

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Spring & Summer 2019 Newsletter”



“Your” building is open 5 days per week - year round!



By offering to volunteer just a couple of hours of your time each week, the building could be open more hours each day. This would facilitate even more social interaction opportunities for everyone. Proceeds from fund raising and other sources will enable us to rent more time and to purchase the additional supplies needed for more programs. Let's combine these funds and volunteer time to expand opportunities throughout the coming year!



Our activity schedule will adapt to several changes over the coming months. Some programs stop for the season or transition to being combined with other programs for maximum efficiency in use of the building.

New programs begin at various times throughout the months ahead. Watch for updates in upcoming notices!

CANADIAN TUPLIP FESTIVAL

Event Date: May 10, 2019 - May 20, 2019



Photo: Ottawa Tourism

Please Support Our Major Sponsor !



Taste of Barrhaven

Monday May 27th, 2019 • 6:00pm to 9:00pm

• **Tickets Now On Sale!** •

<https://www.eventbrite.ca/e/taste-of-barrhaven-2019-tickets-59670294457>

Early Bird Pricing until May 1st!

Join the finest restaurants from Barrhaven and beyond for another evening of sampling and fun at the 13th annual Taste of Barrhaven.

This is a culinary sampling event, where people move from station to station sampling the offerings of the participating restaurants. Nobody goes home hungry! We're inviting 25 exhibitors to provide samples of their signature dishes and beverages. This annual event has become a Barrhaven favourite.



Your ticket allows you to move freely between exhibitors, sampling their signature dishes, while providing vital support to important community resources.

Taste of Barrhaven is held annually on the last Monday of May. This year we're excited to announce a new venue in the showroom of **Myers Barrhaven Toyota** at 4123 Strandherd Drive.

Once again we are on track to have our most successful year ever. Our list of participating restaurants is growing, so check back often.

Beneficiaries

The 2019 Taste of Barrhaven will benefit the **Barrhaven Seniors Council**, the **Ottawa Rotary Home**, and other community service projects of the **Rotary Club of South Nepean**.

BOOK ONE OF OUR UPCOMING BUS TRIPS

We are fortunate to have as one of our **sponsors**, Ottawa Valley Tours. They assist us in many ways: block booking of seats; process all payments; offer a variety of flexible destinations; and provide a financial contribution. Many thanks!



Tuesday, May 28th:

Lachute Farmers & Flea Market followed by a buffet lunch at the historical **Fairmont Chateau Montebello**: \$120 incl. transportation, lunch & taxes. Everything from A-Z can be found at the market: food; clothes; shoes; tools; antiques – followed by a buffet lunch at the famous Chateau. Take time to see this world famous historic resort.

Thursday, August 29th:

“Elvis” the Concert at the Brockville Arts Centre.

\$145 incl. transportation, lunch, concert & taxes. With his live band, Pete Paquette’s live concert showcases the musical career of Elvis Presley: the 1950s, Elvis in Leather, and his Vegas years. On route to Brockville, we stop at Merrickville for lunch at the historic Baldachin Inn. After lunch, stroll the village shops or see the largest of four blockhouses built to protect the Rideau Canal.



Paying by Credit or Debit Card?

Please 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)



From April to October, Pauline Compton will be offering to take Members to a variety of locations around the City – destination sent with each month’s updates. Have suggestions for these monthly outings? Don’t hesitate to contact Pauline at paulicompton@rogers.com

Journeys are held on Wednesdays, when OC Transpo is “free” for seniors. Watch for details to be announced in the monthly emails.

All trips will depart from the OC Transpo lot behind Canadian Tire/Sobeys

SENIORS 55+ HAVE LOTS OF SKILLS AND TALENTS !



Do you like to work behind the scenes? Do you have a hobby or interest that you would like to share with others?

Share your skills and talents with others. 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.

Volunteers are the foundation for the running of our Programs !

However, we also need volunteers willing to help assist with long term planning for expanding the amount of time that we rent the Meeting room.

Your “Barrhaven Seniors’ Centre” needs everyone’s care & attention. To volunteer, contact Don at 613-440-3620 or barrhavenseniors@gmail.com

RESERVE YOUR SPOT AT THE TABLE !

Opportunities have been arranged over the months ahead for Members to get together at restaurants in Barrhaven to enjoy time together.



Wednesday, May 22nd - 11:30 AM – Cedarhill Golf & Country Club

Thursday, June 27th – 11:30 AM – Eastside Marios

Tuesday, July 30th – Juluca’s

Monday, August 26th – 11:30 AM – Royal Oak

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

**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. There will be other improvements to the “Barrhaven Seniors’ Centre” 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 five years!



MEN'S BREAKFAST

May 7th; June 11th; July 9th; August 13th

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 613-800-8447



Ladies LUNCHEON

May 8th; June 12th; July 10th; August 14th

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



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.

MONDAYS

SENIORS’ DROP IN: Monday mornings 9:30 AM to 11:30 AM
Co-Ordinators: Val McPhail & 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.

KNITTING GROUP: Co-Ordinators: Kathy Boyd and Vivian Mondey
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: every Thursday afternoon – 1 PM to 4 PM

Co-Ordinators: Robert Luiz and Mike Roach

This group has received good response to date from interested Members. The more players the better! Drop-ins are always welcome.

FRIDAY

CANASTA: every Thursday 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. Recent supplies sponsored by these local companies in Barrhaven:



Installed and Ready For Use:

Two dart boards are now installed and equipped. There is no formal time for Members to play. Rather, feel free to come to the building any time that it is open.





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

- first Wednesday of the month (May 1; June 5; July 3; Aug 7)
- 6:45 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:

Fairground (May 1); Grace (June 5); Heat (July 3); Illusion (August 7th)

Phrase of the Month: Inch by Inch (May 1st); Dressed to kill (June 5th); Last but not least (July 3rd); For the most part (August 7th)



Dickinson Reads Book Club – Second Wednesday of the month: 10 AM to 11 AM

Share the enjoyment of good books in a relaxed atmosphere. Dickinson Reads meets:

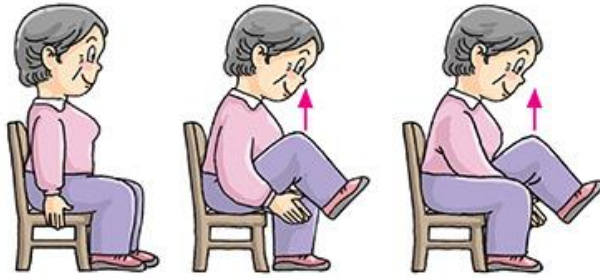
- May 8 - *The Nightingale* – by Kristin Hannah
- June 13 - *Goodnight from London* - by Jennifer Robson

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](tel:613-580-2424) x30353 or email RuthEDickinson@bibliooottawalibrary.ca to schedule an appointment.

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.

**2019 SUNSET CEREMONIES
JUNE 27-30, 2019**



Sunset Ceremonies will take place each evening from Thursday, June 27th to Sunday, June 30th at the RCMP Musical Ride Centre located at 1 Sandridge Road in Ottawa.

The Sunset Ceremonies are held each year by the Royal Canadian Mounted Police (RCMP). This year we will be celebrating the 30th anniversary of the RCMP Sunset Ceremonies, a time-honoured Canadian tradition.

At this annual event, the RCMP thanks the community for their support and offers Canadians and visitors a chance to see the world famous RCMP Musical Ride at its home in Ottawa. The event features a performance by the RCMP Musical Ride, and as the sun sets, the silhouetted Mounties of the Musical Ride line up to take part in the flag lowering ceremony and the entire audience takes part in the singing of our national anthem. This is a truly unique Canadian experience that can't be missed. The event is free of charge but raises funds in support of the RCMP Foundation.