

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Spring 2022 Newsletter”

First Edition: April 8, 2022

Welcome to Spring 2022 – and a more positive spring than we have enjoyed for some time. Little did any of us know in early March of 2020 that all of our lives would be turned upside down with extreme social isolation from family and friends. Waves of social isolation have taken a terrible toll on all.

While COVID’s terrible wrath has mostly ended, we still face some guidelines and recommendations from Public Health to help us begin to resume some degree of normal life again. By now, many of you will probably have booked your Second Booster shot. While there is no mandatory wearing of face coverings as of this date, many Members choose to wear them to our activities. That is their personal choice to do so, which we should support.

Now, as we look ahead to the rest of 2022, let’s focus on some of the really positive options ahead. So far this calendar year, we have been operating a few programs out of the Walter Baker Centre – access to which we have been very thankful for as it has allowed many Members a chance to reconnect.

Beginning in July, almost all of our programs will resume at the Barrhaven Seniors’ Centre. Our activity schedule there over the rest of 2022 will adapt to your needs, and operate under the guidance received from Public Health.

As outdoor sports and other opportunities present themselves, we usually find that some attendees to programs change over the late spring and summer – increasing again in the fall. Some programs stop for the summer season or transition to being combined with other programs for maximum efficiency in use of the building.



New programs will begin at various times throughout the months ahead. Watch for email updates and other notices in the weeks ahead!

We have no employees, so we will need more volunteers to step forward over the coming months to help run an expanded list of programs. Can you help? Spare a couple of hours a week?

Looking For A Great Club To Join ?

EASY SOCIAL GOLF FOR SENIORS

Come play with the WEST END DUFFERS GOLF CLUB



The Duffers are a friendly social group of Seniors

Ladies and Gentlemen singles & couples

We play 9 holes at several different easy courses

around Western Ottawa some walking, some riding

Wednesday mornings each week May to September

For information please contact: Andrew Glen

(613) 271-8658

andrewmglen@icloud.com

This looks like a fund group to join, and to see other courses too !

Improved Traffic Safety at the Barrhaven Seniors' Centre

A few years ago, Councillor Harder helped to arrange access for our group to the Ken Ross Field House. With air conditioning and other improvements, the location was quickly turned into the year round “Barrhaven Seniors’ Centre” - located at 700 Longfields Drive (intersection Highbury Park Drive).



Over the following years, we were able to expand the number of programs to five days per week – every afternoon and some mornings.

While parking was never an issue, the heavy flow of traffic in both directions on Longfields Drive made exiting from our location somewhat dangerous at times. This will soon be improved!



We were recently informed of major improvements that will take place this summer at this intersection – making it much safer for all:

- Full signalization of the intersection of Highbury Park Drive and Longfields Drive;
- Addition of left turn lanes on all approaches, including necessary pavement widening along Longfields Drive;
- Installation of cross-rides crossing all approaches of the intersection, including a bi-directional cross ride on the east leg of the intersection linking with the existing multi-use pathway (MUP);
- Reconstruction of the intersection corners to be consistent with the treatments for a protected intersection, including necessary transitions to existing active transportation facilities on the approaches;
- Relocation and adjustment of catch basins on Longfields Drive; and,
- Replacement of existing medians along Longfields Drive to accommodate the addition of left turn lanes.

Project timeline

- Milestone: Construction start
 - Anticipated date: July 2022
- Milestone: Construction completion
 - Anticipated date: Fall 2022

Looking for a fun outing , and a chance to socialize ?

Tomato Soup & Grilled Cheese \$5.00

From Darrell Bartraw:

Every Wednesday at Noon
the Legion has live music
and it is attended mostly
by Seniors



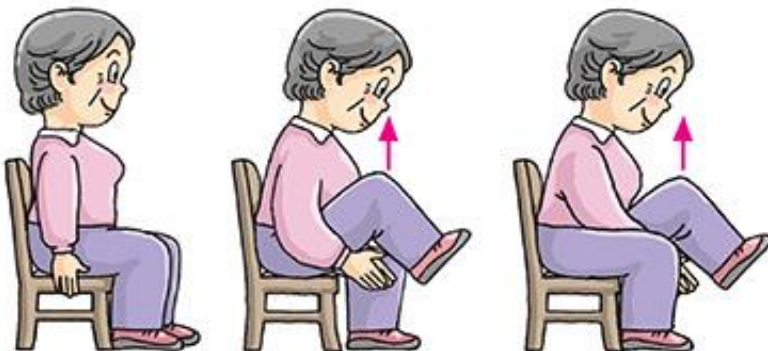
There is also a lunch with
hotdogs, grilled cheese and
tomato soup for a small
fee.

Hot Dog with condiments \$2.00

All the artists are also
seniors



YEAR ROUND SENIOR CHAIR EXERCISES!



Several seniors are
enjoying the continuation
of the Chair Exercises
through Zoom.



The program is now
offered "**several days**"
each week at different
time slots.

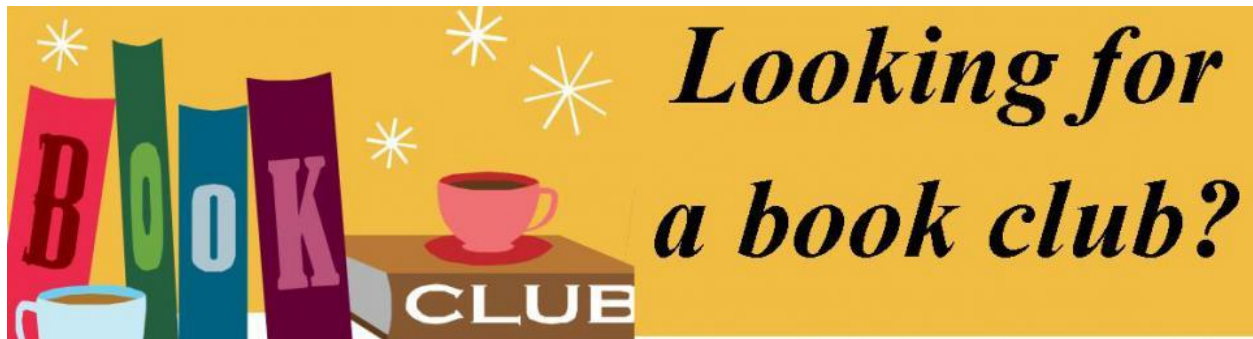
Instructor Elani makes these sessions very enjoyable for all. For times and other details, please contact Elan at kelancheran@gmail.com

Barrhaven Seniors' Council wishes to thank Ward 3 Councillor

(councillor)

Janharder

for arranging our access to, and upgrades at, the Ken Ross Field House. Without that assistance, the "Barrhaven Seniors' Council" could not have expanded its range of programs and services. There may be other improvements to the location in the coming years too. Many thanks too for the countless hours spent behind the scenes in supporting and guiding this Council in its development over these past seven years!



Dickinson Reads Book Club

Second Wednesday of the month: 10 AM to 11 AM

Share the enjoyment of good books in a relaxed atmosphere, meeting via Zoom for April - but returning in May and June to meeting at the Library

Apr 13 - The Pull of the Stars, author Emma Donoghue

May 11 - Bel Canto, author Ann Patchett

June 8 - Hidden Valley Road, author Robert Kolker

For more information about this program, please contact
Bev MacEwen at macewen_doug@hotmail.com

Happy reading!

CANADIAN TUPLIP FESTIVAL

Event Date: May 13, 2022 - May 23, 2022



**YES, WE'RE
BACK IN
PERSON!**

<https://tulipfestival.ca/>

We are pleased to announce that the Canadian Tulip Festival is back in Commissioners park this year, and we invite you to come and celebrate with us! The Canadian Tulip Festival has been recognizing the sacrifices Canadian Soldiers made during the liberation of the Netherlands since 1953!

Join us from May 13 to 23 as we celebrate our 70th Anniversary with many new activities. Check out our Visitors section of the site to see what we have in store. Information will be updated as its available so check back often!



MEN'S BREAKFAST

April 12th; May 10th; June 14th; July 12th; August 9th
Broadways Barrhaven – 8:30 AM

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



Ladies LUNCHEON

April 13th; May 11th; June 8th; July 13th; August 10th
Broadways, Barrhaven – 11:30 AM

Reservations can be made up to two days before each meal by contacting
Heather at solligrey@rogers.com or calling 613-825-1789

“Barrhaven Seniors’ Center” Programs

Over the coming months, the number of programs and activities will expand. Until the end of June, please join us for:

KNITTING GROUP: 1:30 PM to 4 PM Co-Ordinator: Ellen Blain
Until the end of April: Walter Baker Board Room
May and June: Library upstairs

Join the knitting group for a relaxing time working on individual projects, or explore other options.

CARD GAMES

All card groups encourage more players to attend!

REMEMBER: If someone arrives a bit late and needs a group to join, please welcome them to the event - and then adjust card groupings to accommodate those arriving.

ALL attendees deserve the chance to play!

TUESDAY

BRIDGE: every Tuesday afternoon – 1 PM to 3 PM
- Room 202 Walter Baker
Co-Ordinator: Robert Butler

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

EUCHRE: every Wednesday afternoon – 1 PM to 3 PM
- Room 202 Walter Baker
Co-Ordinators: Regina Kouri

Whether you are a beginner, or experienced, come and join this lively group. New players are welcome. Drop-ins are always welcome.

FRIDAY

CRIBBAGE and CANASTA: every Friday afternoon – 1 PM to 3 PM
Cribbage Co-Ordinator: Michael Roach
Canasta Co-Ordinators: Diane and Paul Lichtner
- Room 202 Walter Baker

Fourth dose of COVID-19 vaccine
now available to residents
60 and older



...Individuals aged 60 and older are eligible to book a fourth dose (booster) appointment if the recommended interval of five months (140 days) has passed since their third dose. First Nation, Inuit and Métis individuals and their household members aged 18 and over are also eligible.

The goal of this expanded eligibility is to provide individuals at higher-risk of illness from COVID-19 with an extra layer of protection. This follows recent [guidance from the National Advisory Council on Immunization](#), and aligns with the provincial announcement on [expanded fourth dose eligibility](#).

Older adults are at greater risk of severe disease, complications, and hospitalizations from COVID-19. With the current surge of COVID-19 in Ottawa and across the province, Ottawa Public Health highly recommends all eligible adults receive a fourth dose as soon as possible.

Individuals who meet the eligibility criteria can book their fourth dose through the [COVID-19 vaccination portal](#), by calling the Provincial Vaccine Contact Centre at 1-833-943-390 or by checking local pharmacies to find locations that provide fourth doses near you. Residents are encouraged to make an appointment as drop-in availability will be limited at community vaccine clinics. Some primary care physicians are also providing booster doses.

It's not too late if you still need your [first, second, or third dose](#). Ottawa Public Health encourages all residents to get vaccinated as soon as they can, and to receive further doses as soon as they are eligible to ensure maximum protection against COVID-19.

To reduce transmission of COVID-19, Ottawa Public Health continues to highly recommend individuals wear a mask indoors especially when physical distancing may not be possible or proves to be challenging in crowded areas. If you become unwell or have any symptoms, stay home. Do not go to work or school when you are sick and have a plan in the event you or someone in your household need to [isolate](#).

**Volunteers
are the foundation for the
running of ALL of our Programs !**



Your “Barrhaven Seniors’ Centre” needs everyone’s care & attention. Program co-ordinators run the events and open/close the building. Attendees are encouraged to help at events by setting up the coffee/tea etc.

We have no employees to operate the Barrhaven Seniors’ Centre. Therefore, **No Volunteers = No Programs.**

For more information about upcoming programs or to volunteer, contact Don at barrhavenseniors@gmail.com Volunteering just a few hours each week for a specific task, or teaming up with someone, is much appreciated!

Received from:



South Nepean Satellite
Community Health Centre

Centre de santé communautaire
satellite-Sud Nepean

Regarding employment opportunities with Elections Ontario for the upcoming Provincial Election in June:

For more detailed information, please go to:

<https://www.elections.on.ca/en/about-us/employment-centre.html>

Come work for us

We are recruiting election officials at voting locations. All positions are paid and training is provided.

Election officials working at the technology-based polls will be using electronic poll books and vote tabulators. Applicants will need to be comfortable using technology.

Election officials working at the non-technology-based polls will be using paper based products.