

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Fall 2022 Newsletter – First Edition”

Programs Are Now Resuming and Expanding!



With vaccination rates having increased substantially over the past spring, and children of all ages now having access to vaccines, we have enjoyed a much happier summer than last year.

Now, as we look ahead to the fall, our day-to-day lives are returning to some degree of normal.

For your 2022/2023 season, as is the case with many agencies and groups in Ontario, we are planning a full year of programs and activities. At this time we have several programs in place for the fall – with others resuming in the very near future. Watch for further announcements in the weeks ahead.

We have operated throughout the COVID years without receiving **any** financial support from any level of government. Our ongoing operating expenses (insurance; facility rentals; corporate registrations) were covered primarily through our Contingency Fund. The fund-raising drive helped to restore most of the operating funds for the coming year.

Do you have suggestions for activities and/or programs for the coming year? Please do not hesitate to contact us at barrhavenseniors@gmail.com

**Remember that all of our activities are offered by “volunteers”
who give of their time. We have no paid staff !**

Board of Directors

Executive

President: Don Winchester
Vice President: Robert Butler
Secretary: Lois Elkins
Treasurer: Valerie McPhail

Directors At Large

Heather Burdon
Pauline Compton
Hilary Robinson

YOUR “BARRHAVEN SENIORS’ CENTRE”



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

The “Barrhaven Seniors’ Centre” has undergone many upgrades during the time that we were closed - with new flooring in the hallway, kitchen and washroom areas; and improved washroom facilities.

Please help to keep our building clean by only using the main entrance.

Watch for children as this is a busy parking lot at times.

Provincial health mandates are no longer in place.

Provincial Medical Officer of Health, Dr. Moore, announced in late August: "...the province is moving away from COVID-19-specific guidance in favour of an "all-virus approach," meaning the new isolation guidelines will apply to other illnesses such as the flu as well."

In my opinion, here are some of the guidelines (Dr.) Moore outlined for the general public that should be considered if attending any of our events:

- if you have symptoms of any respiratory illness, stay home until symptoms have improved for at least 24 hours;
- if you have a fever, stay home until it's completely gone;
- if you have gastrointestinal symptoms, stay home until symptoms have improved for at least 48 hours; etc.

Face coverings? These are no longer required to attend events at our City owned facility. They are a personal choice. If you feel more comfortable wearing them, please feel free to do so. Please be kind to one another.

Pg. 3 Welcome back all exhibitors, sponsors and attendees. **Our priority is to keep all exhibitors, attendees and staff safe,** while putting on a fun and entertaining show.

FIFTY-FIVE PLUS LIFESTYLE SHOW

September 16 & 17, 2022
10 AM - 4 PM, at the EY CENTER

Come join the fun at the Fifty-Five Plus Lifestyle Show. With an outstanding range of exhibitors and experts on hand to provide you with the options, opportunities, services and products you want to make the very most of your future. You'll also love the entertainment, samples, contests and other perks at this upbeat, inspiring event that celebrates the best of life in your later years.



Come sample a beverage from one of our sponsors, enjoy terrific entertainment and chances to WIN great prizes!

COVERED BRIDGE
Beverages Co.

OGHAM
CRAFT SPIRITS

SPONSORS

Davidson
Hearing Aid Centres

FIFTY-FIVE+
INSURANCE PROGRAMS

RIVERSTONE
RETIREMENT COMMUNITIES

Arbor
Memorial

Mattress Mart.ca
Sleep Showcase

COYLE
media group

Bruyère
FOUNDATION

BEECHWOOD
Proud Provider of 17 Senior Services
Senior Independent Retirement Communities

SENIOR PROTECTION

ADVENTURE CANADA

EMERALD CRUISES

CTV

580 CFRA
NEWS TALK RADIO

CONTESTS
OVER \$40,000 IN VACATION
AND TRIP PRIZES!

For your free ticket to this event, please go to
[Join us September 16 & 17 at the Fifty-Five Plus Lifestyle Show!! \(mailchi.mp\)](https://mailchi.mp)

RESERVE YOUR SPOT AT THE TABLE !



MEN'S BREAKFAST

Broadways Barrhaven
8:30 AM
Specified Tuesdays

Mark these dates on your calendar:

September 13th; October 11th; November 8th; and December 13th.
Reservations can be made up to two days before each meal by contacting
Mir at mirali9937@gmail.com or calling 613-617-8067

Barrhaven Broadways



Located at 3777 Strandherd Drive

Ladies LUNCHEON

Broadways Barrhaven
11:30 AM
Specified Wednesdays

Mark these dates on your calendar:

September 14th; October 12th; November 9th; and December 14th
Reservations can be made up to two days before each meal by contacting
Heather at solligrey@rogers.com or calling 613-825-1789



Our weekly Knitting group is hosted at the Libbraary Monday afternoons.



Barrhaven Knitting Group

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!

September 12th to December 19th

Mondays 1:30 - 4 pm

Ruth E. Dickinson Branch, 100 Malvern Drive

TUESDAY MORNINGS

SENIORS DROP IN

10 AM to 12 Noon
HOSTS: Heather; Hilary; etc.

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 occasionally provided by:



TUESDAY AFTERNOONS



BRIDGE: every Tuesday afternoon – 12:30 PM to 3:30 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.

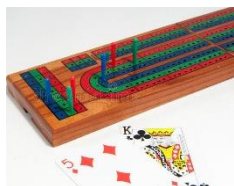
WEDNESDAYS

EUCHRE: every Wednesday afternoon – 1 PM to 4 PM
Co-Ordinator: Regina

Whether you are a beginner, or experienced, come and join this lively group. This is a non-competitive group with a set playing format. Drop-ins are always welcome.



THURSDAYS



CRIBBAGE: every Thursday afternoon – 1 PM to 4 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 – 1 PM to 4 PM
Co-Ordinator: Marilyn

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



FRIDAYS



CANASTA: every Friday afternoon – 1 PM to 4 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 the group.

Planning Ahead for the Festive Season



Looking for an out of city day trip at the Festive Season?

Why not join some other Members for an outing – enjoy a wonderful festive buffet lunch and live theatre matinee performance at the Upper Canada Playhouse.

December 7, 2022 - A Christmas Carol

Scrooge's journey to discover the true meaning of Christmas unfolds in a musical, magical production on an exciting revolving stage. Dicks' legendary characters come alive with joyful song, dance and special effects culminating a fabulous concert of your favourite Christmas songs by the cast and a local community choir. A wonderful addition to everyone's Christmas!

Be sure to tell Ottawa Valley Tours that you are part of the block of seats set aside for the Barrhaven Seniors' Council so that you sit together.

If sufficient Members sign up for the trip, a pick up location in Barrhaven is possible.

Cost Per Person:

\$157

- Transportation
- Lunch
- Theatre Ticket
- All Taxes

Full Payment Due at Time of Booking

300 Eagleson Road, Hazeldean Mall. Kanata, Ontario K2M 1C9

613.723.5701 / 1.800.267.5288

Travel Registration #2967742-5000006

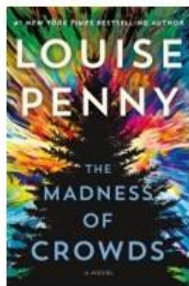
Monthly Activity

For several years now, Members have enjoyed meeting each month at the library to share their enjoyment of good books in a relaxed atmosphere. For more information about the group, please contact Bev at macewen_doug@hotmail.com



We meet to enjoy lively good-natured discussions of a wide variety of books selected by our members. All assessments, interpretations, and opinions are valued and respected. Everyone is welcome!

See the OPL website or ask a staff member for book titles.



Wednesdays 10 – 11 am
September 14th, October 12th, November 9th,
December 14th (continues January to June)
Ruth E. Dickinson Branch, 100 Malvern Drive

Wed. Sept. 14th
BARRHAVEN GARDEN CLUB PRESENTS
ALL THE BUZZ ON CITY BEES (AND
WASPS): WHO THEY ARE AND
WHAT THEY'RE UP TO



Ottawa is home to over 300 bees and wasp species. Some live underground, others collect wool to line their nests, still others make their living off of sneaking into the nests of neighbours. Who are these fascinating six-legged fliers, what can we do to make our gardens welcoming to them? Lydia Wong, a PhD candidate at the University of Ottawa will introduce us to some of our bee and wasp neighbours, discuss tips for pollinator-friendly gardens, and tell us about her recent research with city bees and wasps. 7:30 P.M. Larkin House, 76 Larkin Dr., In-person presentation. Guests \$5.00, must register, capacity 40 persons, Covid protocols in place. Info: barrhavgardenclub.ca



Ruth E. Dickinson Branch

Fall Plant Swap

Bring your extra houseplants and perennials to the branch and take something new home!

DO

- Put your plants in individual containers that are labelled
- Label your plant containers
- Bring one plant per plant that you wish to take home
- Bring plants that are healthy and pest-free
- Consider bringing care instructions to share

DON'T

- Bring invasive species or weeds (applies to outdoor plants only)

Saturday September 24th 1 pm – 4:30 pm

Ruth E. Dickinson Branch, 100 Malvern Drive

BiblioOttawaLibrary.ca
InfoService 613-580-2940
InfoService@BiblioOttawaLibrary.ca



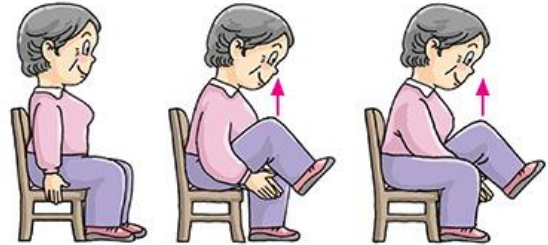
SENIOR CHAIR EXERCISES

“No Cost”

TIMES TO BE ANNOUNCED

Join any time as this is an ongoing program.

Over the COVID months, this program was offered through ZOOM. However, we have not yet had confirmation of whether that format will continue or if it will resume by ZOOM or IN-PERSON



CATERED MEMBER MEALS:

We have tentative plans in place to resume the Member Meal program. There will be limited seating available so as to provide a safe distance between tables and attendees. Once again, the price charged would be substantially subsidized. Watch for further updates in the weeks ahead.



FROM THE LEGION:

- 1) High Tea October 2, 2022 from 2-4pm wear your fascinators or hats
\$20.00 per person
Call for reservation or email: Angel Guy 613-797-7029 OR
at rcl641hospitality@hotmail.com
- 2) Open Mic: October 12th and 26th

AGM:



The Annual General Meeting is scheduled for Monday, November 28th – 10 AM – location to be announced. At this meeting we will conduct the required business and hold elections. In addition, given the recently announced - yet timeline to be built ? - 5,000 square foot seniors facility within the to be built Barrhaven Town Centre, there will be Motions to vote upon as to how you want your Council to lobby on your behalf. Your President is currently seeking clarifications from the City as to its intentions in terms of City Staffing and Rental Rates.