

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Winter 2018 Newsletter”

On behalf of the Members of the Barrhaven Seniors Council, I would like to thank all of the Volunteers who took their personal time to plan and run activities for our Members throughout the fall. Please know that our Members very much value all of the work you put into offering such a wide variety of choices.

This is the first winter at our new location. We offer programs every weekday afternoon plus: “Meet and Greet” Monday mornings; “Art-For-Seniors” Tuesday mornings; plus new meal programs (outlined later in this newsletter) throughout the months ahead.

We strive to make the best use of our new location. Although small in 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!



AGM 2017

The “Annual General Meeting” was held on Friday, November 24, 2017. Although attendance was “light” at this year’s AGM, all the required business of the Charity was conducted in accordance with our Constitution and the requirements of the Canada Revenue Agency Charities Directorate. Your 2018 Executive and Board of Directors are:

PRESIDENT: Don Winchester; **TREASURER:** Val McPhail; **SECRETARY:** Lois Elkins

DIRECTORS AT LARGE: Bev Tremblay; Heather Bourdon; Barbara Lehmann

Barrhaven Seniors Council extends thanks to Revera for their continued support of our various programs: Silent Auction – a 1 month stay for 2; treats delivered to our Monday morning Drop In program; etc.

Top 4 Fall Prevention Tips from Revera's National Director of Recreation.



"A fall can be devastating, and there's no guarantee you'll fully recover," says Revera National Director of Recreation (RNDR). So, how do you best prevent falls from happening? "It's a combination of improving your balance and strength, and making your living space more accessible," says RNDR.

"A fall can be devastating, and there's no guarantee you'll fully recover."

Top 4 tips for preventing falls:

Remove Trip Hazards: Making your living space more accessible doesn't require a radical change, says RNDR. Throw rugs, uneven surfaces, poor lighting – all can lead to falls." "Over time, the muscles that help lift our feet begin to weaken, leading to a shuffle, and that's when your toe can catch on a rug."

Practice Functional Exercises: Fall prevention is about improving your mobility, and the easiest way to do this is to link the exercise with real-life situations. "Practicing sit-and-stand exercises, where you sit down in a chair and then stand up again, sounds really basic," says RNDR. "But by doing this, you're mimicking the movement of, say, sitting down on a toilet or getting into a car. And so it's about maintaining your independence, not just preventing falls."

Read more on our blog!
reveraliving.com/blog

Tap Those Toes: We've already mentioned "the shuffle," wherein we begin to shuffle our feet rather than lifting them up. The best way to prevent this, says Revera National Director of Recreation, is to perform toe-tapping exercises. "Simply tapping your toes helps strengthen the muscles in the front of your leg, which lift your feet, she says. "The stronger the muscle, the easier it is to lift your feet."

Use It Or Lose It: It goes without saying, but if you're not moving about, then you're more likely to fall. "Fall prevention is about increasing your core strength, mobility and stability, and so the more you walk about, the less likely it is you're going to fall," says RNDR. "There's an entry point for everyone; for some, it's about taking the stairs, not the escalator; for others, it's sit-to-stand and toe-tapping exercises." That said, RNDR cautions about being aware of your own body. "Talk to your doctor or physiotherapist about what type of exercises are best for you. Then, get started."

Barrhaven
110 Berrigan Dr,
Barrhaven
613-823-2525

Prince Of Wales
22 Barnstone Dr,
Barrhaven
613-843-9887

Call us to get more information about our Fall Prevention Seminar in January.

It's Party time

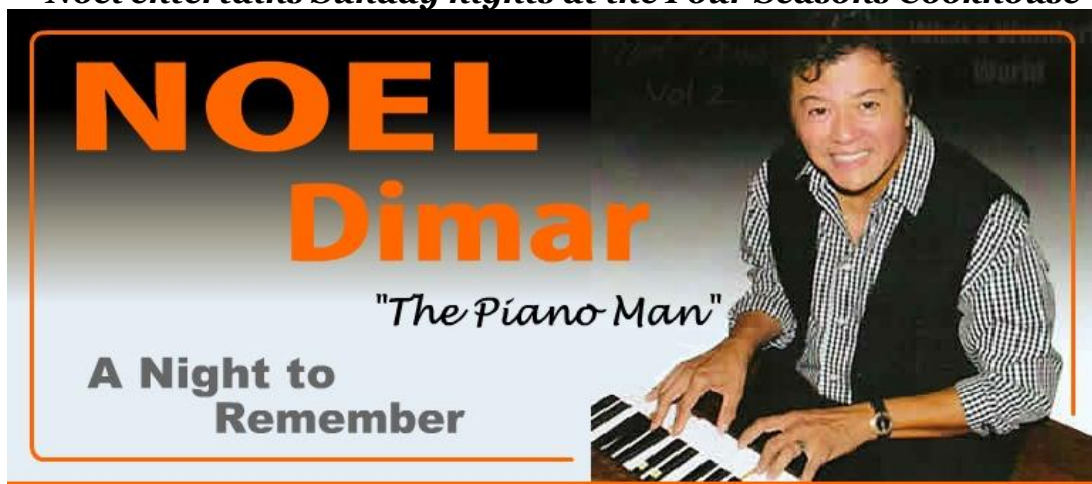
Friday, February 16th – 11 AM to 2 PM – Walter Baker Cafeteria

Partial funding provided by the “Seniors Community Grant Program” + Sponsors

Light lunch, beverage and dessert provided

Sign up at barrhavenseniors@gmail.com by February 9th

Back by popular request, a return performance by “**The Piano Man**”
- Noel entertains Sunday nights at the Four Seasons Cookhouse



Barrhaven Seniors' Council wishes to thank V!VA Barrhaven for their \$1,000 financial donation plus offering unique programs to our Members.



Tuesday Afternoon Golf League

V!VA Barrhaven

Starting on January 9, 2018 we will offer 2 time slots to Seniors to come in and experience V!VA's golf simulator, V!VALinks. Golfers can tee off at 11am or 4pm on Tuesdays from January through to the end of March. Groups will be scheduled on a biweekly basis, every other week, to accommodate more groups. People interested can contact Karen by email karen.elliott@vivalife.ca or phone [613-823-0220 ext427](tel:613-823-0220), to sign up, either individually, as a twosome, threesome or as a foursome. Max 4 people per time slot.

Euchre Tournament

V!VA Barrhaven

Join us Saturday February 24 at 2pm for V!VA Barrhaven's first ever Euchre Tournament. Come and join in a fun afternoon of cards, socializing, and light refreshments. Please contact Karen by email karen.elliott@vivalife.ca or phone [613-823-0220 ext427](tel:613-823-0220), to sign up today!

Barrhaven Seniors' Council wishes to thank Ward 22 Councillor

(councillor)

Janharder

for arranging access to Ken Ross Field House so that the "Barrhaven Seniors' Council" could expand its range of programs and services to Members. Many thanks, Jan !

Join us as we start two **“new programs !**

“CATERED MEALS FOR MEMBERS”

Each month from now until the end of April, emails will be sent to Members outlining:

- First email: the “set menu” for the coming month’s themed breakfast; and
- Second email: the “set menu” for the themed lunch.

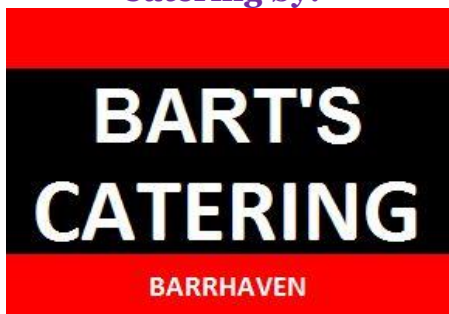
**Sign up details will be sent by email and posted at our building.
Meals are for Members Only**

Arrangements have been made with the caterer for more Sitzings per meal if required.



**Breakfast – Two Sitzings - \$7 per person
Lunch – Two sittings - \$7 per person**

Catering by:



Working capital for this program by:



Lunch desserts provided by REVERA

JOIN US FOR A FUN FILLED DAY TRIP

May 26, 2018

to

AKWESASNE MOHAWK CASINO and BINGO PALACE

Join Don & Marilyn and friends for a day trip to Akwesasne Mohawk Casino and Bingo Palace, nestled at the foothills of the Adirondack Mountains in upstate New York.

Like good **food**? Try these options <https://mohawkasino.com/restaurants/>

The **casino** features 1600 of the newest slots, 20 table games and a poker room. Check out the <https://mohawkasino.com/gaming/>

Are you a **bingo** Player? Come join the fun at the 500 seat bingo hall. Lots of fun here - <https://mohawkasino.com/gaming/bingo/>

A Bonus Package (\$20 Slot Play/\$11.99 meal value credits) will be added to your players card. (Bonus amount subject to change). Special promotions for Canadians using Canadian \$\$ <https://mohawkasino.com/promotions/canadian-special-promotions/>

Cost Per Person: \$65 including Transportation, Bonus Package and all taxes
This tour is restricted to persons 21 years and older. A valid passport is required.

Reserve your seat now as this tour will sell out quickly !

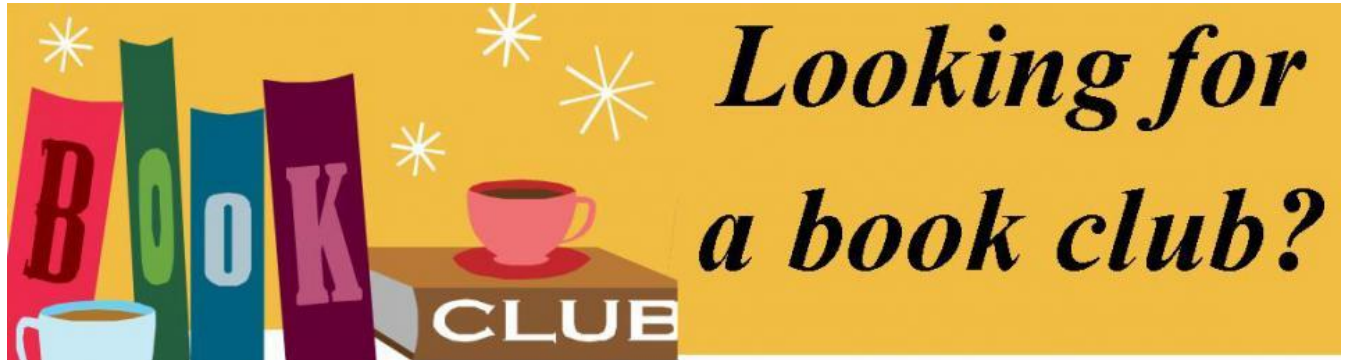
Paying by Credit or Debit Card? Please call Ottawa Valley Tours at 613-723-5701 (Please be sure to tell them that you are part of the "Barrhaven Seniors' Council" block so that of seats so that we can sit together as a group).



Want 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.



From our December 17th trip.....



Dickinson Reads Book Club – Second Wednesday of the month: 10 AM to 11 AM
Share the enjoyment of good books in a relaxed atmosphere. Dickinson Reads meets:

- January 10 - *Orphan Train* - by Christina Baker Kline
- February 14 - *They Left Us Everything* - by Plum Johnson
- March 14 - *The Road to Little Dribbling: More Notes From a Small Island*
- by Bill Bryson
- April 11 - *Dead Wake: The Last Crossing of the Lusitania*
- by Erik Larson
- May 9 - *My Secret Sister* - by Helen Edwards
- June 13 - *Unbroken: A World War 2 Story of Survival, Resilience and Redemption* - by Laura Hillenbrand

Ladies LUNCHEON

Held on specified Wednesdays most months
Wednesdays: January 3rd; February 14th; March 14th and April 11th
Broadways, Barrhaven – 11:30 AM



Our group was granted Charity status in March 2018. The charitable purposes are:

- a) To relieve conditions attributable to being aged by providing social and recreational activities to aged persons experiencing loneliness and isolation, decreased physical strength and motor skills, and other physical and mental ailments; and*
- b) To undertake activities ancillary and incidental to the attainment of the above charitable purpose.*

In support of the above purposes, we are asking for your input on a number of matters that affect planning for current and future seniors in Barrhaven:

1. Would you like to see more Senior friendly housing projects at "affordable rates" in Barrhaven?;
2. Are you interested in having a Community Centre in Barrhaven where groups can hold festivals, celebrations, community activities etc?; and
3. Do you support our work in exploring options for a permanent location for a "Barrhaven Seniors' Centre?"

If you answered yes to "**any**" of the above questions, please take 5 minutes to complete this online survey <https://www.surveymonkey.com/r/YSJ3SX6> The survey is available in several languages.

With the support of Barrhaven residents, the three projects mentioned above will take place. Please help by sharing your opinions, and by having your neighbours, friends and other family members express their views. We need a large number of responses from the citizens of Barrhaven !

Barrhaven Seniors' Council wishes to thank Ward 22 Councillor

Michael
QAQISH

for contributing funds towards the rent for our building and purchasing our coffee cart.

BARRHAVEN SENIORS' CENTRE
"PROGRAMS"

Check out the variety of returning and new programs offered throughout 2018. Starting us off this winter are:

MONDAYS

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. Coffee, tea and other beverages are available at minimal cost. Snacks provided by:



'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.

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.

MAHJONG: specified Mondays 1 to 4 PM

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. Jose welcomes all players, experienced or wanting to learn, to join him on specified Mondays this winter.

SCRABBLE: specified Mondays – 1 PM to 4 PM

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.

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

Join the kitting 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.

TUESDAYS

ART FOR SENIORS: Tuesday mornings beginning January 9th
9:30 AM to 11:30 AM - Instructor: Frank Leung

We are offering a second session of “Art for Seniors.” An information session is scheduled for 9:30 AM on Tuesday, January 9th. Classes begin the following week – location TBD once the number of confirmed participants is known. Frank has designed a 6 week mixed media art class for this group. The lessons will start at beginner level for new attendees, as well as intermediate techniques to returnees.

Cost: \$70 per 6 week session. For information, contact Frank at ffleung54@gmail.com

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

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-Ordinators: Gail Greene and Regina Kouri

Whether you are a beginner, or experienced, come and join this lively group. New players are welcome. Drop-ins are always welcome.

THURSDAYS

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

This group has received good response to date from interested Members. The more players the better! Drop-ins are always welcome.

FRIDAYS

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. New players and experienced are both welcome to join the group. If you have any questions, please contact Heather at [613-825-1789](tel:613-825-1789).

OUR FAMOUS POTLUCK

In 2018, we are holding two (2) potluck events – one in the spring; one in the fall.
Some of our largest gatherings have occurred at our potlucks.



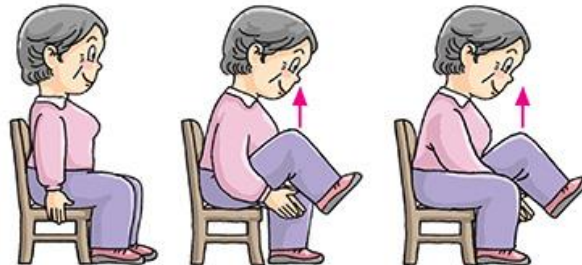
SPRING “POTLUCK”

Friday, April 27th – 11:30 AM to 2 PM
Cafeteria, Walter Baker Centre
With Special Guests !

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!

SENIOR CHAIR EXERCISES

“No Cost”- Wednesdays and Fridays: 2:30 to 3:30 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.

PRESENTATIONS AT THE LIBRARY

BARRHAVEN WRITERS' CIRCLE

Wednesdays 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 / Phrase 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.

Word of the Week: Jump (Jan 3); Truth (Jan 10); Rind (Jan 17); Band (Jan 24); Secret (Jan 31); Water (Feb 7); Troll (Feb 14); Hook (Feb 21); Gift (Feb 28); Getting (Mar 7); Home (Mar 14); Bread (Mar 21); Tooth (Mar 28).

Phrase of the Week: Do you remember? (Jan 3); A day in the life of (Jan 10) Let it snow (Jan 17); Six of one half dozen of the other (Jan 24). I'm terrified (Jan 31); Out of this world (Feb 7); A whole new way to (Feb 14); Next time, I will (Feb 21); You are my best friend (Feb 28); Fighting a losing battle (Mar 7); Choosing to make (Mar 14); It was dropped in my lap (Mar 21); It wasn't a large (Mar 28).

A SMART START TO MUTUAL FUNDS

Wednesday January 24, 2018 7:00 p.m. – 8:00 p.m

This financial literacy session offers individuals a foundational knowledge of mutual funds by introducing the features of mutual funds and the process of selecting an appropriate fund. Presented by John Malcolm Financial Advisor.

CITIZENSHIP TEST PREPARATION & CITIZENSHIP APPLICATION

Thursday January 18, 2018 1:30 p.m. – 3:30 p.m.

Understand the new rules of citizenship application, the documents you need and the application process. Learn how to prepare for citizenship test. Offered in partnership with Ottawa Chinese Community Service Centre. Registration.

Offered in partnership with Ottawa Chinese Community Service Centre. Registration.

WELCOME TO OTTAWA: Immigration and Settlement Information

Thursday January 25th 2:00 p.m. – 4:00 p.m.

Thursday February 22nd 2:00 p.m. – 4:00 p.m.

Thursday March 29th 2:00 p.m. – 4:00 p.m.

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 or register by calling [613-580-2424](tel:613-580-2424) x30353.

HOW TO MAKE A HARD COPY BOOK FROM DIGITAL PHOTOS

Wednesday January 31, 2018 6:30 p.m. – 8:30 p.m.

We all take lots of digital photos. But most just sit on a computer and, at best, are seen on-screen. Why not do more with your photos? Chris Taylor, President of the Ottawa PC Users' Group will show you how easy it is to use an on-line service to create beautiful hard-copy books of your photos, completely customized, with embellishments, backgrounds, frames, text and more.

PERMANENT RESIDENT CARD & RESIDENCY OBLIGATIONS

Thursday February 15, 2018 1:30 p.m. – 3:30 p.m.

Understand Canadian residency obligations and maintain your permanent resident status. Learn how to renew your PR card. Offered in partnership with Ottawa Chinese Community Service Centre. Registration.

FOUNDATIONS OF INVESTING

Wednesday March 28, 2018 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.

EMPLOYMENT ASSISTANCE: Wednesdays 1:30 p.m. – 4:30 p.m.

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](tel:613-580-2424) x30353.

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.

OTHER LIBRARY SERVICES

eBook Tutorial (one-on-one)

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

Computer Tutorial (one-on-one)

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

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. Map reference to Ken Ross Park: <https://www.google.ca/maps/place/Ken+Ross+Park/@45.282566,-75.7415899,15z/data=!4m5!3m4!1sox0:ox800d9884c9130eff!8m2!3d45.282566!4d-75.7415899> Enter the large parking lot and our accessible building is ahead on the left.

President Don Winchester was presented with the “Mayor’s City Builder Award” at Ottawa City Council on November 22nd by Mayor Jim Watson - accompanied by Councillor Qaqish (on the left) and Councillor Harder (on the right) – for work since 2014 in developing the “Barrhaven Seniors’ Council” and for leadership on the Project Steering Committee that is advocating for the future “Barrhaven Community & Cultural Centre”.
<http://www.jimwatsonottawa.ca/news/don-winchester-receives-the-mayors-city-builder-award/>



