744** Web: [ottawasafetycouncil.ca](http://ottawasafetycouncil.ca)

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**SOUTH NEPEAN COMMUNITY HEALTH CENTRE**

Located in Barrhaven, their Health Promotion team works in several neighborhoods, including Barrhaven.

For information about their various programs and services, go to:

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



Location:

4100 Strandherd Drive, Suite 201

For further information, please call [613-288-2820](tel:613-288-2820)

Community Health Centre (SNCHC) SNCHC provides services to residents in their own neighbourhoods. Clients h



# Euchre

# Tournament



**Join us at the Waterford Grand for a  
Euchre Tournament**

**121 Marketplace Ave.**

**In the Panache Lounge**

**Wednesday, August 16, 1:30pm- 3:30pm**

Please RSVP at [Sales@waterforgrand.ca](mailto:Sales@waterforgrand.ca)

**Snacks will be served.**



Pg. 9 **TWO OPTIONS FOR CHAIR EXERCISES TO CHOOSE FROM**

Several seniors are currently enjoying the continuation of the Chair Exercises through **Zoom**. The program is offered “**several days**” each week at different times. Instructor Elani makes these sessions very enjoyable for all. For times and other details, please contact Elan at [kelancheran@gmail.com](mailto:kelancheran@gmail.com) **In person classes** have resumed too:

## **Chair Exercises for Seniors**

Range of Motion, Rhythm & Co-ordination, Strength & Balance

These are free chair exercise classes with some standing for balance exercises. A drop-in program.

### **Schedule**

Wednesdays and Fridays

from 11:45 to 12:30

### **Location**

South Nepean Satellite Community Health Centre  
4100 Strandherd Drive, Suite 201  
Barrhaven

(Enter through the door that says 'Cedarview Offices'; take the elevator to Floor 2, and the first door on the right).

For more information please contact:

Grace Kowalczyk: 613-796-4729 or Susan Kuruvilla: 613-295-3721



Champlain Local Health Integration Network (LHIN)

**RESERVE YOUR SPOT AT THE TABLE**

In both July and August we resume our” large group” meal outings:



July– Tutti Frutti  
and  
August – Boston Pizza



Dates are shown in the monthly calendars of events.

**Continuing throughout July and August are:**



**MEN'S  
BREAKFAST**

July 13<sup>th</sup>; August 8<sup>th</sup>  
Broadways Barrhaven – 8:30 AM

**and**

*Ladies*  
**LUNCHEON**

July 14<sup>th</sup>; August 9<sup>th</sup>  
Broadways, Barrhaven – 11:30 AM

**Watch for sign up details for all these events in the weeks ahead!**