

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Summer 2024 Newsletter”



Welcome to Summer 2024 !

As in the past, we usually find that attendance to programs changes over the summer. Programs at our building are reduced accordingly. However, there are many activities in the community over the summer.

Our seasonal bus excursions began in June – with the largest turn out of Members ever for such events. Our August boat cruise is **“sold out.”** Don't miss the October trip are outlined in this newsletter. Join us!



Operational costs continue to rise year over year. Our “Member Donation” drive is well underway. Let's all contribute each according our means) to ensure that we have a great start in September for our 2024/2025 season. The fastest way to donate using your credit card is to go to our website Barrhaven Seniors' Council - Seniors, Activities and click on the yellow button. A tax receipt is issued immediately upon processing. Alternatively, donations can be mailed to: 286 Harthill Way, Ottawa, ON, K2J 0P3. Tax receipts for those donations will be processed on or about the end of each month.

Watch for the monthly email updates as lots of activities are available – both with our group and in the community.

If you have any suggestions for activities this fall and winter, please send us an email at barrhavenseniors@gmail.com or contact us at 613-440-3620.



Executive: President – Don Winchester
Vice President – David Voisey
Secretary – Lois Elkins
Treasurer – Val McPhail

Directors At Large:

Heather Bourdon;
Pandora Weller;
Hilary Robinson

LOTS TO DO IN THE MONTHS AHEAD

Canadian Sunset Ceremonies



Join us for the RCMP's Canadian Sunset Ceremonies featuring the Musical Ride in the nation's capital, June 27, 28, 29 and 30, 2024!

Watch the world-famous RCMP Musical Ride Mounties perform a free, time-honoured tradition in Canada's capital, including complex and thrilling cavalry figures and drills choreographed to music.

If you're looking for a truly Canadian experience, come see the iconic Musical Ride – it will fill you with pride! **1 Sandridge Road** Admission is free !

We're pleased to offer 4 family-friendly performances:

June 27/ 28/ 29/ 30: 7 pm

[Canadian Sunset Ceremonies](#) | [Royal Canadian Mounted Police \(rcmp.ca\)](#)

Arrive early to get a good spot and check out our RCMP and partner booths and food vendors.

Mattamy Homes

Canada Day In Barrhaven 2024

Live Bands, Midway, Kidz Zone, Multiple Entertainment Stages, Family/Seniors Breakfast, Artisans, and Many Food Vendors



Midway:

June 20 to July 1st

July 1st:

- Seniors and Family Breakfast;
- entertainment;
- fireworks

For a full outline of events, go to [Home - Canada Day Barrhaven](#)

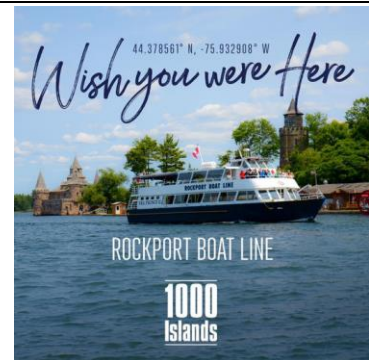
MORE SEASONAL BUS TRIPS



Our Members told us that they enjoy travel, but would rather take part in trips where their friends can join them. Our June 5th trip had the largest turnout ever. Don't miss out on one of our two remaining excursions for 2024:

August 8: Rockport Cruise & Charming Merrickville

This trip **sold out** in just a few weeks. Anyone wishing to be on a standby list in case of cancellations, please contact Ottawa Valley Tours directly at 613-723-5701 or by email at elux@ottawavalleytours.com



We are so pleased to see the response from Members to the June and August trips – with approximately 30 going on each trip.

Don't Miss Out !
Our final trip offering for 2024 is:

October 1 - Fall Leaves: Celebrate the Opeongo Flaming Leaf



Enjoy the history, culture, and beauty of the Upper Ottawa Valley during the Celebration of the Opeongo Flaming Leaf. Explore the Opeongo Trail travelling from Renfrew through many historical towns and charming communities making our way across to Barry's Bay. We will stop at the Spectacle Lake Lodge for a delicious lunch. A truly relaxing and enjoyable day!

\$145 Transportation, Lunch, All taxes

To reserve a seat for our final trip of 2024, please contact Don at barrhavenseniors@gmail.com

EVENTS UPCOMING IN BARRHAVEN

Posted originally on Facebook at: <https://www.facebook.com/p/Barrhaven-Community-Events-100064829525838/>



Volunteer for your Community Association or one of these wonderful organizations or events
Barrhaven Legion, Seniors Council, Lions Club, Kiwanis or Rotary Club

February 17 th	Winter in Brrrhaven	Larkin Park
April 27 th	Barrhaven Lions Pancake Breakfast Fundraiser	Fire Station 3559 Greenbank Rd
May 17 th – 20 th	Barrhaven Ribfest and Poutine	Clarke Event Fields
June 20 th – 23 rd	Robertson Midway	Clarke Event Fields
June 22 nd	Breakfast on the Farm	Blackrapids Farm
June 26 th – July 1 st	Robertson Midway	Clarke Event Fields
July 1 st	42 nd Annual Mattamy Homes Canada Day in Barrhaven	Clarke Event Fields
July 13 th	British Car Show – Food truck rally	Clarke Event Fields
Aug 1 st – 5 th	Barrhaven Family Fun Fair	Clarke Event Fields
August 10 th – 11 th	Rhythm Culture Fest	Clarke Event Fields
August 17 th	Half Moon Bay Community Assoc. Family Fun Day	Guinness Park
August 18 th	Classic Car Show	Clarke Event Fields
Sept 21 st	West Barrhaven Community Assoc. Annual Corn Boil	Larkin Park
November 11 th	Remembrance Day Ceremony	John McCrae School
November 17 th	Barrhaven Santa Claus Parade	Strandherd Road
December 1 st	Barrhaven Family Skate Day	Minto Recreation Centre
December 7 th	Breakfast with Santa*	Barrhaven Fellowship Church
December 31 st	Barrhaven's 2 nd Annual Family New Years Eve Party	Walter Baker Centre

*Some of these events are tentative

FUN FACTS: BARRHAVEN – NEPEAN – OTTAWA ANNIVERSARIES IN 2024

Bytown was incorporated 1826	Celebrating 198 years in 2024
City of Ottawa 1855	Celebrating 169 years in 2024
Barrhaven founded 1968	Celebrating 56 years in 2024
Township of Nepean 1850	Celebrating 174 years in 2024
City of Nepean 1978	Celebrating 46 years in 2024
Canada Day celebrations in Barrhaven started in 1980 (2 years missed due to covid)	Celebrating 42 years in 2024
City of Nepean became part of the City of Ottawa 2001 through amalgamation	Celebrating 23 years in 2024

AUGUST 18TH – Clarke Fields Park

This family-friendly event is **FREE ADMISSION** for the general public




CLARKE FIELDS PARK
Ottawa  Ontario

This unique event is dedicated to showcasing legendary classic cars from Great Britain.

This unique event is dedicated to showcasing legendary classic cars from Great Britain, including Rolls Royce, Bentley, MG, Austin-Healey, Triumph, Jaguar, Lotus, Land Rover, Sunbeam and Mini.



ALL BRITISH CAR DAY
FREE ADMISSION FOR GENERAL PUBLIC
FOOD TRUCKS • DOOR PRIZES
GOODIE BAGS FOR FIRST 150 EXHIBITORS

Celebrating the 50th Anniversary of the **TRIUMPH TR7**

Saturday July 13, 2024
10:00 am - 3 pm

CLARKE FIELDS PARK
93 HOULAHAN ST. OTTAWA, ONTARIO

EXHIBITORS
MOTORCYCLES 55
CARS 510

BritishCarDayOttawa.ca

2024 – Fifty Years of the Wedge

In 1974 Triumph introduced a radical new design for their iconic “TR” models – the TR7. Over the next seven years Triumph produced 140,000 models this revolutionary (and controversial) design, in both coupe and convertible, including 2,400 of the Rover V8-engined “TR8”. The “wedge” was the most successful of Triumph’s “TR” models.

Pg. 6 **LOOKING FOR OTHER EVENTS IN & AROUND OTTAWA?**

There are lots of activities throughout Ottawa and area to consider over the summer too. Check out both pages 2 and 3 at [Calendar | Ottawa Festivals](#)



- July 5th to 7th in Almonte

- [Almonte Celtfest – Ottawa Valley and Celtic entertainment](#)

(picture from their Facebook page)

Lebanese Festival [The Ottawa Lebanese Festival](#)

- July 17th to 20th:

(Picture from their Facebook page)



Ottawa International
Busker Festival downtown FREE

- August 2nd to 5th

[Ottawa International Buskerfest | Sparks Street | Buskers \(sparkslive.com\)](#)

-August 8th to 11th: Navan Fair

[Navan Fair – The Sweetest Things in Life August 8-11, 2024](#)

(Picture from their Facebook page)



- August 15th to 18th and 23rd to 25th

[Home - Ottawa Greek Fest](#)

These are just a small sample of some events in and around Ottawa.

RESERVE YOUR SPOT AT THE TABLE



We have resumed our large group meals at a variety of local restaurants.

Join us as we gather at a variety of restaurants from May to October:

- Monday, July 15th;
- Wednesday, August 21st ;
- Friday, September 6th

Locations will be announced 2 weeks in advance



FREE EXERCISE PROGRAMS

All costs are covered by the “Home and Community Care Support Services: program”

Types of Exercises by Zoom – Variety of Time Slots Offered – Join Anytime

Chair; Stroke Recover; Parkinson’s; Diabetes; C.O.P.D.

Please remember that every new participant should contact Grace at gkowalczyk@familyphysio.com or call her at 613-796-4729 for proper registration and to confirm times and days of the week.

IN-PERSON CLASS: Tuesday, 3 PM to 3:45 PM
South Nepean Satellite Community Health Centre
4100 Strandherd Drive, Suite 201
Contact: Susan Kuruvilla 613-288-2825 Extension 2134
S.kuruvilla@pqchc.com

**We continue to offer our highly successful
Men's and Ladies' outings:**



MEN'S BREAKFAST

Broadways
Barrhaven

8:30 AM

Tuesday
Mornings

July 9th * August 13th * September 10th

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



Ladies **LUNCHEON**

Broadways
Barrhaven

11:30 AM

Wednesday
Mornings

July 10th * August 14th * September 11th

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

SUMMER ACTIVITIES AT THE BARRHAVEN SENIORS CENTRE



The building is at the intersection of Highbury Park Dr. and Longfields Drive (first stop light north of Strandherd Drive on Longfields Drive).

Enter the large parking lot and our accessible building is ahead on the left.

A reduced schedule is in effect for July and August

TUESDAY AFTERNOONS

BRIDGE: every Tuesday afternoon

– 12:30 PM to 3:30 PM

- Co-Ordinator: Robert



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.

THURSDAY AFTERNOONS



CRIBBAGE: every Thursday afternoon: 12:30 to 3:30 PM

Co-Ordinator: Michael

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

SCRABBLE: every Thursday afternoon

– 12:30 to 3:30 PM

Co-Ordinator: Pandora and Marilyn

This group welcomes both new and experienced players. Come and have fun. Scrabble boards and dictionaries provided.



FRIDAY AFTERNOONS



CANASTA: every Friday afternoon - 12:30 to 3:30 PM

Co-Ordinators: Diane and Paul

Come join this lively group of players for fun times. New players and experienced are both welcome to join.