

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

"Fall 2018 Newsletter Revised"

Thanks, Members, for your support during this past summer. We expanded summer activities from one half day in 2017 to four half days in 2018. Attendance was better than anticipated, so next summer we will be expand summer programs even further.

The air conditioning units installed in June were a real help during the very hot summer months. This upgrade will facilitate our being able to offer programs/activities year round. Join us for a great time at an activity of your choice, or drop in to chat. Coffee, tea and soft drinks are always available.

Take part in our online **"Silent Auction."** There is no fee to take part. Go to <https://www.32auctions.com/login>, register as a participant, then check out our auction at <https://www.32auctions.com/BarrhavenSeniors2018>



There is a wide variety of items ranging in value from \$10 to \$5,000. More items will be added right up until the start of the auction. Bids begin on September 21st and end on October 6th – with winning bids being determined at that time.

Friends, colleagues at work, family and the general public are encouraged to participate. Please help to "spread the word" that this event is open to all!

There are lots of activities to choose from this fall. If you have suggestions for additional programs or activities, or have any other feedback to share, please contact Secretary Lois Elkins at lois_elkins@yahoo.ca As a Registered Charity, we must ensure that all activities and programs fit within the guidelines of the Canada Revenue Agency and other licencing agencies.

As we approach the end of our 5th year, it is that time in any organization's evolution for a renewal of volunteers. There are opportunities to be involved in a wide variety of ways: Co-Ordinating activities; or Helping with Programs; or being on the Board of Directors or Executive. Input at the AGM will assist in identifying Member needs for 2019.

Prior to the AGM, an Agenda will be sent to Members.
Friday, November 23, 2018 – 9:30 AM
Location to be announced.

AGM
Annual General Meeting

Barrhaven Seniors' Council "KICK OFF THE NEW SEASON"



MENU

**Orange Juice
Cheese & Veg Omelette
Chicken Pojarski
Ham
Baked Beans
Hash Brown Potatoes
Fresh Vegetables
Coffee & Tea
Rolls**

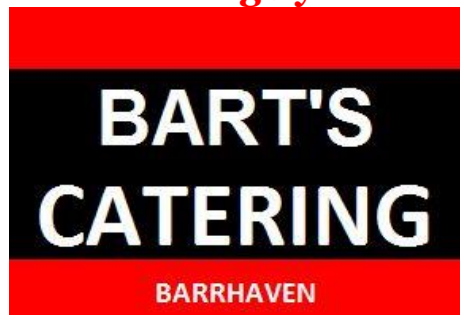
(with dessert- pies - provided by MPP Hon. Lisa MacLeod)

Only 50 tickets available !

**Friday, September 14th - \$5 per person
First Sitting – 10:30 AM; Second Sitting – 12 Noon**

**Reserve now at barrhavenseniors@gmail.com
or call Don at 613-440-3620**

Catering by:



Working Capital Provided by:



**Start the festive season by joining
DON and MARILYN
On:**

The Christmas Express – Upper Canada Playhouse

December 5, 2018



**\$133 including:
Transportation; Lunch; Show;
and all taxes**

Today we travel to the St. Lawrence Seaway making a stop for a delicious buffet lunch at the McIntosh Country Inn in Morrisburg. Afterwards, we will claim our reserved seats at the Upper Canada Playhouse for the Christmas musical production of “The Christmas Express.”

The little town of Holly has little to celebrate this holiday season. Even the Christmas Express hasn't passed through their train station in years. Hilda the station manager has lost hope of it ever returning and everyone has lost their Christmas spirit. Expecting the arrival of an official to close them down, they are visited instead by Leo, a mysterious fellow who soon fills the town with holiday cheer. All except Hilda.

Will they discover who Leo really is? Will the Christmas Express come through this year? Will Hilda regain her Christmas spirit?

A wonderful show with a fabulous concert of Christmas music performed by singers, dancers, musicians and a large community choir.

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

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)

Pg. 4 **Where Do I Find Services For Seniors
In This Area?**



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.

“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 Arrangement



**SENIORS
HEALTH &
WELLNESS
FAIR**

Sat, Sept. 22 @ St FX High School FREE ADMISSION

This Fair will be a free information day for seniors, caregivers and their families from Riverside South and surrounding communities – showcasing a wide range of goods and services available from local non-profit and profit organizations and companies. Exhibits and presentations will focus on health and wellness. There will also be live entertainment, keynote speaker and refreshments. For further information about this event, contact Bruce at president@riversidesouth.org



THE WATERFORD RETIREMENT COMMUNITY – OTTAWA
2431 BANK STREET, OTTAWA, ON K1V 8R9
T (613) 737-0811 F (613) 737-3007
E info@waterfordretirement.ca
waterfordretirement.ca



**RE: Invitation to the 2018 Ontario Retirement Communities Open House
Barrhaven Senior's Group,**

On September 22 and 23, 2018, from 1:00-4:00pm, we will be opening the doors of our retirement community to the public. This initiative is on behalf of members of the Ontario Retirement Communities Association.

Open House is a great opportunity to see first-hand how wonderful life can be in our communities, as well as to discover the quality services offered to our residents. We are excited to welcome seniors and families from all over Ottawa and the surrounding area to drop by and experience firsthand the quality of life that our residents enjoy. We would be honoured to include you among our guests.

The staff and residents look forward to meeting you and showing you the common areas, dining room, suites, and the spirit of family and community that emanates from our way of life. Join us to *Discover Retirement Community Living in Ontario!*

We are located at:
The Waterford Retirement Residence
2431 Bank Street (the corner of Bank & Hunt Club)
613-737-0811

We look forward to hosting and introducing you to all that our community has to offer. RSVP by calling the Office at 613-737-0811

Sincerely,

Allison Zlepzig
Owner & Operations Manager
Waterford Retirement Residence





**Barrhaven
Writers' Circle**

**Wednesdays
6:45 PM -8:15 PM**

**Ruth E Dickinson
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.

Word of the Week: Word of the Week: King (Sept 5); Significantly (Sept 12); Story (Sept 19); Teacher (Sept 26); Green (Oct 3); Giant (Oct 10); Ocean (Oct 17); Bench (Oct 24); Haunted (Oct 31); Wind - as in blowing wind (Nov 7); Neighbour (Nov 14); However (Nov 21); Mentor (Nov 28); Parent (Dec 5); Yet (Dec 12); Stars (Dec 19)

Phrase of the Week: Let me tell you (Sept 5); Such a long day (Sept 12); Unbelievable town this is (Sept 19); It was like a dream (Sept 26); All things considered (Oct 3); Never could imagine (Oct 10); It made my skin crawl (Oct 17); With this in mind (Oct 24); On the road (Oct 31); The tables turned (Nov 7); Headquartered in an old... (Nov 14); Having said that (Nov 21); You can't go home (Nov 28); Be it ever so humble (Dec 5); To give an illustration (Dec 12); In the blink of an eye (Dec 19)

eBook / Computer Tutorial (one-on-one)

Learn about eReaders and how to download eBooks from the Ottawa Public Library website. Learn computer, Internet and email basics. Call 613-580-2424 x30353 or email RuthEDickinson@bibliooottawalibrary.ca to schedule an appointment.



MEN'S BREAKFAST

Specified Tuesdays:

October 2nd;
and
November 6th;

Broadways Barrhaven - 8:30 AM

Reservations can be made by email to barrhavenseniors@gmail.com or by
calling Don at 613-440-3620

Ladies LUNCHEON

Specified Wednesdays:

September 12th;
October 10th; and
November 14th

Broadways, Barrhaven – 11:30 AM

Reservations can be made by email to solligrey@rogers.com or by calling
Heather at 613-825-1789

RESERVE YOUR SPOT AT THE TABLE !



From time-to-time,
our group likes to
socialize by going to
one of our local
restaurants.

September we are
having a special kick-
off catered brunch.
Seating is limited !

Tuesday, October 30th – Colonnade Barrhaven

Monday, November 19th – Juluca's Bistro Café

Thursday, December 13th – Swiss Chalet

Reservations can be made by email up to two days before each outing to
barrhavenseniors@gmail.com or by calling Don at 613-440-362



Two dart boards are installed at the building. I have scheduled specified Tuesday mornings beginning in October for a darts group. If you are interested in playing – or are interested in learning how to play darts – please contact barrhavenseniors@gmail.com so that the instructors can contact you

Dickinson Reads Book Club



Share the enjoyment of good books in a relaxed atmosphere. Dickinson Reads meets at the “Ruth E Dickinson” Library, 100 Malvern Drive, Barrhaven on the second Wednesday of each month: 10 AM to 11:00 AM.

September 12 - *All the Light We Cannot See* - by Anthony Doerr

October 10 - *An Irish Country Wedding* - by Patrick Taylor

November 14 - *Major Pettigrew’s Last Stand* - by Helen Simonson

December 12 - *The Inconvenient Indian: A Curious Account of Native People in North America* - by Thomas King

MEMBERS WHO HAVE PASSED

A few of our Members have recently passed. Please contact Don at barrhavenseniors@gmail.com to notify of such events. He will post obituaries and/or write-ups are on the bulletin board. The Board of Directors is purchasing a Memorial Plaque to acknowledge the names of Members who have passed.

MONDAYS

SENIORS' DROP IN: Mondays 9:30 AM to 11:30 AM

Co-Ordinators: Val McPhail and Hilary Robinson

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:



KNITTING GROUP: Mondays: 1:30 to 3 PM (upstairs at the Library)

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.

CURRENT EVENTS DISCUSSION GROUP:

specified Monday afternoons: 1 to 4 PM

Co-Ordinators: Saundra Goldberg and Bev MacEwen

This group will operate in a relaxed fashion. To kick off each session, a Current Events' story will be the focus. Everyone who wishes to comment has an opportunity to do so on that and other current events.

POETRY & PLAY READING: specified Mondays 1 PM to 3 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.

OPTIONAL ACTIVITIES - GAMES: specified Mondays 1 PM to 4 PM



Co-Ordinator: Alan Boassaly

Assistant: Don Winchester

We have a variety of table and board games available, including: Crokinole; Scrabble; Chess; Checkers; Chinese Checkers; Mahjong; etc. Anyone is welcome to bring a friend and take part in any of these and other games.

Join us for an afternoon of fun and friendship.

TUESDAYS

DARTS: Specified Tuesday mornings 9:30 to 11:30 AM
Program begins in October (see Pg. 8 for details)

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 + 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: Mike Roach + 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

Interim Co-Ordinator: Don Winchester

Come join Don and a lively group of players for fun times. New players and experienced are both welcome to join the group.

A Friendly Reminder So Everyone Can Enjoy Activities

All activities at our building are "social" times - a chance for Members to take part in activities in an inviting, informal, recreational setting.

***Everyone who comes to the building for any activity
should have the opportunity to take part – no one
should be left out.***

If there are not sufficient numbers of players for another table of that particular game, we ask players to take turns sitting out a hand or two to accommodate such situations. We are asking for everyone's help in making games a fun time for all participants.



GRANDS & FRIENDS **Autumn Dessert & Card party**

Thursday, October 4, 2018
7 - 10 p.m.



St. Basil's Church hall,
940 Rex Ave. Ottawa
(at Maitland & the Queensway)

Registration:
\$30 per person
(Includes a \$25 tax receipt)

Turning the Tide of AIDS in Africa

Proceeds to The Stephen Lewis Foundation's
Grandmothers to Grandmothers Campaign

For registration form and more information contact:
Marielle Moxey at moxeymar@gmail.com



Register early! Don't be disappointed!

LOOKING FOR INTERESTING PRESENTATIONS?



Take a look at the wide variety of topics being presented at the library. 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>

Model Train Exhibit

An exhibit by the Ottawa British Railway group of “Marmadale Wharf” will be shown in the meeting room at the Ruth E. Dickinson branch on Oct. 20th and 21st. See steam locomotives from the past along with diesel trains typical of the 50’s and 60’s right up to the electric and diesel trains of today. Also enjoy the diverse British scenery including models of an industrial sector, a typical main line station, an English seaside village and a coal mine. Members knowledgeable in the technical operations will be on hand to answer any questions from young and old.

Saturday October 20, 2018 10:00 a.m. – 4:30 p.m.

Sunday October 21, 2018 1:00 p.m. – 4:30 p.m.

Power-Generating Bicycle: How much can you generate?

Let's Talk Energy is an energy and climate change education initiative from Ingenium's Canada Science & Technology Museum. We invite patrons to generate their own electricity using our power-generating bicycle. The work involved as you produce up to 200 watts of electricity reminds us of Canada's large energy footprint and the work it takes to power our lives.

Tuesday September 18, 2018 11:30 a.m. – 4:00 p.m.

Puzzle Art: Mandala Dot Painting

Community puzzle art project. Each person will create their own unique puzzle piece that will be displayed in the library to create a large puzzle of art. This self directed program will allow you to explore the art and no experience is necessary. We will provide the tools to get you started.

Saturday September 29, 2018 3:00 p.m. - 4:30 p.m.

Tuesday October 2, 2018 2:00 p.m. - 3:30 p.m.

Thursday October 4, 2018 10:30 a.m. - 10:30 a.m.

Puzzle Art: Mandala Drawing

Community puzzle art project. Each person will create their own unique puzzle piece that will be displayed in the library to create a large puzzle of art. This self directed program will allow you to explore the art and no experience is necessary. We will provide the tools to get you started.

Saturday October 27, 2018 3:00 p.m. - 4:30 p.m.

Tuesday October 30, 2018 2:00 p.m. - 3:30 p.m.

Thursday November 1, 2018 10:30 a.m. - 12:00 p.m.

Puzzle Art: Zentangle

Community puzzle art project. Each person will create their own unique puzzle piece that will be displayed in the library to create a large puzzle of art. This self directed program will allow you to explore the art and no experience is necessary. We will provide the tools to get you started.

Friday November 9, 16 & 23 2018 2:00 p.m. - 3:30 p.m.

Friday November 16, 2018 2:00 p.m. - 3:30 p.m.

Friday November 23, 2018 2:00 p.m. - 3:30 p.m.

Bring Balance to Your Budget

In this financial literacy seminar you can learn how to identifying financial goals, develop a budget and balance between saving, spending and borrowing. Presented by Shannon Van Luven Financial Advisor. Registration. **Thursday September 20th 7:00 p.m. – 8:00 p.m.**

Investing 101 Wednesday November 21, 2018 – 7 PM to 8 PM

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 Shannon Van Luven Financial Advisor. Registration.

How to Take Better Vacation Photos

Learn how to more effectively tell the story of your vacations through pictures. Learn how to use light, foreground, people and framing to create a better picture that needs no captioning. Presented by Lynda Buske and Chris Taylor from the Ottawa PC Users' Group. Registration.

Thursday October 11, 2018 6:00 p.m. – 8:00 p.m.

Welcome to Ottawa: Immigration and Settlement Information

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 x30353.

Thursday September 27th 2:00 p.m. – 4:00 p.m.

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

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

English Conversation Group

Come join in and meet with others to practice your English speaking and conversation skills. Everyone welcome! Drop-in.

Thursdays 1:00 p.m. – 2:30 p.m. (Beginning Sept 13)

Understanding Permanent Resident Card and Residency

Obligations: Thursday October 11, 2018 1:30 p.m. – 3:30 p.m.

Understand Canadian residency obligations and maintain your permanent resident status. Learn how to renew your Permanent Resident (PR) card. Offered in partnership with Ottawa Chinese Community Service Centre. Registration recommended but not required.

Citizenship Test Preparation

This workshop includes two sessions and it will provide information to help prepare for the written citizenship test. Gain understanding of Canada's history, geography, and the government, and practice with a simulated test. Offered in partnership with Ottawa Chinese Community Service Centre (OCCSC).

Registration recommended but not required.

Thursday November 8 & 15, 2018 1:30 p.m. – 3:30 p.m.

Family Sponsorship – Parents and Grandparents

Learn about sponsor eligibility and obligation, the application procedure and how to prepare documents. Offered in partnership with the Ottawa Chinese Community Service Centre (OCCSC). Registration recommended but not required.

Thursday December 6, 2018 1:30 p.m. – 3:30 p.m.

Remembrance Day Ceremony



**November 11, 2018 – a special time to remember.
100 years since the end of the fighting in World War One.
National War Memorial Ottawa**

Chair Exercises for Seniors

Location: South Nepean Community Health Centre
4100 Strandherd Drive, Suite 201

Wednesdays & Fridays 2:15 – 3:15 pm

This program is open to the public and runs through the year. All are welcome to join at any point.

Range of Motion, Rhythm & Co-ordination, Strength & Balance These are chair exercise classes with some standing for balance exercises

For more info call
Champlain CCAC at 613-310-2222

Susan 613-288-2825 x 2134 s.kuruvilla@pqchc.com



Christmas Lights Across Canada

Ottawa sparkles and shines during the Christmas season with **Christmas Lights Across Canada**. From early December to early January, thousands of colourful lights illuminate the National Capital Region's winter landscape. The radiant event, which more than three decades ago, became such a hit that cities across Canada now participate in what's become a national tradition. The 34th edition of Christmas Lights Across Canada will take place from **December 5, 2018 to January 7, 2019**.

Fast Facts

- Hundreds of thousands of dazzling holiday lights glow throughout downtown Ottawa;
- Parliament Hill is a must-see stop on any tour of the lights, with tens of thousands of bulbs lighting its historic buildings;
- Also from December 5, 2018 to January 7, 2019, a winter lightscapes multimedia show is projected onto Parliament Hill's Centre Block. Inspired by Canada's nature, climate and culture, this 13-minute fairy tale runs nightly in a loop, from 5:30 p.m. to 11:00 p.m.;
- The switch is flipped at an official illumination ceremony open to the public that includes carols, on-site performances and a pyrotechnic show. The ceremony will take place on Wednesday, December 5 on Parliament Hill at 7:00 p.m.

<https://www.ottawatourism.ca/ottawa-insider/christmas-lights-across-canada/>

IN CLOSING



Be sure to watch for email updates to programs and times. New programs may be announced at any time.

Also, be sure to update your phone number and email address so that you don't miss out on upcoming events.