

## ***BARRHAVEN SENIORS' COUNCIL***

### ***"Summer 2017 Newsletter"***

As a result of considerable work on behalf of Councillor Harder, I am pleased to be able to confirm that "Seniors" in Barrhaven and area have their own location from which to operate programs during weekdays starting this fall.

The building is located at 700 Longfields Drive - on the east side of the intersection of Longfields Drive & Highbury Park Drive (north of the Esso).

As we transition to the new location over the summer, Don will be there most Tuesday afternoons. Drop by, say "Hi!" Got suggestions on how to use the space? Share your thoughts with him or email [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)



### **"BARRHAVEN SENIORS' CENTRE"**

Tuesday Afternoons - 1 to 4 PM

**July:** 4, 11, 18, 25th; **and August:** 1, 8, 15, 22, 29<sup>th</sup>

## **Program This Summer**

Many thanks to Allan for spearheading the drive to start up a summer program. Sufficient interest was shown in having some activity on a weekly basis over the summer that a meeting space was identified and rented for Tuesday afternoons. Remember that we can't set up too much over the summer. However, when we begin operating every week day this fall there will be lots of set up for which we will need help.

Tuesday afternoons in July and August are "drop in" games afternoons. A variety of game supplies are located at the building for: Bridge; Euchre; Cribbage; Canasta; or ? Don will help those who come out to find an activity. If you bring a lawn chair and refreshments, there is a great shaded area plus a patio where you could use the time as a seniors' drop in – relax and chat !

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# **MEN'S BREAKFAST**

**Tuesdays: July 11<sup>th</sup> + August 15<sup>th</sup>**

**Broadways Restaurant Barrhaven – 8:30 AM**

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## ***SILENT AUCTION !***

Two of our Members are spearheading this event to kick off our new season this fall. If you have "new" items that you would like to donate, please contact [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) letting us know about the item. These can be dropped off at the building in Tuesday afternoons 1 PM to 4 PM.

Watch for more details in upcoming newsletters. It is initiatives such as this that will help us to have the necessary funds to secure the programs and services you request.

**50 TICKETS LEFT !**

COUNCILLOR **JAN HARDER** PROUDLY HOSTS BARRHAVEN'S FIRST

# CANADA DAY SENIOR'S **PANCAKE** *Breakfast*

SPONSORED BY  
**VIVA BARRHAVEN RETIREMENT COMMUNITY**



**SATURDAY, JULY 1<sup>ST</sup>, 8:00AM - 9:30AM**  
**CLARKE FIELDS, 93 HOULAHAN ST.**

Tickets available at:  
**VIVA Barrhaven Retirement Community** OR **Jan's Ward Office:**  
275 Tartan Drive Walter Baker Centre  
100 Malvern Drive

A limit of two tickets per person while quantities last. Parking is limited, there will be a drop off and pickup location on site. For further information call 613-580-2473.



(councillor)  
**Janharder**



Canadian Heritage

Patrimoine canadien



**2017 MATTAMY HOMES  
CANADA DAY IN BARRHAVEN**

**EVENT SCHEDULE**

**JUNE 29<sup>TH</sup>**

**11:00am TO 10:30pm Homeniuk Midway**

**JUNE 30<sup>TH</sup>**

**11:00am TO 11:00pm Homeniuk Midway**

**5pm to dusk Classic Car Show**

**5pm to 10pm Human Foosball**



**WEST BARRHAVEN COMMUNITY ASSOCIATION STAGE**

**4:15pm to 10:00pm Live Bands**

**Youth X Canada: Music Tour 2017- Southbound Boots – Lemon Cash - Lionyls**

**5:30pm to 10:30pm Shuttle Bus - Ross' Independent and Heart & Crown to Clarke Fields**

**(NOTE: Last shuttle leaves from Ross' and H & C at 9:00pm)**

**JULY 1<sup>ST</sup>**

**9:00am to 11:00am Seniors Breakfast**

**11:00am TO 11:00pm Homeniuk Midway**

**11:00am to 5:00pm Kidz Zone & Kidz Zone Stage & Kidz Zone Gym**

**11:00am to 5:00pm Multicultural Stage Shows**

**11:00am to 5:00pm Non-Food vendors**

**11:00am to 5:00pm Human Foosball**

**11:00am to 10:00pm Food vendors**

**11:00am to 11:00pm Homeniuk Midway**



**10:30am to 10:40pm Shuttle Bus - Ross' Independent and Heart and Crown to Clarke Fields**

**(NOTE: Last shuttle from Ross' and H & C at 9:00pm)**

**No shuttle buses from 9:15pm to 10:15pm)**

**BARRHAVEN BUSINESS IMPROVEMENT AREA MAIN STAGE SCHEDULE**

**4:00pm to 4:30pm Speeches**

**Bishop Grandin Marching Ghosts**

**Parade of Flags**

**Free birthday cake**

**4:30pm to 6:00pm Arms of the Girl**

**6:15pm to 7:45pm Rebecca Noel Band**

**8:00 to 10:00 Alter Ego**

**10:00pm to >>>> Fireworks**

**JULY 2<sup>ND</sup>**

**11:00am TO 4:30pm Homeniuk Midway**

**Midway times subject to change due to weather or attendance**

**please check our social media sites for current times.**



**RESERVE YOUR SPOT AT THE TABLE**

**Dates:**

Monday, July 31st – 11:30 AM – **Royal Oak** - 4110 Strandherd Dr.  
Menus can be found at <http://royaloakpubs.com/>

Thursday, August 31<sup>st</sup> – 11:30 AM – **Boston Pizza** – 1681 Greenbank Rd  
Menus can be found at <https://bostonpizza.com/en>

Reservations accepted until the day before the luncheon by contacting Don at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) or 613-440-3620.

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This July and August, two outings are being offered – July 26<sup>h</sup>: the National Art Gallery; and August 23<sup>rd</sup> – still to be determined. Watch for further details to be announced in the monthly updates.

OC Transpo buses are “free” for seniors on Wednesdays.  
Meet Marilyn at the OC Transpo lot behind Canadian Tire/Sobeys.

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*Ladies*  
**LUNCHEON**

**Wednesdays: July 12<sup>th</sup> + August 16**  
**Broadways, Barrhaven – 11:30 AM**

**SENIORS CHAIR EXERCISES:**

“No Cost” - Wednesdays and Fridays: 2:45 to 3:45 PM  
Join any time as this is an ongoing program.



Location: South Nepean Satellite Community Health Centre, 4100 Strandherd Drive, Suite 201. [Please take the elevator located on the ground floor next to the pharmacy].

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**Want To Shed Some Weight?**

Consider joining a group of men and women who want to “shed those extra pounds” that may: exacerbate medical conditions; make participation in some activities difficult; or just make doing up the waistband difficult.

Adele is offering her scale and coffee for a group of 8 to 12 seniors who would like to join her once a week at her home – Thursday mornings 9:30 AM - starting June 29<sup>th</sup>. If interested, please contact Adele at [613-8231489](tel:613-8231489). The structure would be relaxed and aimed at providing each other with mutual support in this common goal, without any cost. Attendees follow the food plan of **their choice** - such as the diabetic diet taught to people in the weight management clinic at the Civic Hospital, or one of your preference.

*From Adele: “A neighbour of mine did this last year for several months, included short walks in our time together - and without any cost - managed to drop a nice amount of weight. We both will attest to the fact that when we stopped the weekly weigh ins and diary accountability to each other, we stopped being successful in losing those extra pounds at the same rate.*”

## **Can I Still Donate To The Fund Raising Drive – Goal \$5,000**

**Yes!** If you haven't had an opportunity yet to do so, take a few minutes and donate today. It's Easy. Visit <https://barrhavenseniors.com/> Just click on the "donate button" and fill in the form. Push the Submit button, and you will immediately receive a Tax Receipt by email.

Alternatively, you can mail your donation to: Barrhaven Seniors' Council, 286 Harthill Way, Ottawa, ON, K2J 0P3. A tax receipt will be mailed by the end of the month.

**Why Contribute?** Donations help to cover the cost of this group's basic needs, including: facility rentals; program supplies; and equipment.

Funds raised to date have helped us to pay facility rentals for our afternoon programs: 1 PM to 4 PM starting in September. However, some of our group have been asking for morning activities: casual drop in and more additional programs beyond those already established. As soon as we have raised sufficient funds, we will rent the facility for mornings: 9 AM to Noon.

Potlucks will continue to use the Cafeteria located within Walter Baker. Large meetings will be held Friday mornings at the Library Meeting Room.

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### ***Sneak Peek at Fall/Winter 2017/2018***

All of our current programs will be offered at our new location. To maximize use of space, some programs will be combined. Two new programs – including Mahjong on Mondays - will be offered. Morning programs could soon be offered too once we have the financial resources.

“Volunteers” are the key to setting up and monitoring programs. We thank them for their time and dedicated efforts!

### **More volunteers = More programs**

To expand our activities, we need more volunteers to help: Co-Ordinators for Events; Kitchen Set Up; Social Committees; plus “key” holders for AM + PM who will be legally responsible for the security of the building.



**Book by September 1<sup>st</sup> !**

Tuesday, October 3<sup>rd</sup> – Laurentian Fall Foliage

Cost per person: \$115 Transportation, Lunch, Shopping, All taxes; **or**  
\$130 Transportation, Lunch, Cruise, All taxes

“Relax and enjoy the incredible handiwork of Mother Nature as we travel through the magnificent Laurentians. We will make a stop in St. Jovite for lunch and browsing. After lunch we will continue on to Mont Tremblant. Cruise passengers will enjoy a one hour narrated cruise on one of the Laurentian Mountain’s most beautiful lakes, Lac Tremblant. Discover the region’s history and legends while admiring its breathtaking beauty from the comfort of the Grand Manitou cruise boat. Then, enjoy leisure time to wander and browse through the quaint shops in the Village of Tremblant, before returning to Ottawa”

**Reservations:** Paying by Credit Card? Contact Ottawa Valley Tours at 613-723-5701 (be sure to tell them that you are part of the Barrhaven Seniors group). To pay with cash or cheque, contact Heather at 613-825-1789

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### **What’s Happening Behind The Scenes For This Group ?**

Your Board has been very busy over the past year. Much has been achieved over the past three months to enhance what we will be able to undertake starting this September: registering as a Canada Not-For-Profit; securing Charity status; applying for 2017 Provincial and 2018 Federal grants; etc. In addition, we have been working with Councillors Harder & Qaqish, MPP Lisa MacLeod and MP Chandra Arya advocating for: a community centre for seniors; housing initiatives to meet current and future needs of seniors; etc.



**Barrhaven Seniors’ Council extends appreciation to VIVA Barrhaven for their generous \$1,000 donation in support of our programs and services.**



## All-inclusive retirement living now includes more.

You’ve always exceeded the expectations of those around you. Shouldn’t you expect the same of where you live?

Check out these amazing amenities only available at VIVA Barrhaven:

- Heated, indoor saltwater pool
- True-to-life golf simulator
- Floor-to-ceiling suite windows
- Spacious suites including 2 bedrooms, 1 bedroom plus dens, 1 bedrooms and studios
- Underground parking
- A dedicated Assisted Living floor
- Renowned VIVAlicious cuisine featuring three freshly prepared daily meals
- Dog Wash Station, because we love pets!
- And so much more...

Book your tour today and don’t forget to bring along your high expectations.



*Making Today Great!*

Call 613.823.0220 or visit [vivalife.ca](http://vivalife.ca)  
275 Tartan Drive at Strandherd Drive  
Only 10 minutes from Manotick and Stittsville.





Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health  
First Aid Canada



**2- Day Certificate Course, Tuesday, Aug. 29<sup>th</sup> and Wednesday, Aug. 30<sup>th</sup>, 2017  
Chartwell Empress, 170 McGibbon Dr., Kanata, ON L2L 4H5**

Chances are someone you know is struggling with a mental health problem. It could be a family member, friend, colleague, or neighbour. It could even be happening to you! Mental Health First Aid teaches participants how to provide initial support to someone experiencing a mental health problem or crisis.



*Pat Thacker - Certified  
Mental Health First Aid Instructor*

Pat believes that the best way to support the mental health community is to facilitate, educate, and engage. With over 15 years of experience delivering training and seminars in education, community service, and career enhancement, she brings passion and dedication to the classroom. Through Mental Health First Aid Canada training, Pat helps participants to explore, learn and change attitudes towards mental illness by creating a comfortable learning environment based on respect and trust. Pat believes that teaching Mental Health First Aid is the best way to share the message that Everyone Matters.

**Fee: \$225 plus HST = \$259.25**

**Includes: Participant Manual, Coffee, Tea and Lunch**

**Certificate from the Mental Health Commission upon completion of 12-hr course**



Contact: [pat@everyonematters.ca](mailto:pat@everyonematters.ca)/phone: 416- 668-0543  
Register Online: [www.everyonematters.ca](http://www.everyonematters.ca)

