

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Winter 2025 Newsletter”



Welcome back to another full season of activities, events and other opportunities.

First, a big “thank you” to the Membership. Your donations have allowed us to confirm room rentals and pay other costs for the period September 2024 to June 2025.

As we end our 10th year of operations, we were reaching the point where we sought and encourage new ideas. I am pleased to announce that you have a new Executive and new Board of Directors to steer this group for 2025.

Executive: Co- Presidents: David Voisey (Lead President: Policy)
+ Don Winchester (Admin & Communication)
Past President (starting July 1, 2025): Don Winchester
Vice President – Pandora Weller: activities back up co-ordinator
Secretary – Aline Gossein
Co-Treasurers: Jacques Boyer (day-to-day)
+ Val McPhail (formal accounting until July 1, 2025)

Directors At Large: Hilary Robinson;
Regina Kouri;
Louise Chenier Dalonzo

AGM MINUTES:
are now available on our website at:
[AGM notes | Barrhaven Seniors' Council](#)



If you have any suggestions for activities this coming year , please send an email to barrhavenseniors@gmail.com or contact Don at 613-440-3620.

Join us! Ottawa's premier all-inclusive retirement community presents...



**ASK ABOUT OUR
RESPITE SUITES
AND TRIAL STAYS!**



Get in touch touch
or scan the QR code
to learn more!

Private Tour Event Monday, January 13th - Friday, January 17th

Limited suites available! Don't miss our exclusive private tour event from January 13th-17th. RSVP now to reserve your tour and secure your suite today!



Happier Here™

RSVP Natasha and secure your spot today!
(613) 823-0220 | email barrhaven@vivalife.ca
275 Tartan Drive, Nepean | vivabarrhaven.ca

Now CLOSER to CONSTRUCTION



photo: (left Councillor David Hill; middle BSC Consultant Phil Denyes; right BSC President Don Winchester)

Confirmation of the necessary funding for the complex housing the new Barrhaven Seniors' Centre was made during Councillor Hill's meeting at V!VA Barrhaven – which was our very first and continues to be an ongoing annual corporate sponsor.

Councillor Hill came to confirm that the **City has allocated 32 Million dollars** - which tops up the already previously **announced multi-million dollar commitments from the Federal and Provincial governments** - to support the formal land acquisition and groundbreaking for the new Barrhaven Downtown that will house the new, much larger Barrhaven Seniors' Centre.

Background:

In April 2022, MP Chandra Arya and MPP Lisa MacLeod jointly announced the Provincial and federal contributions to the project at a press conference. [Funding Announced for the New Barrhaven Downtown - Barrhaven BIA](#)

MP Arya then formally announced the Federal contribution during a speech at the House of Commons in October 2022 [Statement by MP Arya | Barrhaven Library and Performing Arts and Cultural Centre Funding \(youtube.com\)](#)

Delayed in part by the pandemic, none-the-less at that time MP Arya announced that the project includes: a 15,000-square-foot cultural centre, a **3,000-square-foot seniors' space** and a 25,000-square-foot library.

RESERVE YOUR SPOT AT THE TABLE



We will resume our large group meals at a variety of local restaurants starting in the Spring, once Don is more mobile.

Locations and times will be announced 2 weeks in advance



FREE EXERCISE PROGRAMS

All costs are covered by the “Home and Community Care Support Services: program”

Types of Exercises by Zoom – Variety of Time Slots Offered – Join Anytime

Chair; Stroke Recover; Parkinson’s; Diabetes; C.O.P.D.

Please remember that every new participant should contact Grace at gkowalczyk@familyphysio.com or call her at 613-796-4729 for proper registration and to confirm times and days of the week.

Day Trips Out Of The City



Our seasonal bus excursions begin again in the Spring. Don’t miss these wonderful day trips outlined in our monthly updates throughout the year. Join us for a fun time !

**We continue to offer our highly successful
Men's and Ladies' outings:**



MEN'S BREAKFAST

Broadways
Barrhaven

8:30 AM

Tuesday
Mornings

January 14; February 11; March 11

Reservations can be made up to two days before each meal by
contacting Mir at mirali9937@gmail.com or calling 613-617-8067
"Open Seating"



Ladies **LUNCHEON**

Broadways
Barrhaven

11:30 AM

Wednesday
Mornings

January 8; February 12; March 12

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



Barrhaven Seniors' Centre

Centre pour aînés de Barrhaven

WEEKLY ACTIVITIES AT THE BARRHAVEN SENIORS CENTRE



The building is at the intersection of Highbury Park Dr. and Longfields Drive (first stop light north of Strandherd Drive on Longfields Drive).

Enter the large parking lot and our accessible building is ahead on the left.

MONDAY MORNINGS

SENIORS DROP IN

10 AM to 12 Noon
HOSTS: Val and Hilary

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 are provided by:

V E N V I

Prince of Wales Retirement Community and Barrhaven Manor

MONDAY AFTERNOONS
1:30 to 4 PM

Contact: Veronica Suarez
vsuarez99@icloud.com



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 AFTERNOONS

BRIDGE: every Tuesday afternoon

– 12 Noon to 3 PM

- Co-Ordinator: 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 always welcome.

WEDNESDAY AFTERNOONS

Fun Euchre 12:30 to 3:30 - Co-ordinator:

NEW

Aline

You do not have to bring a partner. Just come on in, join a table, meet people, and play.

This group is not competitive

- designed for players to have fun and socialize. Players seeking a competitive Euchre game should consider different venue so as not to detract from those wanting to socialize and enjoy a friendly atmosphere



THURSDAY AFTERNOONS



CRIBBAGE: every Thursday afternoon: 12:30 to 3:30 PM
Co-Ordinator: Michael

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

SCRABBLE: every Thursday afternoon
– 12:30 to 3:30 PM
Co-Ordinator: Marilyn



This group welcomes both new and experienced players. Come and have fun. Scrabble boards and dictionaries provided.

FRIDAY AFTERNOONS



CANASTA: every Friday afternoon - 12:30 to 3:30 PM
Co-Ordinators: Diane and Paul

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

EXPECTATIONS of MEMBERS

Our event Co-Ordinators are “volunteers” who willingly give up their time so as to provide a “positive experience” for participants. 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 enough players for another table of that particular game, please take turns sitting out a hand so that everyone has a chance to participate in the activity.

