

## **BARRHAVEN SENIORS' COUNCIL**

Registered Charity # 72092 5924 RR0001

**“Winter 2019 Newsletter”**

**Revised January 26, 2019**

It is hard to believe how quickly the time has gone since we held our first event at the end of January 2014. With the strong support of the Membership, we have been able to undertake a number of new initiatives – with more in the planning stages for the year ahead.



**Rotary Club of  
South Nepean**

On behalf of the Membership, I would like to express our collective thanks to the Rotary Club of South Nepean for their significant financial contribution to our building investment fund.

We look forward to a long term partnership in support of this Charity's goals and objectives.

The Annual General Meeting was held on Friday, November 23<sup>rd</sup>. Elections were for the Term January 1<sup>st</sup> to December 31<sup>st</sup>, 2019. Board Members as of Jan. 9/2019 are:

- President: Don Winchester
- Secretary: Lois Elkins
- Treasurer: Val McPhail
- Director At Large: Bev Tremblay;
- Director At Large: Heather Bourdon;
- Director At Large: Pauline Compton.

A blue button with a white border and a shadow, containing the word "Update" in a white, italicized serif font.

*Update*

We would like to thank Dave and Jo-Anne Doherty for being our annual Parliamentarian and Nominations Chair guiding each year's proceedings.

Be sure to watch for email updates to programs and times. New programs may be announced at any time. Finally, please update your phone number and email address so that you don't miss out on upcoming events.

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Be sure to check out all the following pages for upcoming events:

- \* Spring Bus Trip: pg. 2
- \* Barrhaven Seniors' Centre activities: pg. 4-6
- \* Services For Seniors: pg. 7;
- \* Presentations and events (Library): pg. 9-11
- \* Monthly Meals: pg. 12/13;
- \* Helping Hands: pg. 14
- \* Art Class: pg. 14

## Join Us For A Wonderful Spring Trip!

Spring is a wonderful time of the year when the days warm up and the sap starts to flow. Many of us look forward to a visit to the Maple Syrup Capital of Ontario! The



tradition of maple sugaring is a great way to enjoy the beautiful outdoors.



After a short stop at Balderson, we will continue on to Wheeler's Maple Pancake House for a traditional Sugar Bush meal. You have time to tour the grounds, the Museums, and learn about the history of maple syrup making.

A short drive after lunch, our travels continue onto the village of Perth. Stroll through the shops that line the main street of this historical town. Take time to visit the new "Perth Chocolate Works" too!



**Wednesday, April 17<sup>th</sup>**  
**\$98 including:**  
**Transportation**  
**Hearty Pancake Meal**  
**All taxes**

**Reserve your seat now. This tour will sell out quickly!**  
**Call Ottawa Valley Tours at 613-723-5701**  
**(Please be sure to advise that you are part of the "Barrhaven Seniors' Council" block of seats so that we sit together).**

# Ottawa Valley Tours

MOTORCOACH HOLIDAYS

*Join us in celebrating Canada's 150<sup>th</sup>*



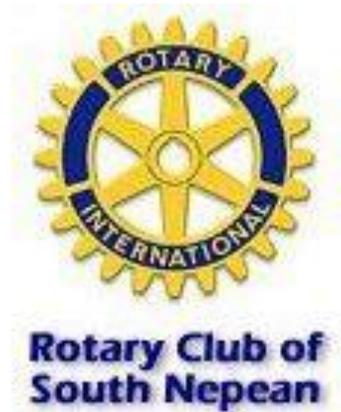
## Taste of Barrhaven



**Monday  
May 27<sup>th</sup>**

This is a culinary sampling event, where people move from station to station sampling the offerings of the participating restaurants. Nobody goes home hungry! Join the finest restaurants, wineries and craft brewers from Barrhaven and beyond for another evening of sampling and fun at the 13th annual Taste of Barrhaven.

*A Community Service Fundraiser organized by  
The Rotary Club of South Nepean*



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**Thanks, VIA Rail, for supporting our 2018 Silent Auction!**



Every year, VIA Rail contributes to the promotion of fundraisers, events and fundraising activities with over 400 communities across Canada. VIA Rail supported this group with a Travel Credit of \$500 to help our fundraising efforts.

Pg. 4 **BARRHAVEN SENIORS' CENTRE ACTIVITIES**

Over the next few months, we would like to see our building being actively used for activities **every morning** and **every afternoon**. Perhaps you would like to have a movie morning? Whatever the activity, we will help you to get it started. This is “your” building, so let’s make use of all the rental blocks of time that we have available to us.

Programs happen due to the involvement of Members working together for the benefit of the entire Membership. Whether you would like to offer to help run a new program for a month or for long term, your involvement would help to broaden the variety of activities.



To contact the Board with your input, please email them to [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) or call 613-440-3620.

Your suggestions and/or recommendations will be brought to the next Board meeting for consideration. If it is something that can occur sooner – we will endeavour to implement it as soon as Co-Ordinators and resources are available.

**Installed and Ready For Use:**

Two dart boards are now installed and equipped. There is no formal time for Members to play. Rather, feel free to come to the building whenever it is open.



**Other Games:** Checkers; Chess; Crokinole; Scrabble; Chinese Checkers



There is a good variety of games at your building from which to choose. Again, feel free to come to the building whenever it is open. It is always best to bring one or more friends for game situations. If the Meeting Room is busy, you are most welcome to take a table into the hallway to play.

## 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 "Revera Barrhaven:"



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



Co-Ordinators: Kathy Boyd and Vivian Mondey

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: Sandra 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.

### **MAHJONG:** twice each month - specified Mondays – 1 PM to 4 PM

Co-Ordinators: Barbara Keen + Barbara Yurkoski

Instructor: 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.

Several seniors have indicated that they would like to play Mahjong. Barbara, Barbara and Jose welcome all players, experienced or wanting to learn, to join him on specified Mondays this winter.

## ALL GAME GROUPS START AT 1 PM

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.

### TUESDAYS

**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: Ron Clerk + Mike Roach

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: To Be Determined  
Assistants: Paul & Diane Lichtner

Come join this lively group of players for fun times. New players and experienced are both welcome to join the group. Drop-ins are always welcome.

**WHERE CAN I GET SERVICES FOR SENIORS ?**

I often get calls from Members wondering where they can access Services to assist them with their needs. The designated contact for Barrhaven is:



Services for Seniors are outlined at <http://wocrc.ca/programs/seniors-adults-disability> “Some” of the Services Provided Include:

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

**For further information or to access the services above (or any others), please call 613-591-3686 and choose option 3.**



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**GONE BUT NOT FORGOTTEN**

From time-to-time, unfortunately a few of our Members pass. The Board of Directors has purchased a Memorial Plaque to acknowledge these former Members. The plaque is located in the meeting room at our building.

When a Member of this group passes, please contact [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) to notify of such events. Obituaries and/or write-ups will be posted on the bulletin board.

The plaque will be updated once or twice each year as need arises.

Pg. 8 We would like to extend deep thanks to V!VA for their continued financial contribution !

# Put the *swing* back into your day.



Step foot into VIVA Barrhaven, and you can feel the difference. People are laughing, and having fun. You could say they have a swing in their step. From the lifelike golf simulator with over 100 courses to play, to the heated indoor saltwater pool, VIVA Barrhaven is designed to help you feel your best. Challenge a friend to a game of life-sized chess or participate in a guided VIVAfit class. Anyway you slice it, you'll be feeling a swing in your step too.

Call Chelsea at 613-823-0220 to book your tour today!



**VIVA Barrhaven is a proud supporter of the Barrhaven Seniors' Council.**



*Making Today Great!*

275 Tartan Drive

Nepean, Ontario K2J 6A9

Call 613.823.0220 or visit [www.vivalife.ca](http://www.vivalife.ca)



All-Inclusive | Independent Living | Assisted Living | Respite & Trial Stays



**There are lots of wonderful opportunities offered this winter at the Ruth E Dickinson Library at 100 Malvern Drive, Barrhaven**

**Dickinson Reads Book Club**

Share the enjoyment of good books in a relaxed atmosphere. Dickinson Reads meets on the second Wednesday of each month: 10 AM to 11:00 AM.



- January 9 – *Cold Earth* – by Ann Cleeves;
- February 13 – *The Pearl That Broke Its Shell* – by Nadia Hashimi;
- March 13 – *Freud’s Mistress* – by Jennifer Kaufman
- April 10 – *Do Not Say We Have Nothing-* by Madeleine Thein



Join friends and fellow community members to share your writing and listen to others:

- first Wednesday of the month (Jan. 2; Feb 6; March 6; April 3)
- 6:45 PM to 8:15 PM

Challenge your imagination and write away! Join this welcoming Circle where each participant presents their prepared piece of creative writing using the Word and/or Phrase of the Month. Each writer has eight minutes or less (up to 1000 words) to present their prose.

**Word of the Week:** Blindfold (Jan 2); Corner (Feb 6); Descend (Mar 6); Election (Apr 3); Fairground (May 1); Grace (Jun 5).

**Phrase of the Week:** Not all it's cracked up to be (Jan 2); Do the decent thing (Feb 6); On the doorstep (Mar 6); Go figure (Apr 3); Inch by inch (May 1); Dressed to kill (Jun 5).

**Book Art – Saturday, January 5 – 11 AM to 12:30 PM**

Learn how to create your own folded book art! In this program you will learn how to find online patterns and tutorials, and you will get started on your very first project. Registration required by calling 613-580-2424 x30353.

**Five Money Questions for Women – Wed., Jan 23 – 7 PM to 8 PM**

Women and men may have differing considerations when it comes to long-term financial goals. For instance, because a women averages a longer life span, her needs may be significantly different from those of her spouse or others. Does your financial strategy fit your lifestyle and needs? Join us and learn more as we explore five critical money questions for women. Offered by Shannon Van Luven Financial Advisor. Registration recommended by calling 613-580-2424 x30353

**Filing Your Income Tax Return**

**– Wednesday, Feb. 20 – 6:30 PM to 8:30 PM**

Learn the benefits of filing a tax returns and find out about benefits and credit entitlements (GST/HST, Canada Child Tax Benefit, etc...) This tax literacy information session is presented by a Canada Revenue Agency (CRA) outreach officer.

**Stocks: The Nuts and Bolts – Thurs, March 21 – 7 PM to 8 PM**

This financial literacy session shares basic information about what stocks are, the different types of stocks available and how to evaluate them. Are stocks right for you? Presented by Shannon Van Luven Financial Advisor. Registration recommended by calling 613-580-2424 x30353

**Basic Digital Photo Editing (Hands On)**

**- Thursday March 28 - 6:00 PM to 8:00 PM**

This hands-on session will help you discover easy ways to organize and enhance your photos by adjusting light, colour, and composition so you will be proud to display them. You must bring a laptop computer (Windows or MacOS). You will be contacted in the week prior to the session with instructions on how to download the free software that will be used. This workshop is limited to 10 people per session. It is recommended (but not a requirement) that you have previously attended one of the "Basic Digital Photo Editing" demo-only sessions given by Chris or Lynda at the Ottawa Public Library.

**Foundations of Investing – Wednesday, May 29 – 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 recommended by calling 613-580-2424 x30353.

**Multi-Day Presentations**

**Immigration and Settlement Information for Newcomers to Canada**

- **Thursday January 31, 2019 2:00 p.m. – 4:00 p.m.**
- **Thursday February 28, 2019 2:00 p.m. – 4:00 p.m.**
- **Thursday March 28, 2019 2:00 p.m. – 4:00 p.m.**
- **Thursday April 25, 2019 2:00 p.m. – 4:00 p.m.**

Newcomers will have the opportunity to talk to a settlement councillor regarding their permanent resident card, citizenship application, Visa and sponsorship application. They can also get information about many services available throughout the city of Ottawa including education, transportation, housing and health care. Offered in partnership with Ottawa Chinese Community Service Centre. Drop-in or register by calling 613-580-2424 x30353

**English Conversation Group - Thursdays 1:00 PM to 2:30 PM**

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

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**Thanks, Councillor Harder, for your continued support and guidance as we expand our programs and services to seniors in Barrhaven and area.**

**(councillor)**

**Jan harder**

**Thank you, REVERA !**

We thank the Prince of Wales Manor, for there very sizable contribution to our 2018 Online Silent Auction – a one month stay for two during the cold winter months.

Members also received support through a \$300 donation to our catered “Kick Off Brunch” in September.



Your continued support of our events is very much appreciated !

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***RESERVE YOUR SPOT AT THE TABLE !***

A great way to meet other Members, and to try out restaurants in our community, is to join us for our monthly luncheons, 11:30 AM, at:

- Wednesday, January 30<sup>th</sup> – Juluca’s;
- Tuesday, February 26<sup>th</sup> – Tutti Frutti;
- Monday, March 25<sup>th</sup> – Boston Pizza;
- Friday, April 26<sup>th</sup> – East Side Mario’s.



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

Tuesdays:  
January 8<sup>th</sup>;  
February 12<sup>th</sup>  
March 12<sup>th</sup>; and  
April 9<sup>th</sup>.



# MEN'S BREAKFAST

**Broadways Barrhaven - 8:30 AM**

Reservations can be made by email to [mirali9937@gmail.com](mailto:mirali9937@gmail.com)  
or by calling Mir at 613-800-8447

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## *Ladies* LUNCHEON

Wednesdays:  
January 9<sup>th</sup>;  
February 13<sup>th</sup>;  
March 13<sup>th</sup>; and  
April 10<sup>th</sup>.

**Broadways, Barrhaven – 11:30 AM**

Reservations can be made by email to [solligrey@rogers.com](mailto:solligrey@rogers.com) or by calling  
Heather at 613-825-1789

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## **Chair Exercises for Seniors**

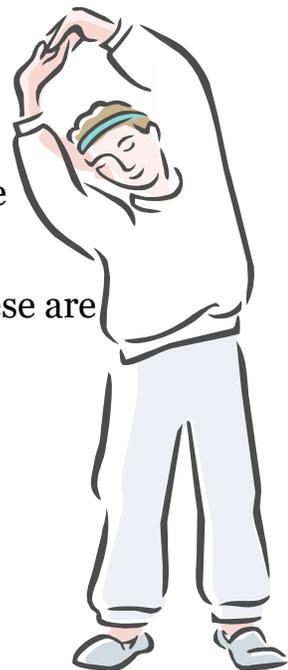
**Location:** South Nepean Community Health Centre  
4100 Strandherd Drive, Suite 201

**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  
Susan 613-288-2825 x 2134 [s.kuruvilla@pqchc.com](mailto:s.kuruvilla@pqchc.com)  
Champlain CCAC at 613-310-2222



## Need Help With Mobility Issues ?

While some seniors are fortunate to have private medical insurance, many others do not. Even those with extra insurance often find that it covers only a fraction of the cost of medical aides (walkers; wheel chairs; lifts etc).

No one should have to suffer due to not being able to access medical aides.

However, accessing aides may become totally out of reach or bring financial hardship. The question then arises, should I take a chance and try to do without the medical aides that I need?



If you have these types of issues, please call David at 613-858-3845. If he is not able to assist immediately, David may be able to direct you elsewhere.

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**Barrhaven Art for Seniors 2019 Winter Term Registration**

**FRANK LEUNG**  
Art  
Concept  
Illustration  
Design





**Drawing & Painting Classes for all Ages**

**FrankLeungArt.com 613-440-3099**

**Seven weekly 2 hour classes At 358 Haileybury St. Barrhaven K2J 0N5**  
\$70 per term \$10 rebate with 2 consecutive terms enrolment

Each new term Instructor Frank takes in students of all levels. He teaches fundamental drawing & painting, new mixed media & suggestive learning goals of students. Class art includes: still life, figurative, landscape and abstract. Regular mixed media include pencils, pastels, water color, acrylic.

**2017-2018 New Media:** alcohol inks, pouring art, resist wash, finger painting.  
**2019 Winter Term New Media:** splash & black light painting, Da Vinci Red Chalk & DIY Egg Tempera . Both new and former students will learn new techniques and media. **Art for Seniors is accessible & customizable group fun**

Link to Course Registration via Webform: <https://form.jotform.com/83545232261250>