

## ***BARRHAVEN SENIORS' COUNCIL***

*Registered Charity # 72092 5924 RR0001*

### ***“Spring and Summer 2020 Newsletter”***



Our political leaders and public health officials are giving us some very positive news – the virus, while still spreading, appears to be less so in Eastern Ontario.

The more aggressive testing initiated of late will help to identify areas of the province that can begin to re-open over the next few months.

As to activities at the “Barrhaven Seniors’ Centre,” I have been in communication with Dr. Etches’ Office about our group, including the types of programs and activities that we undertake – both at our building as well as at different community locations.

Unfortunately, it is now anticipated that we will not resume any activities until 2021. Our building is very small, making it impossible to adhere to physical distancing guidelines.

Watch for updates in upcoming notices! I will advise when some of our group activities can resume.

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#### Executive

President – Don Winchester  
Vice President – Robert Butler  
Secretary – Lois Elkins  
Treasurer – Val McPhail

#### Directors At Large

Beverley Tremblay; Heather Bourdon;  
Pauline Compton

## CANADIAN TUPLIP FESTIVAL

Event Date: May 8, 2020 - May 18, 2020



The Canadian Tulip Festival will be offering ALL our performances, programming, and public participation ONLINE. We will continue to celebrate the 75th Anniversary of the Liberation of the Netherlands with all Canadians and the world through:

a) Check out the website at <https://tulipfestival.ca/> and

b) To reflect on this year's festival, watch this video from the President:  
<https://www.youtube.com/watch?v=ICwWFqQ6jf4>

Please note: Commisionners Park is closed. Please Stay HOME and stay SAFE! There will be no staff, tour guides, volunteers, facilities, attractions or concerts there.



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Take part in this twice weekly senior activity program.  
It is easy to register. You do not need a webcam.  
Keep fit from the comfort of your home.

## **Virtual Chair Exercises for Seniors** **During the COVID-19 period**

**Range of Motion, Rhythm & Co-ordination, Strength & Balance**

**These are free chair exercise classes with some standing for  
balance exercises**

### **Schedule**

Group 1- Tuesdays & Thursdays from 12:00 to 12:40 pm

Group 2- Tuesdays & Thursdays from 1:00 to 1:40 pm

Group 3- Wednesdays & Fridays from 2:00 to 2:40 pm

### **To sign up, contact:**

**Grace Kowalczyk**

Manager, Eldercare Programs

Family Physiotherapy Centres

**613 796 4729**

**[gkowalczyk@familyphysio.com](mailto:gkowalczyk@familyphysio.com)**



**Champlain Local Health Integration Network (LHIN)**

Pg. 4      Looking for something to add variety to your activities?  
Take a few minutes to sign up for this special opportunity!



# Zoom BINGO with The Wellings of Stittsville

Join us Thursday May 21<sup>st</sup> at 11:00am on

Zoom for some virtual BINGO fun!



Please register by emailing your name and phone number to:

[sales@wellingsofstittsville.com](mailto:sales@wellingsofstittsville.com)

We will then reply with the link to zoom and bingo cards-

See you there!

\*\*\*GREAT PRIZES TO BE WON\*\*\*

## **Physical Distancing does not mean “Social Distancing”**

Lynn and Margaret are keeping in touch with their group members through weekly newsletters. Since public health orders make it impossible to continue gatherings in person for their previous Thursday morning “Conversation, Coffee and More” group, they nonetheless offer Members this unique way to ensure that there are opportunities to keep social:

Modified to an electronic format, nonetheless this group is active:

“This is an informal group who keep in touch with each other electronically. If this type of low key, accepting environment sounds like your cup of tea (or coffee), then we would be delighted to have you join us. This is a small step in making our community a better place – one person and one conversation at a time – and provides a great way for members to keep in touch.

If you would like to be added to the group list, please email them at [twodeerjumping@sympatico.ca](mailto:twodeerjumping@sympatico.ca)



### SCRABBLE GROUP:

Marilyn has been using a variety of formats. Lexulous (<https://www.lexulous.com/>) and other sites are available online – each with their positive aspects and not requiring that anyone subscribe to a service. With this program, you can play with one, two, or three people – all depending upon how you set it up



Alternatively, if you use Facebook, there is another option:  
<https://apps.facebook.com/wordswithfriends/>

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### CARD GROUPS:

There is a wide variety of options for Members to check out online for various games. If you have one that you would like to pass on to Members, please email us at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) with a recommendation like this one:

*Hi, Don.*

*Given below is the link to Free Bridge online. It provides many options for playing free bridge online. If you consider it is appropriate, you can share with senior members. It helps me pass time.*

<http://www.bridgebase.com/>

**ON THE ROAD AGAIN**



As we look to more positive months ahead, we will be posting notices about plans for our upcoming day trips.

Our June 17th “Wine Tasting In The Islands” trip awaits lifting of restrictions by the province or rescheduling.

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**IMPROVEMENTS AT THE BARRHAVEN SENIORS' CENTRE**



**Barrhaven Seniors' Centre**

**Centre pour aînés de Barrhaven**

Over the past several weeks, there have been further improvements at our building. Most notable among these are the installation of a security system. The building has been fully wired with sensors throughout. Entry now requires both the use of a code and key. This will further secure all of the items that have been purchased for the various activities.

(councillor)

**Janharder**

Thank you for your assistance in having the security system installed. Members appreciate your continued support.

**LIBRARY SERVICES**

Although the Ruth E. Dickinson library building is closed, if you have any library related questions or there is something I can help with - access to eBooks, downloadable audiobooks, electronic magazines, electronic newspapers, general questions or anything – do not hesitate to contact me:

”Kristy Pedersen Ruel  
Librarian, Ottawa Public Library  
[Kristy.PedersenRuel@bibliottawalibrary.ca](mailto:Kristy.PedersenRuel@bibliottawalibrary.ca)

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Thanks, Marilou Rooke, for your donations to our annual Silent Auctions !



**The Rooke's Nest**

A home-based Spa in Riverside South that offers the following treatments:

- Relaxation Massage - full body \$ 60.00
- Registered Foot Reflexology \$ 70.00
- Reiki \$ 70.00
- Head Massage, Deluxe Foot Massage, Hot Stone Massage, \$ 70.00
- Hot Thai Massage \$ 90.00
- Raindrop Technique with Essential Oils \$ 95.00
- Fire and Ice Foot Hydrotherapy \$ 75.00
- Facials \$ 85.00
  
- No Tax

*New clients save \$10*

*Marilou Rooke, RCRT*

*Visit on Facebook !*

*567 Dusty Miller Crescent*

*Gloucester, ON, K1V2J9*

*Phone: 613 425-3091*

*Email: [mrlrooke@gmail.com](mailto:mrlrooke@gmail.com)*



**SENIORS 55+ HAVE LOTS OF SKILLS AND TALENTS !**

Share your skills and talents with others. Do you like to work behind the scenes? Do you have tips to share with others to help brighten their day?

We are looking for volunteers who can help to organize and expand program opportunities for Members during these challenging times.

One such opportunity would be to help those who might want to learn how to use the group format called “Zoom.” <https://zoom.us/>

If you would like to help Members behind the scenes to set up a “Zoom Group,” please email us at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)

We might be physically separated, but this is also a time to learn yet another way to use technology to enhance our lives – both now and for the future.



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**IN CLOSING**

Advances towards various treatment options for COVID-19 are being explored around the world. Restrictions on how we socialize are slowly being lifted. Hopefully, in the not too distant future, a vaccine may be available.

We look forward to being able to re-open your Barrhaven Seniors’ Centre, and to seeing everyone in person again.

Keep well !