

BARRHAVEN SENIORS' COUNCIL

“Spring 2017 Newsletter”

Our 2016/2017 year has included a lot of new functions – along with retaining some of our original activities. Later in this newsletter you will see two more *new* endeavours for the warmer months of Spring.

It is great to see so many Members wanting to take an active part in broadening the range of activities from season to season! It can be a personally rewarding experience to offer to run a program – either on your own, or working alongside someone else.

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

More volunteers = More programs

Groups that are set up are “your” groups. Be sure to take a few minutes to welcome new attendees to “your” programs – to make their first time so enjoyable that they will want to return for your next event. To avoid misunderstandings, take time to talk to each other about “expectations” for the activity. Please discuss any concerns among participants during the activity, as we want everyone taking part to have an enjoyable time.

As we begin to look to programs for the fall, *now* is the time for you to provide input. Please let us know if you have ideas for programs by sending your suggestions to barrhavenseniors@gmail.com. I will compile the results and bring them to the May meeting of our Board of Directors for careful consideration.

Remember: This group was formed at the request of a few seniors meeting with Councillor Harder. At a “Public Meeting” held in September 2014, an “Interim Board of Directors” was elected and an initial set of Objectives and Procedures adopted. Our Constitution was drafted and formally approved in November 2015. The first Board of Directors was then elected. Over the past three years, this group has expanded in size and scope. We need everyone working together to make **your** Council a success.





In discussions with some of our Members at events, it has been mentioned by a few people that they would like to get to know other areas of Ottawa.

This May and June, two outings have been designed where participants can go with Marilyn to downtown Ottawa: Art Gallery; ByWard Market; etc.

OC Transpo buses are “free” for seniors as these outings will take place on Wednesdays – one in May; one in June – departing from the OC Transpo lot behind Canadian Tire/Sobeys. Send suggestions for outings to chipchip@rogers.com

Watch for details to be announced in the monthly updates. There will be a sign up so that Marilyn knows who will be going on these excursions.



Thanks, Jan !

The “Barrhaven Seniors’ Council” wishes to thank Councillor Jan Harder for her continued support. From purchasing tables, to renting rooms, to helping to access space for our activities, Jan has always supported our Members. It was through Jan’s efforts – along with the support of the Mayor - that this group was formed.



Ladies LUNCHEON

Building upon opportunities to get together, a few ladies have come together to offer to set up a monthly “ladies luncheon.” Join them when possible:

**Wednesdays – 11:30 AM: April 12th; May 10th; and June 14th
Broadways, Barrhaven**



Lisa MacLeod, MPP
Nepean-Carleton

Constituency Office:

3500 Fallowfield Road, Unit 10 Nepean, Ontario K2J 4A7
Tel. (613) 823-2116 • Fax (613) 823-8284 • www.lisamacleod.com
@MacLeodLisa LisaMacLeodMPP

WHERE DO I FIND SUPPORT SERVICES FOR SENIORS?



Services for Seniors are outlined at <http://wocrc.ca/programs/seniors-adults-disability>
For further information or to access the services below (or any others), please call 613-591-3686 and choose option 3. The [CSS Brochure](#) contains information about the services offered – or check out their new website <http://wocrc.ca/>

“Some” of the Services Provided:

Transportation; Meals on Wheels; Foot Care Clinics; Adult Day Program; Caregiver Support; Dementia Caregiver Group; Friendly Visiting & Telephone Assurance; Snow Go ASSIST; Service Arrangements; Diner Clubs

SAVE A LIFE !



Ottawa Paramedic Service



for

BARRHAVEN SENIORS' COUNCIL

CPR Essentials Course

This course is designed for individuals who would like more information on CPR and AED training but do not require an actual certification. Learn how to help a loved one.

Course Details:

Date: May 12

Time: 9-12 PM

Library Meeting Room

Location: 100 Malvern Dr

Cost: \$15 per person

Students will be shown the essentials skills of:

- Managing an Emergency Scene
- Adult CPR
- Automated External Defibrillation (AED)



To register for this course please email

barrhavenseniors@gmail.com

or call

Don Winchester

613-440-3620

IT'S OFF TO A GOOD START !

Started this past January, the monthly "men's breakfast" has enjoyed good success and will continue to be a regular feature in our seasonal newsletters.



MEN'S BREAKFAST

April 11th; May 2nd; June 13th
Broadways Restaurant Barrhaven – 8 AM

BOOK ONE OF OUR TWO BUS TRIPS NOW



Tuesday, June 13th– A TASTE OF PRINCE EDWARD COUNTY: Reserve by May 1st

Cost per person \$138

- all taxes; Transportation; Lunch; Waupoos Estate Winery Tour & Tasting

Today we discover a taste of old Ontario in the heart of beautiful Prince Edward County. We travel to Canada's newest emerging Bay of Quinte wine region to experience a tour and tasting at the Waupoos Estate Winery located alongside the shores of Prince Edward Bay. Then, our travels continue on to Picton to enjoy a taste of hospitality and a delicious lunch at the historical "Waring House," an elegant farmstead dating back to the 1860's. This afternoon enjoy browsing in the charming village of Picton before we return.

For Reservations: If paying by Credit Card, please contact Ottawa Valley Tours at 613-723-5701 **(be sure to tell them that you are part of the Barrhaven Seniors group)**. If paying with cash or cheque – or for further information about pick up location in Barrhaven – contact Heather at **613-825-1789**

Consider taking part in this Three Day

“SENIOR’S EXTRAVAGANZA”

Monday, June 12th to Wednesday, June 14th

Don’t look any farther if you enjoy live entertainment!

Greg Frewin Wild Magic Show • Me and My Girl • Made in Canada - The Musical

Day 1: St. Catharines, ON All aboard, we’re southwestern Ontario bound. Your home away from home for the next two nights will be the Holiday Inn & Suites in St. Catharines. This evening we will enjoy a fabulous dinner and a live Wild Magic Show on stage at the Greg Frewin Theatre in Niagara Falls. This show is breath-taking with a Vegas style format and features illusions that are both one of a kind and internationally renowned, performed by the International Grand Champion of Magic, Greg Frewin. A fun evening full of amazement and unprecedented talent. (D)

Day 2: Niagara-on-the-Lake, ON After enjoying a wonderful breakfast, we will depart for a memorable day exploring the Niagara region including a visit to NEOB Lavender for a tour of the aromatic greenhouse, roam the Lavender field, experience the boutique and try some all natural essential oil based products. Then we will continue onto the vibrant and charming town of Niagara-on-the-Lake. This afternoon we will claim our reserved seats at the Shaw Festival Theatre for the Tony Award Winning matinee musical production of “Me and My Girl.” This delightful comic romp from the thirties follows the fortunes of Bill Snibson, a proud Cockney who is amazed to learn that he’s actually the fourteenth Earl of Hareford. But if he wants to claim his title, it looks as if he will have to shed his old life – and love. With well-loved classic songs including “The Lambeth Walk,” “Leaning on a Lamppost” and “Me and My Girl.” Enjoy a leisurely evening on your own back at the hotel. (B)

Day 3: Toronto | Ottawa, ON This morning enjoy breakfast at the hotel before we board the coach and depart for Toronto’s Dine and Dream Theatre. Upon arrival, you’ll savour a sumptuous lunch before enjoying a sensational “Made in Canada – The Musical,” celebrating Canada’s 150th Birthday show performed by the Famous People Players, who have dazzled and delighted audiences from all over the world. Next to the moon and the stars, the Famous People Players is the best thing to see in the dark and the only show of its kind anywhere in the world! What you see is sensational... what you don’t see is inspirational. Evening return to Ottawa with a stop for dinner on the way. (B,L)

Cost per person: Twin \$715. Triple \$674. Quad \$652. Single \$848.

Includes: • Transportation aboard deluxe motor coach • 2 nights’ accommodation • 2 buffet breakfasts • 1 lunch • 1 dinner theatre • Greg Frewin Wild Magic Show • Tour of NOEB Lavender • Reserved seat to the matinee performance of “Me and My Girl” at the Shaw Festival Theatre • Reserved seat to the matinee Black Light Theatre performance of “Made In Canada – The Musical” show by the Famous People Players • Bellman’s gratuities for one piece of luggage • Services of an Ottawa Valley Tours director • All taxes

Contact: Ottawa Valley Tours at [613-723-5701](tel:613-723-5701) (be sure to tell them that you are part of the Barrhaven Seniors group). Pick up at Walter Baker if 10 or more.

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.



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





The BUC Concert Series presents ...

**A
CONCERT
to support
'THE HAVEN'**

A multi-cultural music event!

Barrhaven United Church

3013 Jockvale Road

Sunday April 30, 2017 2:00pm

Adults: \$20 / \$25 at the door

Students: \$10 / \$15 at the door

Free refreshments and parking



**For tickets call:
Barrhaven United Church
613-825-1707**

RESERVE YOUR SPOT AT THE TABLE

For the Spring months, we have planned a few opportunities for Members to get together for a variety of meal outings at various locations in Barrhaven.



Thursday, April 6th 11:30 AM – Swiss Chalet
Monday, May 15th 11:30 AM – Heart & Crown
Friday, June 23rd 11:30 AM – Jonny Canuck's

Thanks, Michael !

The “Barrhaven Seniors’ Council” wishes to thank Councillor Qaqish for his continued support. From purchasing our coffee cart, to helping to access space for our activities, Michael has always supported our Members. He continues to work with the President on seeking out new opportunities for Council Members.

Michael
QAQISH



Proudly Presents.....



Spare A Night for QCH!

Saturday, May 13th, 2017—6 p.m.

Two Games of Bowling—Dinner / Wine

Live Music by “One Night Stand”

Merivale Bowling Centre

\$450 Team of 6

\$200 Lane Sponsor Signage

To Register and/or for Sponsorship Opportunities

Visit www.mmteam.ca

Or Call Joanne McDonald at

613-271-2713 joanne@jmaeventplanning.com



MONDAY PROGRAMS

1:30 PM - Library by the upstairs windows – 1:30 PM
Co-Ordinator: Cindy Stephens cindy.stephens@live.com

Join the knitting group for a relaxing time working on individual projects, or explore other options. The bright, inviting location for this activity makes for an enjoyable time. This is a great activity to help put in those wintry days with fun and friendship.



PLAY READING CLUB: [Library Second Floor -1:30 PM](#) – specified Mondays
Co- Ordinators: Chris Murray and Marilyn Winchester

Now in its second year, this group continues to expand. If you like reading plays, poetry and other written works, join this group. Read out and listen to favourite selections in a relaxed atmosphere. Come and enjoy!



'ROUND THE KITCHEN TABLE: Room 202 Walter Baker- 1 PM - specified Mondays

Nancy Slade and Barbara Reeves 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



TUESDAY AFTERNOON PROGRAM

BRIDGE: Tuesdays – 1 PM – Library Meeting Room
Set Up: Mitch Phomin and Gerry Hannan

This group welcomes new players! Beginner, or experienced, this group is non-competitive – a chance to enjoy the game in a friendly setting. Drop-ins welcome.



THE COURT AT BARRHAVEN provides weekly treats

WEDNESDAY PROGRAM

EUCHRE: 1:30 PM – Library Meeting Room
Set Up: Ron Clerk; Robert Hazen; Michael Taglieff

Whether you are a beginner, or experienced, come and join this lively group. Drop-ins are always welcome. New players are always welcome! Weekly treats are provided by:



THURSDAY PROGRAMS

CRIBBAGE: – 1 PM - ROOM 202 Walter Baker Centre
Set Up: Barbara Reeves; Michael Taglieff; Ron Clerk

This group has received good response to date from interested Members, but needs more players. Drop-ins are always welcome. Weekly treats are provided by:



SCRABBLE: *Specified Thursdays each month* - 1:30 PM – Library Second Floor
Co- Ordinator - Marilyn Winchester



Come and have fun. This group welcomes both new and experienced players. The more players the better. If you have a Scrabble Board, you are encouraged to bring it.

FRIDAY AFTERNOON GAMES GROUP

Mahjong Canasta Dominoes
Co-Ordinator: Heather Bourdon
1 PM to 4 PM: Library Meeting Room



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).



The “Barrhaven Seniors’ Council” wishes to express our appreciation to Revera for being the Host for all the beverages enjoyed at the February potluck. We appreciate your continued commitment to support the Members, and the work, of this Council !



The next potluck luncheon is scheduled for this fall – along with a few other celebrations that are currently in the planning stages.

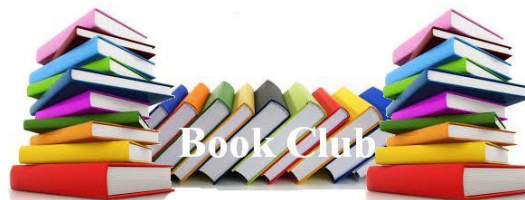
The “Barrhaven Seniors’ Council” wishes to express our thanks to the “West Barrhaven Community Association” for providing our insurance needs by “sponsoring” our group.



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 - 2 afternoons per week plus all day Friday. The Library also hosts some of our smaller programs in space on the second floor of the Library itself.



Share the enjoyment of good books in a relaxed atmosphere. “Dickinson Reads” meets at the Library the second Wednesday of each month. Drop-in and join the discussion.



April 12 th :	<i>The Massey Murder</i> by Charlotte Gray
May 10 th :	<i>The Invention of Wings</i> by Sue Monk Kidd
June 14 th :	<i>The Secret Place</i> by Tana French

One Book, One Community

Stories are the way we connect with each other; they are the way we share our experiences and how we learn from others. In Canada, where we strive towards greater diversity and mutual understanding, storytelling is at our cultural core. Lend your voice as we mark 150 years of telling Canada's story at the Ottawa Public Library by joining together to read ***A Disappearance in Damascus: A Story of Friendship and Survival in the Shadow of War*** by award winning Canadian author and journalist Deborah Campbell. Join your neighbours and build new connections in the community through the shared experience of reading.

This riveting true story tells us about the remarkable relationship between two women, Canadian journalist Deborah Campbell and Ahlam, an Iraqi woman working as a "fixer" for Western media in Syria as it plunges into war. The story reveals as much about the universal power of friendship as about the courage of those who bring us our daily news. Join your neighbours and build new connections in the community through the shared experience of reading. **(Coming June 2017)**

The logo features the word "SPEAK" in large, bold, blue capital letters, with "ENGLISH!" in large, bold, red capital letters below it. A small blue diamond is at the end of the word "ENGLISH!".

English Conversation Group: Thursdays 1:00 PM – 2:30 PM

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. Drop-in to the Meeting Room, 2nd floor of the Library.

ONE TO ONE COMPUTER AND E-BOOK ASSISTANCE

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.



Pilgrimage: Life Lessons Learned from Walking

Wednesday May 10, 2017 7:00 p.m. – 8:00 p.m.

Pilgrimage, especially on the Camino path in northern Spain, is becoming increasingly popular. Information abounds on how to physically prepare for such a journey, but little consideration is given to the mental, emotional and spiritual upheaval that pilgrimage brings. As experienced, modern pilgrims who have walked the Camino and from Rome to Jerusalem, Mony Dojeiji and Alberto Agraso will share insights and lessons learned from their pilgrimages, with the intention that these inspire the pilgrim's personal journey, wherever it may lead them. Register online or by calling [613\) 580-2796](tel:6135802796)

Basic Digital Photo Editing

Wednesday June 7, 2017 6:30 p.m. – 8:30 p.m.

It is easy to take dozens or hundreds of photos with your digital camera. But then what? Chris Taylor, President of the Ottawa PC Users' Group will help you discover some easy ways of fixing up your photos to correct many basic flaws and be proud to display them.

Barrhaven Writers' Circle

Thursdays 6:45 p.m. – 8:15 p.m.

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.

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:6135802424x30353).

EXERCISES OFFERED BY: SOUTH NEPEAN COMMUNITY HEALTH CENTRE

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].

LOOKING FOR SOMETHING TO DO IN MAY ?



The Canadian Tulip Festival has a rich history of unveiling commemorative works celebrating the Tulip Legacy. One in particular, recently unveiled May 2015, was the *Princess Tulip Sculpture*, a symbolic commemoration of the Tulip Legacy Story and the 70th Anniversary of the Liberation.

Ottawa - Gatineau, 12-22 May/Mai 2017

