

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

***Registered Charity # 72092 5924 RR0001***

### ***“Fall 2019 Newsletter”***

Our “fall” schedule currently has activities for every weekday afternoon, plus two mornings. By volunteering just a couple of hours of your time each week, your building could be open more hours each day throughout the year – with the ultimate goal being to have it open every morning and afternoon for you!

We offer as many activities as possible to Members, based upon the number of volunteers willing to open and close the building. We are looking for volunteers who can help to organize and expand programs and services. Volunteering a few hours each week for a specific task is appreciated!

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 all work together to make the best use of your facility. Volunteers are the foundation for the running of our Programs!

There are lots of opportunities for Members to help with various aspects of Council activities: join the Board of Directors at our upcoming AGM; or be a support to one of the Co-Ordinators helping run activities; or help with fundraising activities. Everyone’s help is welcome !

In the months ahead, we will be working with Parks and Recreation and our other partners to explore ways to bring more programs to your building. Have suggestions? Please send them to [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)



**All activities are meant to  
be fun,  
non-competitive,  
and  
welcoming to all !**

**Reserve your seat !**

**This popular trip will sell out quickly !**

**Ethan Claymore's Christmas - Upper Canada Playhouse**

**Thursday, December 12<sup>th</sup>**

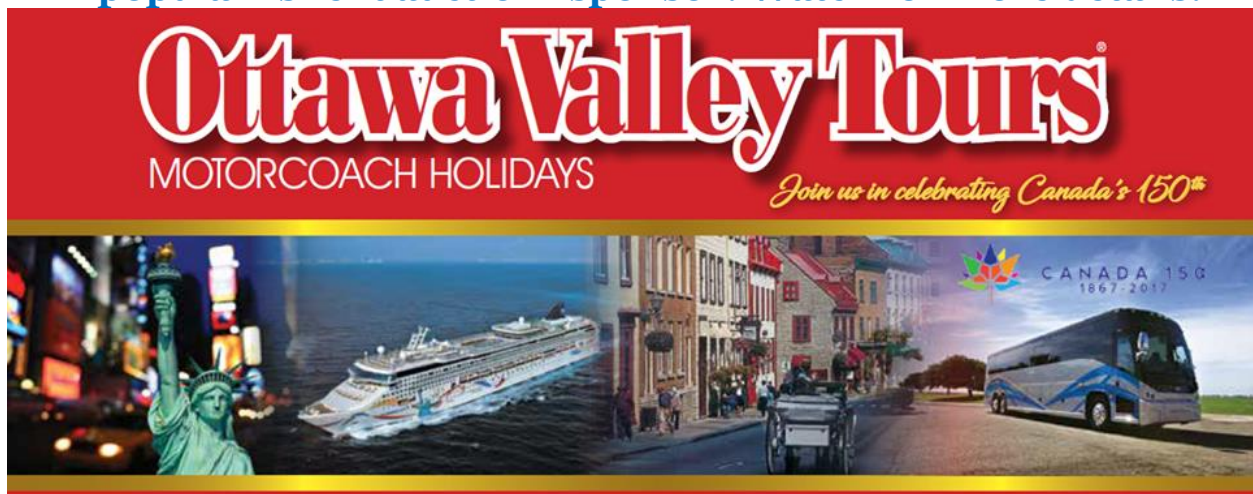
**Cost/person: \$134 including:  
Buffet Lunch; Theatre Tickets; Transportation**

We travel to the McIntosh Country Inn in Morrisburg for a delicious buffet lunch. Afterwards, we will claim our reserved seats at the Upper Canada Playhouse for the Christmas musical production of "Ethan Claymore's Christmas" -an early gift for Norm Foster fans. A brand new Christmas show with all the hilarity and heart audiences expect from Canada's favourite playwright. It's the week before Christmas and widowed and struggling egg farmer/artist Ethan Claymore resists his neighbour's efforts to get some Christmas spirit and set him up with Teresa Pike, the new school teacher in town. When a chance meeting with her does occur, Ethan's also visited by his estranged, sharp-witted and recently-deceased brother adding a hilarious and poignant twist to the story. Will Ethan's life be turned around by these Yuletide events? Another Foster comedy at its best!

***To reserve your seat, call Ottawa Valley Tours at 613-723-5701  
(Please be sure to tell them that you are part of the "Barrhaven Seniors' Council" block so that we can sit together as a group)***

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**A popular "silent auction" sponsor! Watch for more details.**



**SOLD OUT: 3- Day Oktoberfest Tour: October 16<sup>th</sup> to 18<sup>th</sup>**



## ART CLASSES FOR BEGINNERS

Crayon Occasion Art School will help you discover your hidden artistic talent. Brooke Alexander, owner/creator and professional artist, guides her students with simple steps while she captures the artwork herself, allowing everyone to see and hear her instructions as they create their own version of the art. Brooke provides one-on-one help and designs her classes, keeping in mind her students are beginners. For more information and artistic options check out: [www.crayonoccasion.com](http://www.crayonoccasion.com)

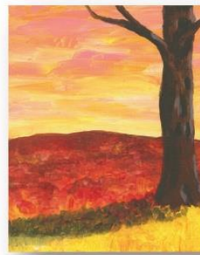
### STUDENT ART



Cubism (coloured pencil)



Realism (coloured pencil)



Impressionism (acrylic)



Abstract (watercolour)

### SCHEDULE & OPTIONS

**6 Week Session - 2 hour class, once a week \$180 (supplies included)**

Wednesdays 10 AM to noon - starting the week of Thanksgiving and running until the week of November 18th

**One Walk-in Class - \$45 (supplies included)**

Sign up for one class (Wednesdays 10 AM - noon)

### LOCATION

700 Longfields Drive - on the east side of the intersection of Longfields Drive & Highbury Park Drive.

### CONTACT

Brooke Alexander (owner/creator of Crayon Occasion Art School)  
phone: 613.797.7818 - email: [crayon@crayonoccasion.com](mailto:crayon@crayonoccasion.com)



One of our major fundraising activities is held each fall – our “Online Silent Auction.” This fundraising event takes place from October 19<sup>th</sup> to 31<sup>st</sup>

Proceeds from fundraising and other sources enable us to rent more time from the City for use of our Centre, and to purchase the supplies needed for more programs.

We are currently seeking donations of new items for this upcoming event. Ask your favourite merchant if they would be willing to donate an item.

Watch for more details about the auction in late September !

**Featured below is one of the popular items offered in our online “silent auction.”**



**VIA Rail Canada**



**RESERVE YOUR SPOT AT THE TABLE !**



Monthly restaurant outings continue to be a popular event with Members – with attendance reaching close to 60.

To accommodate our large group, most restaurants ask that we have two sittings: 11:30 AM and 12:45 PM.

- Tuesday, September 17<sup>th</sup>: Kelsey’s
- Monday, October 21<sup>st</sup>: East Side Marios (Costco Plaza);
- Friday, November 22<sup>nd</sup>: Colonnade (Food Basics’ Plaza)
- Tuesday, December 17<sup>th</sup>: Swiss Chalet (**Our Festive Meal**)

Reservations can be made up to two days before each meal at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) or by calling Don at 613-440-3620

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Join friends and fellow community members at Ruth E Dickinson Library. Share your writing and listen to others:

- first Wednesday of the month
- 6:45 PM to 8:15 PM

Challenge your imagination and write away! Join this welcoming Circle where each participant presents their prepared piece of creative writing using the Word and/or Phrase of the Month. Each writer has eight minutes or less (up to 1000 words) to present their prose.

**Word of the Month:**

Jam (Sept 4<sup>th</sup>); Keepsake (Oct 2<sup>nd</sup>); Letter (Nov 6<sup>th</sup>); Music (Dec 4<sup>th</sup>)

**Phrase of the Month:**

Sitting pretty (Sept 4<sup>th</sup>); Beyond the pale (Oct 2<sup>nd</sup>); Present company excepted (Nov 6<sup>th</sup>); Off the shelf (Dec 4<sup>th</sup>)

**Join us at the Ruth  
E Dickinson  
Library.**

**Topics of interest  
for September  
include:**



### **Foundations of Investing**

**Thursday September 19<sup>th</sup>: 7 PM to 8 PM**

When it comes to investing, there's no better place to start than with the basics. The key features of stocks, bonds and mutual funds. The importance of asset allocation and five steps to help you build a better investment strategy. Presented by Shannon Van Luven Financial Advisor. Registration recommended but not required.

### **Mind Your Brain Health**

**Thursday September 24<sup>th</sup>: 1:30 PM**

Research is telling us more about the brain every day. What can you do to keep your brain working at its best? Join Ottawa Public Health to learn more about the healthy choices to make to maintain your brain health.

### **Making a Difference for Families Facing Cancer – Cancer Coaching**

**Saturday September 28<sup>th</sup>: 2 PM**

About 1 in 2 Canadians will develop cancer in their lifetimes, and over 7000 people in our community will be diagnosed with cancer this year. This means we all know of someone facing cancer, however, more and more people are surviving cancer and living longer, and the experience of each person and family during this time is unique. A survey of cancer survivors in the Ottawa area identified that although many were very satisfied with their diagnosis and treatment, there were important gaps in their physical, emotional, informational and spiritual care. The Ottawa Regional Cancer Foundation is addressing these gaps by offering a health service called Cancer Coaching. Whether you or someone you know is facing cancer, come learn more about the Ottawa Regional Cancer Foundation, the impact of Cancer Coaching, how to access this health service, and other community resources. Join us in our efforts to support people facing cancer and help with what matters most to them.



From April to October, Pauline Compton takes Members to a variety of locations around the City – destination sent with each month’s updates. Journeys are held on Wednesdays, when OC Transpo is “free” for seniors.

Trips using OC Transpo will depart from their lot behind Canadian Tire/Sobeys.

Some months, other forms of transportation may be used. Watch for details to be announced in the monthly emails.

Have suggestions for these monthly outings? Don’t hesitate to contact Pauline at [paulicompton@rogers.com](mailto:paulicompton@rogers.com)

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**Barrhaven Seniors’ Council wishes to thank Ward 3 Councillor**

**(councillor)**

**Jan harder**

for arranging our access to, and upgrades at, the Ken Ross Field House. Without that assistance, the “Barrhaven Seniors’ Council” could not expand its range of programs and services.

Many thanks too for the countless hours spent behind the scenes in supporting and guiding this Council in its development over these past 6 years!



# Barrhaven Seniors' Centre

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## Centre pour aînés de Barrhaven

**Welcome to your building – signage soon !**

Your building is 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.



All activities that we offer – either at our building or elsewhere – are **social** times.

Events are offered so that **all** Members feel welcome to take part activities in an **inviting**, **informal**, and **recreational** setting.



## MONDAYS

**SENIORS' DROP IN:** Mondays 10 AM to 12 Noon  
Co-Ordinator: Hilary Robinson

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 provided by:



**POETRY & PLAY READING:**

Co- Ordinators: Chris Murray & Marilyn Winchester  
specified Mondays 1 PM to 4 PM

If you like reading plays, poetry and other written works, join this group. Read out and listen to favourite selections in a relaxed atmosphere.

**CURRENT AFFAIRS GROUP:**

Co-Ordinators: Sandra Goldberg and Bev MacEwen  
specified Mondays 1 PM to 4 PM

This group will operate in a relaxed fashion. To kick off each session, a Current Events story will be the focus. Everyone who wishes to comment has an opportunity to do so. Afterwards, the topics are yours to choose.



**MAHJONG GROUP:** specified Mondays 1 PM to 4 PM

Co-Ordinator: – Barbara Yurkoski

This is a fun way for keeping your mind sharp and your brain healthy. Several seniors have indicated that they would like to play Mahjong, using American rules. All players, experienced or wanting to learn, to are welcome to join on specified Mondays this fall.

**KNITTING GROUP:** Co-Ordinators: Kathy Boyd and Ellen Blain  
Library upstairs 1:30 PM to 3 PM

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

## TUESDAY

**BRIDGE**: every Tuesday afternoon – 1 PM to 4 PM

Co-Ordinators: Gerry Hannan and Mitch Phomin

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 4 PM

Co-Ordinators: Gail Greene + Regina Kouri

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

## THURSDAY

**CRIBBAGE + SCRABBLE**: every Thursday afternoon – 1 PM to 4 PM

Co-Ordinators: Cribbage – Bridgit Taylor: May to October;

Ron Clerk: November to April

Scrabble – Radhika Sekar

These groups are firmly established, having received good response to date from interested Members. More players to attend! Drop-ins are always welcome.

## FRIDAY

**CANASTA**: every Friday afternoon – 1 PM to 4 PM

Co-Ordinators: Paul and Diane Lichtner

Come join this lively group of players for fun times. New players and experienced are both welcome to join the group. Drop-ins are always welcome.

## **EXPECTATION OF MEMBERS**

Our event Co-Ordinators are volunteers who willingly give up their time so as to provide a “positive experience” for participants. They are not there to settle disagreements or personality conflicts among Members.

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 sufficient numbers of players for another table of that particular game, please take turns sitting out a hand or two to accommodate such situations.



**Join us at the Ruth E Dickinson Library.  
October topics of interest include:**

**Estate Planning:** Thursday, October 17<sup>th</sup>: 6:30 PM

**Registration required:** Call 613-580-2940 or book online at

<https://bibliottawalibrary.ca/en/program>

Join Diana Tebby from Mann Lawyers for an informative discussion on Estate Planning, learn about:

- Powers of Attorney (Property and Personal Care)
- Living Wills, Advance Care directives and Medical Assistance in Dying
- Digital Assets
- Letters of Wishes
- Duties of an Estate Trustee
- Probate – what is it and when do you need it?

### **The Importance of Staying Socially Connected as You Age**

Wednesday, October 23<sup>rd</sup> - 2:00 PM

Join the Council on Aging in Ottawa for this interactive discussion. We will define social isolation and loneliness, identify the benefits of social connections and explore ways you can connect socially and also provide you with resources to help you stay socially connected.

### **Five Money Questions for Women:**

Thursday, October 24<sup>th</sup> - 7 PM to 8 PM

Women and men can have differing considerations when it comes to long-term financial goals. For instance, because of a woman's average longer life span, your needs may be significantly different from those of your spouse or others. Does your financial strategy fit your lifestyle and needs?

Presented by Shannon Van Luven Financial Advisor. Registration

recommended: Call 613-580-2940 or book online at

<https://bibliottawalibrary.ca/en/program>



**Second Wednesday of the month: 10 AM to 11 AM**  
 Share the enjoyment of good books in a relaxed atmosphere.

- September 11<sup>th</sup> - The Pillars of the Earth
- October 9<sup>th</sup> - The All Girl Filling Stations's Last Reunion
- November 13<sup>th</sup> - The Immortal Life of Henrietta Lacks
- December 11<sup>th</sup> - The Whole Town's Talking

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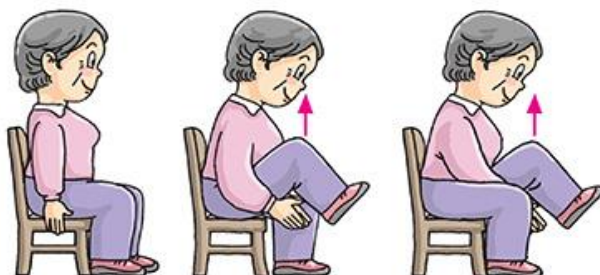
**LIBRARY SERVICES**

**eBook Tutorial (one-on-one) + Computer Tutorial (one-on-one)**  
 Learn about eReaders and how to download eBooks from the OPL website, or learn computer, Internet and email basics. Call [613-580-2424 x30353](tel:613-580-2424) or email [RuthEDickinson@bibliooottawalibrary.ca](mailto:RuthEDickinson@bibliooottawalibrary.ca) to schedule an appointment.

**English Conversation Group**  
 Come join in and meet with others to practice your English speaking and conversation skills. Everyone welcome! Drop-in.  
**Thursdays 1:00 p.m. – 2:30 p.m. (Beginning Sept 5<sup>th</sup>)**

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**YEAR ROUND SENIOR CHAIR EXERCISES**



**“No Cost”** - Wednesdays and Fridays: 2:15 to 3:15 PM. **Join any time** as this is an ongoing program.  
**Location:** South Nepean Satellite Community Health Centre, 4100 Strandherd Drive, Suite 201 – take the elevator beside the pharmacy.





# MEN'S BREAKFAST

September 10<sup>th</sup>; October 8<sup>th</sup>; November 12<sup>th</sup>; December 10<sup>th</sup>  
Broadways Barrhaven – 8:30 AM

Reservations can be made up to two days before each meal by contacting  
Mir at [mir@mirfali.com](mailto:mir@mirfali.com) or calling 613-800-8447



# *Ladies* LUNCHEON

September 11<sup>th</sup>; October 9<sup>th</sup>; November 13<sup>th</sup>; December 11<sup>th</sup>  
Broadways Barrhaven - 11:30 AM

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

**Join us at the  
Ruth E Dickinson  
Library.**

**November topics  
of interest  
include:**



**Whoa, Backup!**

**Effective strategies for keeping your computer files safe:** Thursday  
November 7<sup>th</sup> – 6 PM to 8 PM

Think about everything that is on your computer; videos of the grandkids playing in a park, photos of your trip to Patagonia (lucky you!), tax records, emails... Now think about whether those files exist anywhere else. If the answer is no, you need to think about backup. You could lose data due to viruses, fire, theft, tornado, hard disk failure, making an unintended change to a file, or a wayward finger deleting a file rather than copying it. Chris Taylor, President of the Ottawa PC Users' Group, will discuss various ways you can ensure your important data survives any catastrophe.

**Learn How to Take Better Vacation Photos**

Saturday, Nov. 16 – 10:30 AM to 12:30 PM

Learn how to more effectively tell the story of your vacations through pictures. Learn how to use light, foreground, people and framing to create a better picture that needs no captioning.

Presented by Lynda Buske from the Ottawa PC Users' Group.

**Stocks the Nuts and Bolts:** Thursday, Nov. 28<sup>th</sup>: 7 PM to 8 PM

Starting the conversation with basic information to help investors evaluate if stocks fit into their overall strategy. Discuss common versus preferred stock, the role of dividends, different ways to own stocks.

Presented by Shannon Van Luven Financial Advisor.

Registration recommended: Call 613-580-2940 or book online  
at <https://bibliottawalibrary.ca/en/program>

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**Be sure to check our email “monthly updates”  
for other timely announcements !**

**More programs are coming to your Barrhaven Seniors' Centre !**