

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Fall 2017 Newsletter”

It is my distinct pleasure to be able to welcome everyone to our first “year round” schedule of programs! Week day programs start September 5th. Moving to our new location has meant that we have the opportunity now to offer programs both mornings and afternoons.



This coming year is filled with special events and celebrations. New programs will be added throughout the coming year. A small grant received from the “Seniors Community Grant Program” will help to anchor our financial ability to launch new initiatives. That, combined with research and logistical assistance from the “Social Planning Council of Ottawa,” will help us to effectively identify the needs of the ever increasing number of seniors moving to Barrhaven and area – then draft a plan as how we can best meet them.

What's Inside Our Newsletter ?

Social Events: Pg. 1 to Pg. 5 including:

- Out + About; restaurant outings; potluck; and AGM

Programs at: “Barrhaven Seniors’ Centre;” & Library Meeting Rm - Pg. 6 to 11 including:

- **NEW** Seniors’ Drop In; **NEW** Mahjong; **NEW** Computers for Seniors; **NEW** Art for Seniors

Our building: location; parking and details: Pg. 11

Fitness options: Pg. 12 and 13 including: **NEW** V!VA Aqua Fit

Community Programs: Pg. 14 to Pg. 16 including:

- Book Club and evening presentations

Pg. 2 **The “Barrhaven Seniors’ Council” appreciates the many generous donations from VIVA Barrhaven in support of our programs & 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.



Call 613.823.0220 or visit vivalife.ca
275 Tartan Drive at Strandherd Drive
Only 10 minutes from Manotick and Stittsville.



OUR SOCIAL ACTIVITIES

Take part in our online “**Silent Auction.**” To participate, go to our website <https://barrhavenseniors.com/silent-auction> and register as a participant. There is a wide variety of items ranging in value from \$10 to \$300. Friends, family and the general public are encouraged to participate in this and other fund raising events.



Watch for destinations to be announced in the monthly updates.
Outings continue on: September 20th; October 25th; and November 15th.

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

RESERVE YOUR SPOT AT THE TABLE

One of our most popular group activities is going to the various restaurants in Barrhaven to enjoy a good meal and fellowship. This fall, we are off to:

1. Monday, September 25th – Heart & Crown: 11:15 AM
Menus can be found at: <http://www.heartandcrown.pub/barrhaven/menu-barrhaven/>
2. Thursday, October 26th – Colonnade: 11:15 AM
Menus can be found at <http://www.colonnadepizza.com/dine-in-menu>
3. Wednesday, December 13th – Swiss Chalet Festive Luncheon: 11:15 AM
Menus can be found at <https://www.swisschalet.com/menu>

Reservations are accepted until the day before each luncheon. Reminders of the address, dates and times are sent out in the monthly email updates. Those needing to be served early so that they can take part in afternoon activities need to notify restaurant staff upon their arrival.

Alight at Night Festival - Upper Canada Village

Sunday, December 17th



**Cost per person \$122. Transportation; Dinner; Admission;
Wagon Ride; and All taxes included**

This afternoon we will depart for Morrisburg for a delicious festive buffet dinner at the McIntosh Country Inn. Following dinner is your chance to see Upper Canada Village as it is brought to life in a different way during the Annual “Alight at Night” Festival, where over a quarter million lights decorate this historic village. Hop aboard a horse-drawn wagon for an old-fashioned ride through the village. Visit the Village Store for some last minute Christmas gifts or a warm-you-up beverage before we return to Ottawa.

This truly will be a night you will not want to miss!

Reservations:

Paying by Credit Card? Please call Ottawa Valley Tours at 613-723-5701
(to be seated with our group, be sure to tell them that you are part of the Barrhaven Seniors block of seats).

To pay with cash or cheque, contact Don at 613-440-3620 so that he can advise Ottawa Valley Tours of your interest and reserve your seats.

Another Successful Trip upcoming in this September !

For the Tuesday, October 3rd – Laurentian Fall Foliage tour – there are a few seats remaining. Please contact Ottawa Valley Tours directly.

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

Held on specified Tuesday mornings most months



MEN'S BREAKFAST

September 12th; October 10th; November 7th
Broadways, Barrhaven - 8:30 AM

Held on specified Wednesdays most months

Ladies LUNCHEON

Wednesdays: September 13th; October 11th; and November 8th
Broadways, Barrhaven - 11:30 AM

FALL "POTLUCK" – Friday, November 24, 2017 – 11:30 AM to 1:30 PM
Cafeteria, Walter Baker Centre



Some of our largest gatherings have occurred at our potlucks. Once again this year, we will be offering chances for the Membership to get together. Bring your special dish – share in the fun and friendship of a true potluck. You never know what fabulous new food you may discover at one of these events. Come and have a fun filled time!

AGM 2017 – Friday, November 24, 2017 – 10 AM

Prior to the AGM, an Agenda will be forwarded to Members. Your input at this AGM will provide guidance for upcoming programs at our new location. An update will also be provided about a proposed, larger location which may be available within the near future.

BARRHAVEN SENIORS' CENTRE
PROGRAMS

MONDAYS

NEW

SENIORS' DROP IN: Mondays 9:30 AM to 11:30 AM
Co-Ordinators: Barbara Lehmann and Barb Reeves

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. This group is "yours" to develop in the way in you feel best fits your needs. Barbara and Barb have ideas too, but they are looking for "your input" in how the morning events unfold. Coffee, tea and other beverages are available at minimal cost. Snacks provided by:



Barrhaven Seniors' Council wishes to thank Ward 22 Councillor
(councillor)

Janharder

for arranging for us to have access to our building so that the "Barrhaven Seniors' Centre" could expand its range of programs and services to Members. Many thanks, Jan !

Pg. 7 **Monday Programs Continued:**

'ROUND THE KITCHEN TABLE: specified Mondays – 1 PM to 4 PM
Co-Ordinators Nancy Slade and Barb Reeves



These group leaders bring a unique “down East” feel to the group. Join them for their monthly coffee or tea and chat sessions in this relaxed atmosphere. Share ideas, life’s moments, current events, or just come to enjoy each other’s company.

KNITTING GROUP Mondays: 1:30 to 3 PM – upstairs at the Library
Co-Ordinator: Cindy Stephens cindy.stephens@live.com



Join the knitting group for a relaxing time working on individual projects, or explore other options. This new group is sure to expand over the next few months! The bright, inviting location for this activity makes for an enjoyable time.

Pg. 8 **Monday Programs Continued:**

POETRY & PLAY READING: specified Mondays – 1 PM to 4 PM
Co- Ordinators: Chris Murray & Marilyn Winchester



If you like reading plays, poetry and other written works, join this group. Read out and listen to favourite selections in a relaxed atmosphere. Last year, this group also went to an afternoon matinee to further enhance the enjoyment.

NEW

MAHJONG: specified Mondays 1 to 4 PM – starting October 2nd
Co-Ordinator: Jose Gamero



Mahjong is an ancient game that originated from China and is played with tiles. It is a fun way for keeping your mind sharp and your brain healthy. Several seniors have indicated that they would like to play Mahjong. Jose welcomes all players, experienced or wanting to learn, to join him on specified Mondays this fall.

Pg. 9 **Monday Programs Continued:**

SCRABBLE: specified Mondays – 1 PM to 4 PM – starting October 2nd
Co-Ordinator: Marilyn Winchester



This group welcomes both new and experienced players. Come and have fun. Games are scheduled each month. If you have a Scrabble Board, you are encouraged to bring it.

TUESDAYS

ART FOR SENIORS: Tuesday mornings beginning October 31st
9:30 AM to 11:30 AM
Instructor: Frank Leung

NEW

As requested by several people, we have located a local artist who has agreed to offer “Art for Seniors.” An information session is scheduled for Tuesday, October 31st – 9:30 AM - with actual classes beginning the following week.

Frank has designed a 6 week mixed media art class for this group. The lessons will start at beginner level and advance to intermediate, covering such topics as: figurative and landscape drawings; perspectives; lighting; colour theory and mixed media painting techniques. For those wanting to go further with the classes, after Christmas a 6 week course will provide more in-depth mixed media painting, urban sketching and portraits. Cost: \$70 per 6 week session or \$130 if signing up for both.

BRIDGE: every Tuesday afternoon - 1 PM to 4 PM
Co-Ordinators: Mitch Phomin and Gerry Hannan

Continuing for its fourth season, this group welcomes new players. Whether a beginner, or experienced, this group is non-competitive – a chance to enjoy the game in a friendly setting. Drop-ins are always welcome.

WEDNESDAYS

COMPUTERS FOR SENIORS: Wednesday beginning September 27th
1 PM to 4 PM – Library Meeting Room
Co-Ordinator Mir Ali

NEW

Want to know more about how to use your computer? Join Mir to learn how to more effectively use computers. He has taught computers to seniors at various levels of knowledge and will cater his time to your needs. Lessons/tutorials are available in three categories: The Basic Concepts of Computing; Email; and the Internet.” Come to the organizational meeting on Wednesday, September 27th to learn more about this topic and to provide Mir with your questions and concerns about using computers.

EUCHRE: every Wednesday afternoon – 1 PM to 4 PM
Co-Ordinators: Gail Greene and Regina Kouri

Returning for a fourth year, this group welcomes new players. Whether you are a beginner, or experienced, come and join this lively group. Drop-ins are always welcome.

THURSDAYS

CRIBBAGE: every Thursday afternoon – 1 PM to 4 PM
Co-Ordinators: Ron Clerk and Allan Boassaly

Returning for its third year, this group has received good response to date from interested Members. The more players the better! Drop-ins are always welcome.

Barrhaven Seniors' Council wishes to thank Ward 22 Councillor

Michael
QAQISH

for donating the funds towards paying for a part of the rent of our building, and for the previous purchase of the coffee/tea service cart. Many thanks, Michael.

SPECIAL PRESENTATIONS: specified Friday mornings
Library Meeting Room – 10 to 11:30 AM



Speakers on a range of topics will be presenting on specified Friday mornings. An outline of their topics is listed in the monthly update sent to Members. Due to the potential size of those audiences, please note that they are held at Walter Baker, second floor across from the snack bar. To date, presentations include:

Sept. 22: Comfort Keepers; **Nov. 10:** “Waterford” Barrhaven”

For all presentations, we ask that Members register their attendance so that presenters can prepare sufficient materials for the size of audience.

CANASTA: every Friday afternoon – 1 PM to 4 PM
Co-Ordinator: Heather Bourdon

Come join Heather and a lively group of players for fun times in this exciting group. Starting with Mahjong, Dominoes and Canasta, this group was organized in the fall and has experienced great success. More games may be added depending upon the interest of Members. If you have any questions, or if you could help in teaching or lending any of these games to this group, please contact Heather at [613-825-1789](tel:613-825-1789).

YOUR - “BARRHAVEN SENIORS’ CENTRE”



Most of our programs operate from this building located at 700 Longfields Drive - on the east side of the intersection of Longfields Drive & Highbury Park Drive (north of the Esso). Enter the large parking lot and our accessible building is ahead on the left.

NEW

V!VA BARRHAVEN, OTTAWA'S PREMIER ALL-INCLUSIVE RETIREMENT COMMUNITY, PROUDLY INTRODUCES

AQUA FIT

Wednesdays

October 4th to December 20th | 9:30am - 10:15am

SWIM AND SPLASH TO STAY IN SHAPE IN OUR HEATED, INDOOR, SALT-WATER POOL!

Space is limited to 10 participants per class.

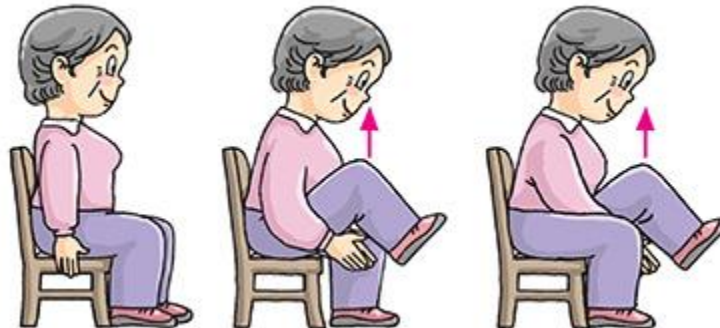
This opportunity is offered on a complimentary basis to our Members with an opportunity to explore the benefits of a salt water exercise environment.

Space is limited, so please contact Don at barrhavenseniors@gmail.com (or call 613-440-3620) to reserve your spot for the specific date(s) you wish to attend.

SENIOR 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.

Pg. 13 **Better Strength, Better Balance! Exercise Program**



Better Strength, Better Balance! is a fall prevention exercise and education program for people aged 65+. It is funded by the [Champlain Local Health Integration Network](#)(link is external) (LHIN) through Pinecrest-Queensway Community Health Centre, and is a collaborative effort between Ottawa Public Health and Recreation, Cultural and Facility Services.

This is a beginner level program for those wishing to improve their strength and balance. Strong muscles, strong bones and better balance will make you more mobile and less likely to fall.

You are strong enough to participate safely if you can do **ALL** of the following:

- stand on one foot for 2 seconds;
- stand for 20 minutes (e.g. in a grocery line);
- walk one block without becoming out of breath and needing to sit down; and
- walk up 10 stairs

Better Strength, Better Balance! classes are unsuitable for people who are very active. Participants attend class twice a week for 12 weeks. Classes are progressive, becoming increasingly difficult over the 12 weeks. Participants practice exercises at home and review the provided health information related to preventing falls. A variety of simple equipment is used, including bean bags, cones, stretch bands, and balls.

The program is offered in this fall: September 18 to December 8, 2017

First time participants can register for the next available session at any time. Call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656).

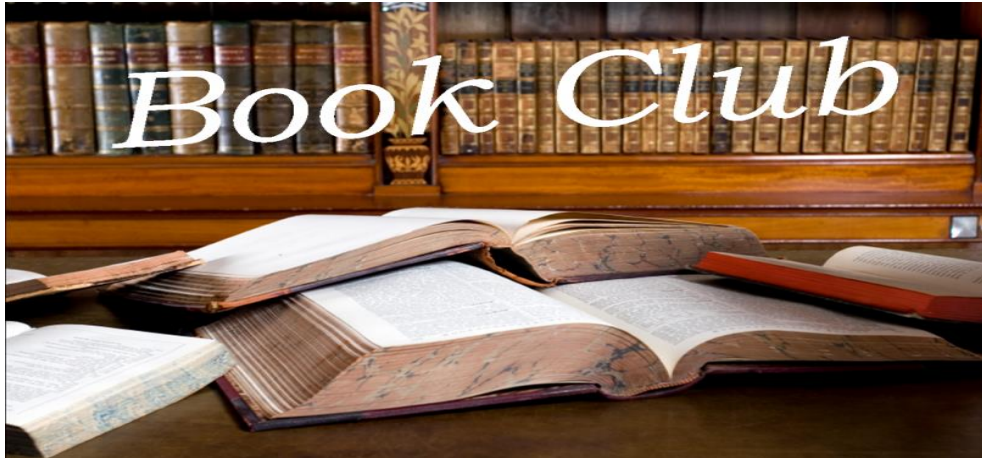
Returning participants: register on or after August 22, 2017 **starting at 8:30 am**

To register or for more information please call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656).

Barrhaven Location: Chapman Mills Community Building, 424 Chapman Mills Dr.

- classes begin September 18th
- Mondays and Thursdays: 12:45 to 1:45 PM or 2 to 3 PM

LIBRARY PROGRAMS



“Dickinson Reads” meets the second Wednesday of each month - 10 AM to 11 AM.

September 13th: “The Orenda” by Joseph Boyden

October 11th: “The Murder House” by James Patterson

November 8th: “The Girl Who Was Saturday Night” by Heather O’Neill

December 13th: “The Sisters Brothers” by Patrick deWitt

Library Support Services:

Computer Tutorial (one-on-one)

Learn computer, Internet and email basics. (Offered in English and French.) Call [613-580-2424 x30353](tel:613-580-2424) or email RuthEDickinson@bibliottawalibrary.ca to schedule an appointment.

eBook Tutorial (one-on-one)

Learn about eReaders and how to download eBooks from the OPL website. (Offered in English and French.) Call [613-580-2424 x30353](tel:613-580-2424) or email RuthEDickinson@bibliottawalibrary.ca to schedule an appointment.

English Conversation Group

Thursdays 1:00 p.m. – 2:30 p.m.

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. Drop-in.

Employment Assistance: Wednesdays 1:30 PM – 4:30 PM

Come meet one-on-one with an Employment Consultant to receive individual support with: career exploration, job search strategies, resume and cover letter writing, interview preparation, labour market and training information, assistance with Second Career applications and referrals to other programs and services. Offered in partnership with Employment Ontario and YMCA-YWCA (National Capital Region). Drop-in or register by calling [613-580-2424 x30353](tel:613-580-2424).

Pg. 15: ***Library Presentations:***

Barrhaven Writers' Circle

Thursdays: 6:45 PM to 8:15 PM (starting September 7th)

A Word of the Week will be announced for the following week's writing assignment. At next week's circle, you may present your prepared written piece that uses the Word 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. Drop-in.

Retirement Planning:

Wednesday, September 27th – 7 PM to 8 PM

This financial literacy session will help you take an inventory of your current assets and help to determine how much money you need in retirement. 5 questions to ask: Where am I today?; Where would I like to be?; Can I get there?; How do I get there?; How can I stay on track? Geared towards people 5 to 15 years from retirement. Presented by John Malcolm, Financial Advisor. Register by calling [613-580-2424](tel:613-580-2424) x30353

Welcome to Ottawa: Immigration and Settlement Information

Thursdays: Sept. 28th; Oct. 26th; Nov. 30th - 2 PM to 4 PM

Newcomers have the unique opportunity to talk to a settlement councillor to learn of the many services available throughout the city of Ottawa including education, transportation, housing and health care. Newcomers will also be able to get help with: permanent resident card, citizenship application, Visa and sponsorship. Offered in partnership with Ottawa Chinese Community Service Centre. Drop-in.

Saving Strategies: Easy Concept, Difficult Reality

Wednesday October 4, 2017: 6:30 PM to 8 PM

Learn how to save more to pay down debt. Realize that saving and a reduction in spending often go together to achieve personal success. Start to invest in the future to realize goals and dreams and prepare for a comfortable retirement. Learning materials include the Financial Consumer Agency of Canada Budget Calculator, a goal setting worksheet, and a values validator. Offered in partnership with the Chartered Professional Accountants of Canada.

Art For Grown Ups - Make Your Own Greeting Card

Wednesdays: Oct. 11th; Nov. 15th; Dec. 13th - 6:30 PM to 8 PM

Join friends and neighbours to create a unique handmade greeting card. Supplies provided. Register by calling [613-580-2424](tel:613-580-2424) x30353

Making your Monday Last: 10 Principles for Living in Retirement

Wednesday, November 1 – 7 PM to 8 PM

This financial literacy seminar is designed for retirees, and those planning for their transition into retirement. Learn how to achieve a stable, steady income so you can live the kind of retirement lifestyle you desire while helping protect your retirement investments from unforeseen events. Presented by John Malcolm, Financial Advisor.

Register by calling [613-580-2424](tel:613-580-2424) x30353

Market Research Techniques and Resources

Wednesday November 8, 2017 - 6:30 PM to 8 PM

Market research is essential for business planning! Learn about market research and how to use free, essential online business resources. This workshop demonstrates how to find industry profiles, local competition, company reports, business partners, and more. Presented by a Business Librarian.

Who's the Boss: You or Your Camera?

Wednesday November 22, 2017 - 6 PM to 8 PM

Take your photography to the next level by getting your camera off "Auto" to achieve the creative affects you want. Learn how to tell your camera to capture what you see - don't let it decide for you. Topics covered will include an understanding of aperture, shutter speed and ISO which can be applied to any camera that has a dial for selecting exposure settings (e.g. "A" or "Av", and "S" or "Tv").

Managing Your Finances in Retirement

Wednesday November 29, 2017 - 6:30 PM to 8:00 PM

Those with long-term financial plans in retirement are less stressed. People are living longer than ever before in history. We will discuss understanding your spending patterns, stretching your retirement resources, discretionary spending, protecting your assets, and various retirement strategies. We will share resources and tools for planning your retirement income. Presented by an accountant from CPA Canada.

Stocks: The Nuts and Bolts

Wednesday, December 6th - 7 PM to 8 PM

This financial literacy session shares basic information about what stocks are, the different types of stocks available and how to evaluate them. Are stocks right for you? Presented by John Malcolm, Financial Advisor. Register by calling 613-580-2424 x30353

The "Barrhaven Seniors' Council" wishes to express our deepest appreciation



to the Ottawa Public Library for providing **FREE** use of the Library Meeting Room at Ruth E Dickinson Library on Friday mornings. Some of our other programs use space on the second floor of the Library at other times during the week. Many thanks!

