

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Winter 2023 Newsletter”

It is hard to believe, but 2023 will be the tenth calendar year of activities offered by this group. January 15, 2014 was **the official kick of date** of this Barrhaven Seniors' Group – a potluck. Since then, we have continued to offer programs and services every calendar year – even during the early days of the COVID pandemic when we reverted exclusively to Zoom. Later this fall, I will be asking for your recommendations on how to celebrate **the official 10th anniversary** - on **Monday, January 15, 2024**.

Currently, weekly activities are scheduled for Tuesday morning plus four afternoons. During the winter months, on Mondays we hold Special Events, have Guest Speakers, and offer Courses – all at very minimal cost.



We have course dates set with the Canada Safety Council and the Council on Aging Ottawa. If you have suggestions for courses, please do not hesitate to contact us at barrhavenseniors@gmail.com

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. More time slots are available each week for anyone who would like to offer to run an activity for the group. All help is appreciated!

We now begin the process of planning for the move to our eventual new location within the recently announced “Barrhaven Town Centre.” At the recent Annual General Meeting, a Motion was passed authorizing the President to begin the process of discussing with the City: a potential date in the future to move to our new location; plus, the type of financial arrangements that we may have to enter into when the move occurs. More information will be sent to the Membership later this year.



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

Directors At Large:

Heather Bourdon; Pauline Compton; Hilary Robinson

MEMBER MEAL PROGRAM

You told us at our December Member Meal how much you enjoyed the opportunity to have catered, low-cost meals at our building

We are pleased to announce that the catered low-cost “Member Meal Program” is resuming for the first two months of 2023 on specified Mondays:

January 30th + February 27th

- initially 2 Sittings of 24 each/meal



Meal Cost

**\$10 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!

Partially Funded by:

Catering by:
Allen Galachiuk



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

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 information to make the best decisions for you, or your loved ones.

The *Smart Aging Core Program* is designed to provide you with the information you need, before you need it, to make smart decisions at key transition points in your life.



We have scheduled 3 Special Presentations:

Monday, January 16th : Time - 1 to 3:30 PM - Cost: \$5 including. snack

Aging In Place With Services and Supports

Participants will explore what's involved (practically, emotionally, and financially) in continuing to live independently with services and supports. This will include an overview of common needs, available options, and financial considerations.

Monday, February 13th: Time - 1 to 3:30 PM- Cost: \$5 including. snack

Aging In Place With Home Modifications

Participants will explore what's involved (practically, emotionally, and financially) in considering whether they can or should stay in their current home and which home modifications might ease their lives now and allow them to stay in their homes longer.

Monday, March 15th : Time -1 to 3:30 PM- Cost: \$5 including. snack

Taking Charge of Your Emergency Preparedness

Participants will consider the history of natural disasters, the risks for seniors, and how to prepare themselves for potential disasters including winter storms, heat waves, floods, power outages, pandemics and more.

Partially funded by:



A minimum of 15 participants is required per session

Learn and Lunch Series

“55+ Alive”

Mature Driver Program



The certificates and wallet cards for those completing the program can sometime be used with insurance companies in requesting vehicle insurance quotes or reviews.

Renew Your Driving Skills for Today’s Traffic

Update your driving skills. Even if you haven’t been involved in a collision in 40 years, it may be time to review your driving skills. With aging, changes occur in hearing, vision, flexibility, and reaction time. You can learn to adjust your skills to compensate for those changes. Whatever your concerns, you will benefit by taking the 55 Alive Driver Refresher Course conducted by an instructor from the Canada Safety Council.

Course Details

Date: Monday, February 6th

plus Monday, March 6th **
(**if sufficient registrations)

Included: Light Lunch
Course Materials
Certificate

Time: 9-3 PM

Location: 700 Longfields Dr.

Cost: \$20 per person

Partially Funded by



Driving helps me keep my independence – 55 Alive helps me protect it.”

RESERVE YOUR SPOT AT THE TABLE !

During the winter months, 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 late spring and early fall.

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



**MEN’S
BREAKFAST**

Broadways
Barrhaven

8:30 AM

Tuesday
Mornings

January 10th *February 7th *March 7th *April 11th

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 11th *February 8th *March 8th *April 12th

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



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 are not sufficient numbers 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 MONDAYS

Monday activities at the Barrhaven Seniors' Centre are primarily organized and run by the Barrhaven Seniors' Council and/or Advisors:

- Member Meal program;
- Learn and Lunch presentations; and
- adhoc Special Events.

Details about Monday programs are found elsewhere in this newsletter. Additional notices will be sent to Members when adhoc events arise.

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

TUESDAY MORNINGS

SENIORS DROP IN

10 AM to 12 Noon
HOSTS: Hilary and Heather

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.

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 – 1 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
– 1 PM to 4 PM
Co-Ordinator: 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.

Activities At The Library



KNITTING GROUP: Co-Ordinator: Ellen Blain
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!



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

Co-Ordinator: Bev MacEwan

We meet to enjoy lively good-natured discussions of a wide variety of books selected by our members. All assessments, interpretations, and opinions are valued and respected. Everyone is welcome!

- January 11th: Indians on Vacation by Thomas King
- February 8th: Erebus: The Story of a Ship by Michael Palin
- March 8th: Truth Be Told by Beverley McLaughlin

LOOKING AHEAD TO OTHER ACTIVITIES:

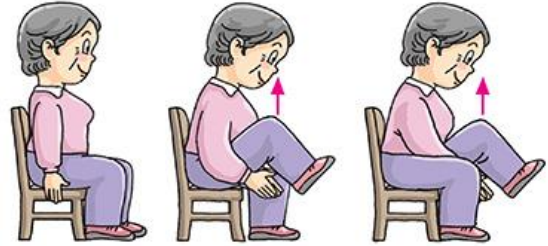
CHAIR EXERCISES BY ZOOM

“No Cost”

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 6137964729 for proper registration and to confirm times and days of the week.



Times: Instructor Elan offers a variety of times during the week.

Mondays – 12:20 PM; Tuesdays – 2:20 PM; Wednesdays – 9:20 AM

Thursdays – 11:45 AM; Friday – 10 AM

If a different time would suit your schedule better, please contact Grace about other times that may be available with Elan or another instructor.

We all need to get out and enjoy many events during this winter that we missed so much during the pandemic, such as:



Winterlude 2023

Winterlude has finally arrived! From February 3 to 20, 2023, rediscover the joys of winter activities with family and friends. Check out the calendar of events to find out more.

Where true winter fun doesn't freeze — THIS is Winterlude!

- Snowflake Kingdom: northern part of Jacques-Cartier Park;
- Ice-Carving Championship and structures on Sparks Street;
- Rideau Canal Skateway – the world's longest natural ice rink;
- Byward Market – Horse-drawn sleigh rides; have a foodie experience; interactive art installations and more;
- Canadian Museum of History: Enjoy the Minsoshkite (music to your ears) show presented by Elmnt FM and Red Music Rising on opening weekend. Learn about Indigenous cultures at the mini powwow and artisan fair.

For more information, updated schedules and activities, check the website at Canadian Heritage [Winterlude sites - Canada.ca](https://www.winterlude.com/)

OUR FAMOUS POTLUCK

Just before many Members take a break for their summer holidays – and/or in the fall - we hope to resume our famous potluck events.

These are excellent opportunities to socialize and get to know others who you might otherwise not have met. You never know what fabulous new food you may discover at one of these events.



Come and have a fun filled time! Some of our largest gatherings have occurred at our potlucks.

Details to be announced in the spring. Volunteers will be required for set up etc.

PLANNING DAY TRIPS FOR SUMMER & FALL

Although there were not sufficient bookings for our December bus trip to Upper Canada Playhouse to see “A Christmas Carol”, nonetheless we are looking forward to resuming seasonal one day trips on a more regular basis starting this summer.



Seniors needing assistance: Barrhaven seniors are serviced by the Nepean-Rideau-Osgoode Community Resource Centre (NROCRC). Need Help Finding Resources or Counselling? Contact NROCRC

Intake line at 613-596-5626 extention 249, or by email at intake@nrocr.org



Let's make 2023 a year of fun and enjoyment, meet new friends, and take part in a wide variety of activities that we may have not done during the pandemic!