

Revised Oct 12/16

BARRHAVEN SENIORS' COUNCIL

**“Fall 2016 Newsletter”**

Welcome to another year of programs, events, special presentations, bus trips etc. offered by your “Barrhaven Seniors’ Council.”

The feedback we received from your “February 2016 Member Needs Survey,” along with other suggestions since, were a great help in developing the range of programs offered. If you have other suggestions for activities, please email [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)

2016 has been a phenomenal year of growth for the “Barrhaven Seniors’ Council.” Our contact list for Members now totals over 600 through a combination of email links, Facebook connections, and a few who contact me directly from time to time. We welcome you - and look forward to your taking part in the activities we offer. Our ever expanding Membership enables us to offer new and exciting opportunities.

Please mark on your calendar **Friday, November 25<sup>th</sup>** – the date for our Annual General Meeting. We have vacancies on both our Executive and Board of Directors. To fill these vacancies, we are looking for individuals who could serve **at least two (2) years** as we have several initiatives that require continuity of leadership.

As our Membership expands, and the number of programs requested increases, we face the need for more Program Co-Ordinators. Please consider offering to help with the running of an activity. By doing so, more programs can be offered – and the work load for each volunteer becomes more manageable. Your positive energies are appreciated.

**Your Executive and Board Members**

President:	Don Winchester	Secretary:	Lois Elkins
Past President:	Maggie Sheehan	Treasurer:	Val McPhail
Vice President:	vacant		
Directors At Large:	Bev Tremblay; Heather Bourdon; + 1 vacant		



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

## RESERVE YOUR SPOT AT THE TABLE

### Kick-off Luncheon to another full season of activities!



Date: **Tuesday, September 27, 2016**; Time: **11:30 AM**; No Host – but good prices.

Location: “**Boston Pizza**” – 1681 Greenbank Road (near Sobey’s)

A wide variety of light, or full lunch items, including salads, sandwiches etc. (including Gluten Wise items) <https://order.bostonpizza.com/#/menu/2920180B-1736-4FA3-BDF0-66425212ABFC/ToGo/Pickup> + Specials are available.

Reservations accepted until Sunday, September 25 by contacting Don at 613-440-3620 or by email [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)

**Be sure to check each month’s calendar for our meal event !**

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### OUR FALL BUS TRIP

**Tuesday, October 4 - Fall Colours & Country Church Lunch**

Cost per person \$92. Transportation Lunch All taxes

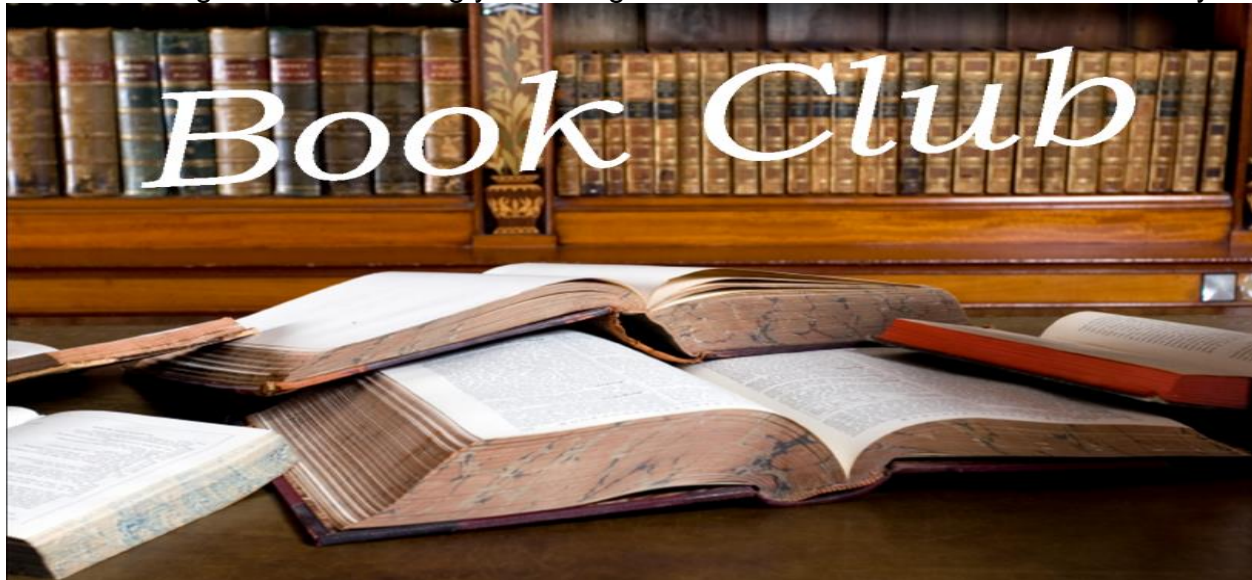
Explore the countryside and the brilliant fall foliage. Today we travel west towards Kaladar, then north up past Bon Echo Provincial Park, to the village of Schutt where the ladies of the United Church have prepared a delicious traditional turkey lunch complete with all the trimmings. Following lunch, see many interesting villages and historical towns with a stop at Balderson Village for browsing before returning to Ottawa. A beautiful fall day in the country with great folk and home-cooked food.

**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, contact Heather at **613-825-1789** for information on where to deliver your payment or contact or email [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)



## PROGRAMS

Join us for good times sharing your thoughts and ideas at Ruth E Dickinson Library:



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

### Wednesdays – 10 AM to 11 AM

September 14<sup>th</sup>: *The O'Briens* by Peter Behrens  
October 12<sup>th</sup>: *The High Road* by Terry Fallis  
November 9<sup>th</sup>: *A Train In Winter* by Caroline Moorehead;  
December 14<sup>th</sup>: *The Rosie Project* by Graeme Simsion

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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. Also, some of our smaller programs use space on the second floor of the Library itself.

There are no existing community halls or other City facilities in Barrhaven except the Library which offers "free access" to space for seniors to operate programs. Many thanks!

## NEED HELP?

These sessions are offered in either English or French

**One-to-one Computer Tutorials** are available. Learn computer, internet and email basics. To schedule an appointment, call 613-580-2424 Extension 30353 or email [RuthEDickinson@bibliottawalibrary.ca](mailto:RuthEDickinson@bibliottawalibrary.ca)



eBook Tutorials are also available, one-to-one. Learn about eReaders and how to download eBooks from the Ottawa Public Library website. To schedule an appointment, call 613-580-2424 Extension 30353 or email [RuthEDickinson@bibliottawalibrary.ca](mailto:RuthEDickinson@bibliottawalibrary.ca)

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Barrhaven Seniors' Council wishes to thank Ward 22 Councillor

*Michael*  
**QAQISH**

for donating the funds to purchase the beverage/storage cart used to transport our coffee/tea service + supplies to Room 202 at Walter Baker and the Library Meeting Room.

**MONDAYS** are a great time to get out, socialize and have a bit of fun ! We offer a variety of activities throughout each month on Monday afternoons.

**NEW:** Knitting Group – **Every Monday:** Library by the upstairs windows – 1:30 PM  
Co-Ordinator: Cindy Stephens [cindy.stephens@live.com](mailto:cindy.stephens@live.com) Assistant ?



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.

**'ROUND THE KITCHEN TABLE:** **NEW LOCATION: Room 202 Walter Baker**  
**NEW TIME: 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.



**PLAY READING CLUB: NEW LOCATION: Library Second Floor**

1:30 PM – specified Mondays

Co- Ordinators: Chris Murray and Marilyn Winchester

New last season, 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!



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**INDOOR WALKING – ANY DAY OF THE WEEK**

This “self-directed” activity is a great way to meet others and enjoy some light exercise.



As the weather changes and walking outdoors becomes either unsafe or undesirable, remember that Members have **“FREE”** access to the cushioned indoor walking track at Minto Recreation Complex. Take a relaxing walk with your friends. A great way to relax!

**3500 Cambrian Rd (south on Greenbank Rd past Loblaws to the traffic circle)**



We encourage players of all skill levels to come to the various games.

*“It’s just a game and people come to these events to socialize. People need to share their knowledge of the game as well as their knowledge of good manners and social skills.”*

**BRIDGE:** **Tuesdays** – 1 PM – starting September 13<sup>th</sup> – Library Meeting Room  
Co-Ordinators: Mitch Phomin and Gerry Hannan

Continuing for its third 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. Weekly treats are provided by:



**THE COURT AT BARRHAVEN**

**EUCHRE:** **Wednesdays** – 1:30 PM – starting September 14<sup>th</sup> – Library Meeting Room  
Co-Ordinator: Lois Elkins; Assistant: Barbara Reeves

Returning for a third full year, this group welcomes new players. Whether you are a beginner, or experienced, come and join this lively group. Drop-ins are always welcome. Weekly treats are provided by:



**BARRHAVEN**  
*Retirement Community*

**CRIBBAGE:** **Thursdays** – 1 PM - starting September 15<sup>th</sup>  
**ROOM 202 Walter Baker Centre**  
Co-Ordinator:           ; Assistant: Lois Elkins



New last year, this group has received good response to date from interested Members. The more players the better. Let's continue to make this Club a success. Drop-ins are always welcome.

Weekly treats provided by:



Sponsoring the weekly room rental cost of Room 202 for Cribbage is:

(councillor)

**Janharder**



**SCRABBLE CLUB: NEW DAY: Last Thursday of the month 1:30 PM**

**NEW Location:** Library, second floor by the upstairs windows;  
Co- Ordinator - Marilyn Winchester



Having started last fall, this group of players continues to grow. Monthly games are scheduled for the last Thursday of each month. Come and have fun. This group welcomes both new and experienced players. If you have a Scrabble Board, you are encouraged to bring it. First Scrabble session this fall is Thursday, October 27<sup>th</sup>.

***NEW: “Friday Games Day” Starting In October  
Co-Ordinator: Heather Bourdon***

We now have access to the Library Meeting Room **all day** every Friday.

Many thanks to those Members who came to the September 23<sup>rd</sup> Organizational meeting to help set up our “Weekly Games Day.”

Initially, this group will get together from 1 PM to 4 PM on specified Friday afternoons from now until Christmas. The group will focus on: **Mahjong; Dominoes; and Canasta.**

More games, and some Friday morning playing times, may be added in the months ahead depending upon the interest of Members and the availability of space.

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).

***SPECIAL FRIDAY AFTERNOON PRESENTATIONS THIS FALL  
Library Meeting Room – 1:30 PM***

Kelly Roddy presents a series of related medical talks about Diabetes + other ailments:  
Session #1: **September 30<sup>th</sup>** – Reviewing diagnosis, treatment and self-management;  
Session #2: **October 21<sup>st</sup>** – Eating + Cooking for 1 or 2; tips and tricks to stay healthy;  
Session #3: **November 25<sup>th</sup>** – Review health benefits of exercise on heart health etc.

**NEW DATE: Friday, October 14<sup>th</sup>** – No spouse or significant other, but still want to afford travel options? Learn about how to travel as part of a larger group, but not have to pay the Single Supplement. CAA has unique travel options. Join Tina Richardson from CAA for this interesting presentation about previous group trips, those currently offered, plus a possible trip for interested Members to “*somewhere warm*” later this winter.

**NEW DATE: Friday, November 11<sup>th</sup>** - Join Jacqueline Rivier to learn new techniques for Chronic Disease Self-Management. Learn how to build self-confidence, or help others develop theirs, in managing chronic conditions and interactions with the health care system and its providers.

**Join us for our Festive Bus Trip – Tickets Selling Quickly**



**Miracle on 34th Street | December 7**  
**Upper Canada Playhouse | Morrisburg**  
**Cost per person \$129. Transportation, Lunch, Theatre All taxes**

This morning we depart for Morrisburg to enjoy a delicious lunch at the McIntosh Country Inn before claiming our reserved seats for a live theatre matinee production at the charming and intimate Upper Canada Playhouse Theatre. Come along, enjoy great food and delightful theatre.

One of the most heart-warming Christmas stories of all time. A young girl, Susan, has doubts about the enduring miracle of Santa. But that soon changes when an elderly man named Kris Kringle takes a job working as the Santa for Macy’s department store. He is such a hit that Susan and the entire city are soon filled with the Christmas spirit. But Kringle surprises everyone by declaring that he really is Santa Claus. Seen as deluded, he ends up in court where his claim to be Santa is challenged. Everyone soon discovers that dreams do come true if you truly believe. Complete with fabulous live music, a choir and a wonderful concert of Yuletide songs to make your Christmas merry. Treat your family and friends to the magic of live theatre and let the Miracle on 34th Street fill you with the wonder and spirit of Christmas.

**Reservations:** If paying with cash or cheque, contact Heather at [613-825-1789](tel:613-825-1789) for information on where to deliver your payment.

If paying by Credit Card, please contact Ottawa Valley Tours [613-723-5701](tel:613-723-5701). **(Please be sure to tell them that you are part of the Barrhaven Seniors group so that you are seated with your friends).**

## Where Do I Find Services For Seniors In This Area? Contact –



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 we offer – or check out their new website <http://wocrc.ca/>

“Some” of the Services Provided:

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

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## LOOKING FOR SOMETHING TO DO IN THE EVENING ?

Take a look at the wide variety of Special Evening Presentations offered. To attend any of these sessions, **register early** (space is limited at some sessions) by calling 613-580-2940 or online at <https://bibliooottawalibrary.ca/en/program/registration>

### **Investing 101: Wednesday September 21, 2016 7:00 p.m. - 8:00 p.m.**

Building your investor IQ starts with understanding the basics. This program is geared to people who are either new to investing or need a refresher. Participants will learn: the key features of bonds, stocks and mutual funds, the importance of asset allocation and the impact of inflation on your long-term goals. Presented by John Malcolm Financial Advisor.

### **Fraud Protection for Seniors: Wednesday, September 28, 6:30-8:00 pm**

Learn the various reasons why seniors are particularly vulnerable to fraud, and how to protect yourself. We will discuss how different types of fraud work, what fraud looks like, how to recognize signs of being victimized, what to do if you've fallen victim. Understand from real-life examples what criminals want, how you can be prepared, and what steps to take to be in control. Presented in partnership with Chartered Professional Accountants of Canada.

### **Putting Your Garden to Bed for the Winter**

#### **Wednesday October 5, 2016 7:00 p.m. – 8:30 p.m.**

You can reduce insect pests and diseases by knowing how to prepare the garden for the winter. Fall is also the best time to make new flower, vegetable, and bush beds. Beat the spring rush. The fall is also a great time to improve your turf (lawn) so that it will be vigorous in spring. Presented by Mary Anne Jackson-Hughes former botany instructor at Algonquin College.

**Budgeting 101: Wednesday October 19, 2016 6:30 p.m. – 8:00 p.m.**

Learn the 6 steps to budgeting that will help you take control of your personal finances and give peace of mind. Offered in partnership with Gary Rusyn of the Credit Counselling Society.

**Rules of Investing: Wednesday October 26, 2016 7:00 p.m. - 8:00 p.m.**

Learn 10 principles of sound investing and learn how to identify and avoid common investment mistakes. Presented by John Malcolm Financial Advisor.

**When Can I Retire? Wednesday November 16, 2016 7:00 p.m. – 8:00 p.m.**

5 key steps introduce participants to important investment strategies for retirement. Learn the importance of goal setting for retirement, as well as understanding concepts around inflation, risk tolerance, asset allocation and diversification. Presented by John Malcolm Financial Advisor.

**Business Planning: Thursday November 17, 2016 6:30 p.m. – 8:00 p.m.**

This session is designed for people who have a clear idea of the business they want to start and the customers they plan to serve. You will learn how to best communicate with potential funders, and other business partners, in order to get them to support your vision. You will learn what the people you want to persuade are looking for, and equally important, what they don't want to see. Presented by an Invest Ottawa business advisor.

**Taking Stock in the Market: Wednesday December 14, 2016 7:00 p.m. – 8:00 p.m.**

Learn about the basic structure of the stock market and 3 key principles to stock investing. This program is geared to people who have little or no stock market experience. Presented by John Malcolm Financial Advisor.

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**FALL "POTLUCK"** – Co-Ordinator: Val McPhail and Committee

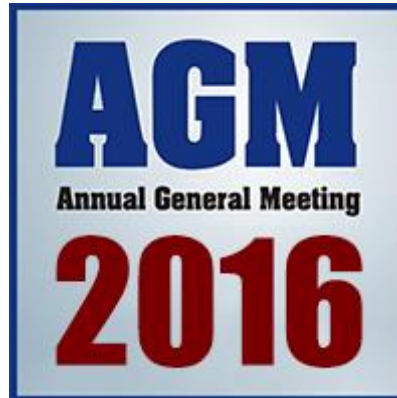
**Friday, November 18, 2016 – 11:30 AM to 1 PM**

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!

**ANNUAL GENERAL MEETING** – **NEW DATE: Friday, November 25, 2016**  
**NEW TIME: 10 AM**  
**NEW LOCATION: Library Meeting Room**



The formal "Agenda" will be sent out in early November

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**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].

**SENIORS YOGA EXERCISES** – cancelled until further notice due to instructor illness

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**SPEAK  
ENGLISH!**

**English Conversation Group – at the Ruth E Dickinson Library**

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

**Thursdays 1:00 p.m. – 2:30 p.m. (starting September 15<sup>th</sup>)**

## 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 [Champlain Local Health Integration Network](#) (LHIN) through Pinecrest-Queensway Community Health Centre, and is a collaborative effort between Ottawa Public Health and Parks, Recreation and Cultural 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.

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: bean bags, cones, stretch bands, and balls.

### **The program is offered in the winter, spring and fall:**

September 19 to December 9, 2016

January 9 to March 31, 2017

April 3 to June 23, 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** can register after these dates:

Fall 2016 registration begins August 15, 2016 **starting at 8:30 am**

Winter 2017 registration begins November 14, 2016

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

Location	Address	Start Date	Day and Time	OCTranspo Bus Routes
Chapman Mills Community Building, Main Hall	<a href="#">424 Chapman Mills Dr, Ottawa</a>	Sept 19	Monday and Thursday 12:45 to 1:45 p.m.	99
Chapman Mills Community Building, Main Hall	<a href="#">424 Chapman Mills Dr, Ottawa</a>	Sept 19	Monday and Thursday 2 to 3 p.m.	99

**Looking for Unique Volunteer Opportunities for 2017?**

In 2017, Canada celebrates 150 years as a nation—and Canadians will gather in their Capital to join local residents in a year of celebration.

Ottawa 2017 is tasked with creating 12 full months of big, bold, immersive and moving experiences that will complement national celebrations and annual events and festivals. Big Signature Events will animate the entire city, while community celebrations will enliven our neighbourhoods. At the same time, transformative legacy projects will change the Capital's urban landscape. The end result: a special year of national pride for all—and significant positive impacts for Ottawa's tourism sector and the city as whole.

To volunteer, or find out more, <http://www.ottawa2017.ca/get-involved/volunteer/>

**Take Advantage of the Opportunity for Input**

Gouvernement  
du Canada

Government  
of Canada

From time-to-time, Federal Governments undertake substantive decision making that will affect generations to come. This is your opportunity to submit your views on how Voting will be undertaken, how votes will be tabulated, and how seats in the House of Commons are to be allocated.

Your MP, Chandra Arya, recently held a town hall meeting in this riding – with over 150 constituents taking part. A variety of views and opinions were shared.

It is not too late for you to have meaningful input!

Your online opportunity can be found at: <https://survey-sondage-hoc.parl.gc.ca/TakeSurveyPage.aspx?s=0d6f61512d6a49108ec8370a88135ce7&tsid=c4929834ec24d6a80cc2ad6af864483&c=en-CA>

Alternatively, to make a Submission to, or appear before, the House of Commons Committee studying this matter, you have until October 7<sup>th</sup> to do so - please to go <http://www.parl.gc.ca/Committees/en/ERRE/StudyActivity?studyActivityId=9013025>

## Join Us For A Christmas Social

Elves Don and Lisa have been having secret planning meetings. They are not revealing much to us yet, but here's what we do know so far:

Date: Friday, December 16<sup>th</sup>  
Time: 2 PM to 4 PM  
Location: VIVA Barrhaven – 275 Tartan Drive  
No Cost: MPP Lisa MacLeod is sponsoring this event.

Very Special Guests will be attending.



Each month from now until the event, the elves will unwrap another detail until all is revealed. Until then, the date is marked on the December calendar attached to this newsletter.



**Possible New Program for Winter 2017?** There has been some interest shown in setting up a “Singing Group.” This fall, we will seek a Co-Ordinator and Assistant. Once those positions are in place, an organizational meeting for those interested in joining a Singing group will be announced. It is hoped that the group would start in January.

**“Tentative” calendars from September to December are now available. Each month, we email any additions, deletions and/or information that may be of interest to Members.**



