

## **“January-February 2026 Newsletter”**

By now, everyone has adapted to writing 2026 in lieu of 2025 and the weather has reminded us that it is winter and we are in Canada! But fear not! Activities abound for us to keep busy, warm and in company of good friends! January flew by, and we are now stepping into February known for Valentine's Day celebrations and more importantly as Heart Month!



On that note, the next two announcements are focused on heart health!

**Reminder: February 4<sup>th</sup> all day**, the Ottawa Heart Institute will be at the KEN ROSS BUILDING for the day offering its free screening for those who have signed up.

**February 16<sup>th</sup> 1-4pm** at the Nepean Sportsplex Entrance 3

### **THE FIRST ANNUAL OTTAWA MEGA HEART EVENT**

A free, family-friendly celebration of Heart Health

- Educational talks on heart and vascular health
- Exercise demos for all ages
- Interactive booths with community partners
- A fun Kids Zone
- And much more

Reserve your spot today: <https://www.eventbrite.ca/OttawaMegaHeart2026/>

### **SPECIAL EVENTS HAPPENING AROUND BARRHAVEN**

**February 20th 10:00-12:00pm** Councillor Hill invites you to a complimentary **Seniors Tea Party** at the Walter Baker Centre Halls A&B, 100 Malvern Drive

There will be a special presentation on **Seniors' Guide to Safety and Security Plus Live Music.** **RSVP:** [David.Hill@ottawa.ca](mailto:David.Hill@ottawa.ca) or 613-580-2473

### **VIVA Heart & Stroke Month**

open to our seniors – space is limited - please register with Natasha at (613)823-0220 or by email at [barrhaven@vivalife.ca](mailto:barrhaven@vivalife.ca)

**February 18<sup>th</sup> 2:00pm -3:00pm** Chef Demo

Heart healthy recipe demonstration with Chef Eric! Enjoy

**February 13<sup>th</sup> 1:30pm-2:30pm** Valentine's Soup Social

Come for the soup and stay for the company. Enjoy a cozy bowl of homemade soup and nibbles while mingling with Community Members.

**February 24<sup>th</sup> 2:00pm – 3:00pm**

Special Presentation: Astronomer Gary Boyle

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**February 18<sup>th</sup> The Waterford Grand** is inviting us to share their celebration of the Winter Olympics. There will be euchre from 10:00am until 1:00pm, followed by a complimentary lunch at 1:00pm leading to the Winter Olympics Cool Runnings Bobsleigh (photo op, live music, games, tropical drinks and an actual bobsleigh!) To register please contact us via email – the address is at the bottom of this email. Indicate if you will play euchre or just want to attend the lunch. Space is limited so please register soon!

### Barrhaven Seniors' Council Activities offered at the Ken Ross Building

#### **Monday – Seniors' Drop-in 10:00am to 12:00pm Coordinators (while Val and Hilary are away: Mary, Frank, Phyllis & Monique )**

Looking for a chance to get together and start the week with friends? This informal gathering offers a casual atmosphere in which to meet others and share ideas. Occasional guests will provide unusual and interesting activities.

On January 12<sup>th</sup>, **Alex from Prince of Wales and Amie from Barrhaven Manor** braved the snowstorm to teach our intrepid members who also drove through the snow drifts a wonderful spring themed painting lesson. Below are the budding artists and their teachers as well as a picture of the budding artists hard at work! All our thanks to Prince of Wales and Barrhaven Manor for their painting lesson and their regular Monday morning supplies of goodies!



#### **Monday – Knitting 1:30pm to 4:00pm Coordinator: Jennifer**

Come join our group of experienced knitters. We make substantial donations of knitted materials each year to Ottawa's premature babies and adults in need. You can choose to knit for charity or for yourself while making new friends and getting new project ideas. A fun time for all!

#### **Tuesday & Thursday - Come Walk with Me 10:30am to 11:30am**

Join **Louise**, our coordinator, for a warm indoor walk at the Minto Recreational Center (MRC). Walk as long or as little as you want. This activity is free - no membership of any

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kind required. No sign-up required, you only need to bring indoor shoes. The walking track is on the second floor. Only walking poles with rubber tips are permitted.

### **Tuesday – Bridge 12:00pm to 3:00pm Coordinator: Robert**

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 welcome.

### **Wednesday – FUN Euchre 12:30pm to 3:30pm Coordinator: Aline**

You don't need to bring a partner, just come in and join a table. This is a non-competitive environment designed for players to have fun and socialize. Out of courtesy for the other players, please arrive promptly by 12:30pm!

Showing up our awards at the end of the year celebration! It's January, all the counters are reset to zero!!!



### **Thursday - Cribbage & Scrabble 12:30pm to 3:30pm Cribbage coordinator: Michael; Scrabble coordinator: Phyllis**

Drop ins are welcome! Scrabble Boards, Dictionaries and Cribbage Boards and cards are provided, so just come and have fun!

### **Friday - Canasta 12:30pm to 3:30pm Coordinator Diane and Paul**

New and experienced players are both welcome to join this lively group of players for fun times! Thank you to **Caitlin at the Court at Barrhaven** for supplying our group with snacks for the month of January!

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### Barrhaven Seniors' Council activities offered outside the Ken Ross Building

#### **MEN'S BREAKFAST      Broadway, Barrhaven 8:30am**

**Tuesdays** – February 10th

Reservations can be made up to two days before each meal by contacting Mir at [mirali9937@gmail.com](mailto:mirali9937@gmail.com) or calling 613-617-8067

#### **LADIES LUNCHEON      Broadway, Barrhaven 11:30am**

**Wednesdays:** February

Reservations can be made up to two days before each meal by contacting Lynne at [mholtby@rogers.com](mailto:mholtby@rogers.com) or calling 613-825-1725

### Activities offered through our neighbours and partners

#### **BARRHAVEN WRITERS' CIRCLE      First Friday of the month 1:30 – 3:30pm**

**Coordinator Hilary      Location: V!VA Barrhaven**

Have fun writing as you prepare to share your work with others in this warm, welcoming non-critical group. Each month you may present your written piece to the group and each person will be given up to eight minutes to read their story.

The emphasis is on fiction writing, but poetry, novels in progress and fictional autobiographies are also welcome. This group has already published two anthologies and will be working on a third this year.

#### **Ben Franklin Park Walking Program**

Come and walk in the Dome! Program is available until the beginning of April

Monday, Wednesday & Friday 9 :00am – 12 :00pm

Tuesday and Thursday 12:00pm – 3 :00pm

There is a fee of \$1.00 per visit payable upon entry

#### **V!VA Barrhaven is inviting you to join them in the following activities :**

**V!VA Swimfit** = 10 spots available on Fridays 9:45am to 10:30am

The **V!VAfit swim class** is a low-impact class for all fitness levels, using water resistance to strengthen core muscles, improve balance, increase mobility and boost cardiovascular health.

**V!VA Drumfit** 5 spots available per class Tuesdays and Thursdays 1:15pm to 1:45pm

**V!VA Drumfit** is a fun cardio workout that blends drumming, movement & strength to boost fitness & coordination.

**To register for V!VA activities**, contact Natasha and secure your spot today!

(613)823-0220 – email: [barrhaven@vivalife.ca](mailto:barrhaven@vivalife.ca)

Let them know that you heard of those activities from the Barrhaven Seniors' Council

Let's keep warm and safe this wintery month of February!

## **Barrhaven Seniors' Council January-February 2026 Newsletter**

Happy Valentine's Day from all of us!

**The Board**  
**Barrhaven Seniors' Council**

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613-795-2435

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