

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Fall 2021 Newsletter” – Version #2

September 24, 2021 Updates

Program Updates !

“One Step At A Time” is a perfect way to look at how activities for seniors this fall are unfolding.

A lot has transpired since the first version of this newsletter was sent out, so I wanted to take this opportunity to bring you as up to date as possible.

As you are no doubt aware, the Province’s Vaccine Passport system became effective on September 22nd. **Everyone must be fully vaccinated** if they wish to take part in certain indoor and outdoor events – **including events and programs offered by this group.**



In combination with the now rapidly rising rates of adult vaccinations in Ottawa, and the soon to be authorized vaccines for children under the age of 12, the outlook for our group being able to resume some activities on a regular basis is very good. These will be scheduled in accordance with Public Health measures. Precautions still need to be adhered to, but there now are many more opportunities for seniors to socialize.

We will scale up activities when it is appropriate and will advise you of program options that you might want to consider in the months ahead.

Additions to the programs first announced are outlined on the following pages, with additional ones to be announced soon.

If you have suggestions for activities and/or programs, please do not hesitate to contact us at barrhavenseniors@gmail.com or calling 613-440-3620.

Board of Directors

Executive

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

Directors At Large

Heather Burdon
Pauline Compton
Position Vacant



I am pleased to be able to confirm that we have rented space at the **Walter Baker Sports Center** starting the week of October 18th



Weekly Card Groups:

- Bridge: Tuesdays at 1 PM;
- Euchre: Wednesdays at 1 PM;
- Canasta: Fridays at 1 PM.

If there is sufficient interest in other activities (such as Cribbage) additional times may be added.

To use this rented space, the City requires that all participants agree to:

Specific COVID-19 Terms and Conditions for Rentals

1. *Subject to certain exemptions under the [Provincial Regulations](#) it is mandatory that all individuals wear a mask indoors in public places ...;*
2. *Renters have access to the main building lobby, room rental, assigned washrooms, and first aid if required. Social areas, canteens, changerooms and shared use of kitchens will remain closed and no access will be permitted;*
3. *Attendance and COVID [screening](#) will be mandatory for all participants accessing the rented space. The contract holder...will provide Ottawa Public Health a completed COVID Screening Log with the names of all individuals who use the rented space. The Log must be kept by the Contract Holder for a period of at least one (1) month from the last day the rented space is used for the purpose of tracing in the event of a COVID-19 outbreak;*
4. *As of September 22, contract holders, or designate (e.g., Safety Officer) must review and confirm for individuals 12 and older: proof of identification and proof of being fully vaccinated.*

The President is the designated Officer for card groups. You will only need to submit confirmation of your vaccination status to him once regardless of how many card groups you sign up.

Sign up details for each of the card groups will be sent out by October 1st. You must sign up no later than two days “prior” to attending your first card group.

More In-Person Groups Resuming In October:

I am also pleased to be able to confirm that we have been allocated space at the **Ruth E. Dickinson Library** starting the week of October 18th for the following programs:

(a) Weekly - Every Monday afternoon starting October 18th

Knitting:

Co-Ordinator: Ellen Blain



Join the knitting group for a relaxing time working on individual projects, or explore other options. Watch for sign up details within the next week.

(b) Specified Monday afternoon programs



Discussion/Current Events

– November 1st and December 6th

Co-Ordinator: Marilyn Winchester

and

Poetry & Play Reading

- November 8th and
December 13th

Co-Ordinator:

Marilyn Winchester.



Sign up for these three (3) programs begins October 1st through the Library website. An email with instructions for sign up will be sent prior to that date.

There are specific COVID protocols to follow when attending any of these three (3) programs at the Library, along distancing and masking guidelines for participants.

It is hoped that these groups will continue throughout the winter months ahead too !



Dickinson Reads Book Club

Second Wednesday of the month: 10 AM to 11 AM

Returning to the Library starting in October

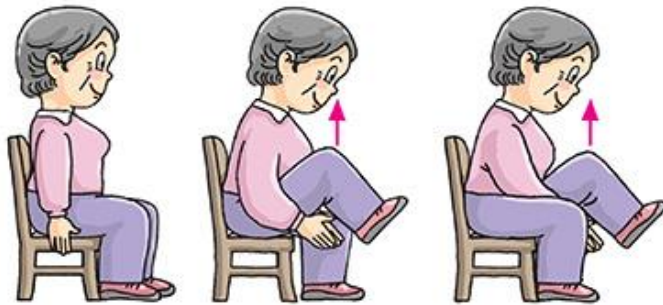
Share the enjoyment of good books in a relaxed atmosphere.

Barrhaven Books 2021-2022

- Oct 13 - Where the Crawdads Sing, author Delia Owens
- Nov 10 - Finding Chika, author Mitch Albom
- Dec 8 - Born a Crime, author Trevor Noah
- Jan 12 - Murdered Midas, author Charlotte Gray
- Feb 9 - American Dirt, author Jeanine Cummins
- Mar 9 - Dreams From My Father, author Barack Obama
- 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!

FREE YEAR ROUND SENIOR CHAIR EXERCISES CONTINUE !



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

The program is now offered several times per week. The instructor makes these sessions very enjoyable for all.

New Contact for this program:

For further information, contact Don at barrhavenseniors@gmail.com



Join friends and community members, currently by Zoom until in person group activities are once again able to reconvene at the Ruth E Dickinson Library.

Share your writing and listen to others: first Wednesday of the month, 6 to 8 PM

Challenge your imagination and write away!

Join this welcoming Circle where each participant presents their prepared piece of creative writing. All participants are encouraged to use the Word and/or Phrase of the month in your writing piece.

- For fiction, creative writing, the word limit is 1500 words or 12 minutes to present.
- For non-fiction, the word limit is 600 words or 5 minutes to present

Words and Phrases for 2021

Wednesday, October 6, 2021	Sacrifice Sentiment	To be content To get rid off
Wednesday, November 3, 2021	Seasons Leftovers	Watch your step Dancing in the kitchen
Wednesday, December 1, 2021	Frankincense Time immemorial	My father always used to say... One thing I failed to understand was...

Contact Marion May marion@theopendoor.ca for further information

Walking Track – Minto Recreation Centre

This was a popular feature for seniors in the past, especially during inclement weather. Hours are currently restricted and you must book in advance: [Minto Recreation Complex - Barrhaven | City of Ottawa](#)

Monday to Friday – 5:30 to 6:30 PM; 6:45 to 7:45 PM

Saturday & Sunday – 8:45 to 9:45 AM; 10 to 11 AM; 11:15 to 12:15 PM

RESERVE YOUR SPOT AT THE TABLE !

Indoor monthly restaurant outings continue to be a popular event with Members. In August, we resumed our once per month Men’s breakfasts and Ladies Luncheons. Feedback from both groups was attendees wanted these programs to continue throughout the fall.



Remember to bring confirmation of Vaccines !



**MEN’S
BREAKFAST**

Broadways
Barrhaven

8:30 AM

Specified
Tuesdays

Mark these dates on your calendar:

October 12th; November 9th; and December 14th.

Reservations can be made up to two days before each meal by contacting Mir at mirali9937@gmail.com or calling 613-821-6301

Barrhaven Broadways



Located at 3777 Strandherd Drive

Ladies
LUNCHEON

Broadways
Barrhaven

11:30 AM

Specified
Wednesdays

Mark these dates on your calendar:

October 13th; November 10th; and December 15th

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

Online Suggested Activities:

From:

Susan Kuruvilla

Health Promoter

South Nepean Satellite Community Health Centre

4100 Strandherd Dr. Ste 201, Ottawa, K2J 0V2

613-295-3721

s.kuruvilla@pqchc.com

We are once again running virtual programs for seniors this Fall as we are not quite ready to start in-person community programs yet. Seniors already engaged in the program have helped us set up some virtual activities.

South Nepean Virtual Connection Programs

Sign up for virtual programs - Fall 2021

Yoga, Tai Chi, Presentations - Information sessions on various topics, Arts & Crafts activities and Empowering Seniors workshop series

For more information please contact Hazar at h.aboualawar@pqchc.com

South Nepean Satellite Community Health Centre
Centre de santé communautaire satellite-Sud Nepean

NROCRC
Community Resource Centre
Nepean - Baskin - Clarendon

OTTAWA COMMUNITY FOUNDATION

This poster is only available in English/Cette affiche est disponible en anglais seulement

SN Virtual Connections programs for seniors will run several online activities for seniors during Fall 2021.

The programs are free of cost and open to all residents in the Nepean...

Please click this link to register: <https://forms.office.com/r/pgAZoH1CJD>

UPCOMING EVENTS

[Fall Rhapsody - National Capital Commission \(ncc-ccn.gc.ca\)](http://ncc-ccn.gc.ca)

Every fall, as the days get shorter and temperatures drop, vibrant colours take over Ottawa–Gatineau. This spectacular show lasts only a few weeks, but attracts hundreds of thousands of visitors to the parks and natural spaces in Canada’s Capital Region.

From the heart of the Capital to the peaceful Greenbelt and beyond, there are many unique and fascinating places to enjoy the fall colours in the Capital Region. In addition to the popular spots in Gatineau Park, there are plenty of hidden gems tucked away from the crowds.

Enjoy the fall colours everywhere in the Capital Region from September 25 to October 24, 2021.

Take me to the colours!



As we move through the coming months, more of our previous programs and activities will once again be able to meet in person.

Updates will be sent each month providing Members with more social options.

The following months are indeed a transition period as we move throughout the fall and winter months to what all of hope will be a return to “normal” sometime in 2022. Be kind to one another !