

# **BARRHAVEN SENIORS' COUNCIL**

*Registered Charity # 72092 5924 RR0001*

## ***“2018 Summer Newsletter”***

Wow ! It has been a busy year for this group. Lots of new activities were offered, now that we have a permanent location from which to operate. Join us for a great time at one of the many activities..

Starting this summer, we are now able to offer programs/activities year round. If we are able to have more volunteers step forward, additional programs will be offered throughout the year.

### **Announcing:**



Air conditioning units have been installed in the Meeting Room and entrance hall at the Ken Ross Field House (the “Barrhaven Seniors’ Center”).

We are able now to expand the variety of programs that we can offer– from one half day last summer to four half days for Summer 2018

More updates will be undertaken in the future as we identify needs, and funding becomes available.

With the air conditioning now in place, we have revised the tentative summer program. While some programs have stopped until fall, a few have been adjusted for the summer or combined with other programs for maximum efficiency in use of the building. New programs begin at various times throughout the months ahead.

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. There is a very large parking lot, with our building straight ahead and to the left of the splash pad. Please be cautious as there are often lots of children in the area during the summer months.



**START YOUR CANADA DAY WITH A FREE BREAKFAST!**

MATTAMY HOMES CANADA DAY IN BARRHAVEN  
**CANADA DAY SENIOR'S  
PANCAKE**  
*Breakfast*

SPONSORED BY  
**V!VA BARRHAVEN RETIREMENT COMMUNITY**



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

Tickets available at:  
**V!VA Barrhaven**  
**Retirement Community**  
275 Tartan 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 613-298-9119



## Need Tools or Advice ?

One of the best kept secrets in our community is that we all have access to a wide variety of tools, equipment and advice from the:



### What is a tool library you ask?

Simply put, a tool library is a place where you can borrow tools instead of books. Check out the wide variety of resources that are readily available. Tool libraries evolved because people wanted to pool resources in a way that would benefit the environment and save space and money – rather than every household owning its own dust-covered drill for that once-a-year job or keeping that pasta maker received as a wedding gift that may never be removed from the box.

The Ottawa Tool Library offers four categories of tools: Hand Tools / Power Tools / Garden Tools and Kitchen Tools. Wanting to tackle a practical or creative project is one thing, but if you don't even know where to begin it can seem daunting. **Have no fear** – the OTL offers workshops and demo nights to help build your skill level. And with limited space for many urban dwellers, there isn't likely unused space in your condo or apartment. Again, have no fear – we offer bi-monthly Maker Days where you can book work bench space and work alongside other makers, artists, builders or hobbyists, and see your imagination come to life.

For more information about this program, please visit <http://ottawatoollibrary.com/our-tool-library/>

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Volunteers are needed to help organize programs for the 2018-2019 season. We need your talents and energy to offer new and exciting options for our Members, to keep the variety of programs expanding.

Contact Don at 613-440-3620 with your offer to help [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)

## OUR SUMMER PROGRAMS

Summer 2018 programs and events offer a variety of opportunities for seniors to active – whether at the “Barrhaven Seniors’ Centre” itself, or at some of the activities that we offer in the community. Come join the fun!

### TUESDAY AFTERNOONS: BRIDGE

– 1 PM to 4 PM

Facilitators: 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.



### WEDNESDAY MORNINGS: SENIOR DROP IN! TAKE A BREAK!

- 9:30 AM to 11:30 AM Facilitator: Don Winchester



**Snacks provided by:  
Barrhaven Retirement  
Residence**

Your weekend company has gone. Chores around the house are caught up! Now it is YOUR time! Come join us for interesting group conversation. Enjoy great snacks! Make new friends. Or just relax enjoying a coffee/tea.

### WEDNESDAY AFTERNOONS: EUCHRE + CANASTA

- 1 PM to 4 PM - Facilitators: Regina Kouri and Gail Greene



This is a chance to get out of the house on a summer afternoon, and enjoy a friendly game of cards. Both Euchre and Canasta are featured for this afternoon. There is access to other games too.

**THURSDAY AFTERNOONS: CRIBBAGE and OTHER GAMES**

- 1 PM to 4 PM - Facilitator: Allan Boassaly

Enjoy Cribbage, or choose from a wide variety of other indoor activities, available at the building in a “cool” setting – or just come and visit with friends.



**Barrhaven Seniors' Council wishes to thank Ward 22 Councillor**

*Michael*  
**QAQISH**

for contributing funds towards the cost of renting space at the Ken Ross Field House for our summer activities. We appreciate your support !

**OTHER ACTIVITIES THAT WE OFFER FOR SUMMER 2018:**



From May to August, Marilyn Winchester takes Members to a variety of destinations around the City.

Journeys are held on Wednesdays, when OC Transpo buses are “free” for seniors. Check for details around the middle of each month for details about the next upcoming excursion.



# MEN'S BREAKFAST

Tuesdays: July 3rd; August 7<sup>th</sup>; September 4<sup>th</sup>  
Broadways Barrhaven – 8:30 AM

Reservations can be made up to two days before each meal at  
[barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) or by calling Don at 613-440-3620

# *Ladies* LUNCHEON

Wednesdays: July 11<sup>th</sup>; August 8<sup>th</sup>; September 12<sup>th</sup>  
Broadways, Barrhaven – 11:30 AM

Reservations can be made up to two days before each meal at  
[solligrey@rogers.com](mailto:solligrey@rogers.com) or by calling Heather at 613-825-1789

**RESERVE YOUR SPOT AT THE TABLE !**



Opportunities have been arranged over the summer for Members to get together at restaurants in Barrhaven to enjoy time together. Join us:

Monday, July 16<sup>th</sup>: 11:30 AM  
Heart & Crown

Friday, August 24<sup>th</sup>: 11:30 AM  
Boston Pizza

Reservations can be made up to two days before each meal at  
[barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) or by calling Don at 613-440-3620

**JOIN US ON OUR NEXT BUS TRIP !**

**Fall Colours in the Pontiac & The Ottawa Valley**

Wednesday, October 3

**\$110** includes: Transportation; Lunch;

Admission to Fort Coulonge Falls Lookout; All taxes

You will be in awe as spectacular fall colours come ablaze as we travel up through the Ottawa Valley making a stop in Pembroke to view some of the exceptional hand-painted heritage murals. Our scenic travels continue crossing into the province of Quebec where we will arrive at North Fork for a delicious home-cooked lunch. Later our journey continues through the Pontiac region to the Coulonge Falls lookout to experience the fascinating history and breathtaking scenery surrounding the sights and sounds of white water roaring in a canyon formed of prehistoric rock.

***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 we can sit together as a group)*

***Want to pay with cash or cheque?***

*Contact Don at 613-440-3620 so that he can reserve your seat.*

**Reserve your seat now. This tour will sell out quickly!**

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**BARRHAVEN WRITERS' CIRCLE**

Specified Wednesdays during the summer: 6:45 – 8:15 PM: Library

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: July 5 – Motive; August 15<sup>th</sup> - Babies

Phrase of the Week: July 5 – Are we there yet?  
August 15<sup>th</sup> – In my mind's eye

**French eAudio Books**

The Ottawa Public Library now has a

collection of French eAudio! Visit the catalogue to see the varied choice available for all ages. Popular authors include Fred Vargas, Kim Thúy, Éric-Emmanuel Schmitt, and J. K. Rowling. You can listen through a web browser or use the CloudLibrary application. You can borrow 10 audiobooks at a time and the loan period is 21 days. If you are learning French, audiobooks are useful and enjoyable tools. <https://bibliottawalibrary.ca/en/blogs/french-eaudio>

**Musical Instrument Lending Library**

In case you missed it – The Ottawa Public Library is now lending out a variety of musical instruments, to make sure you have everything you need on your path to discovering your musical talents.

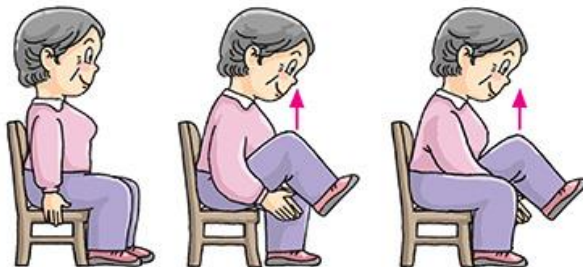
The Sun Life Financial Musical Instrument Lending Library was launched in November 2017. Customers can borrow a guitar, a mandolin, a violin, a ukulele, and a variety of other musical instruments at the Main and Nepean Centrepointhe branches. <https://bibliottawalibrary.ca/en/instruments>

**For all of our adult programs, please visit**

<https://bibliottawalibrary.ca/en/program?text=adult&=Appl>

**YEAR ROUND 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.