

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Winter 2020 Newsletter”

Our “winter” schedule has a wide variety of activities – as well as many favourites - returning for another season. There are activities every afternoon and up to four mornings per week.



In addition, we are offering safety courses at very minimal cost. To date, we have course dates set with the Canada Safety Council and Ottawa Paramedics. If you have suggestions for courses that would be of benefit to seniors, please do not hesitate to contact us at barrhavenseniors@gmail.com

We offer as many activities as possible to Members, based upon the number of volunteers willing help to organize and expand programs and services. Volunteering a few hours each week to help run activities is appreciated!



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

Executive

President – Don Winchester
Vice President – Robert Butler
Secretary – Lois Elkins
Treasurer – Val McPhail

Directors At Large

Beverley Tremblay; Heather Bourdon; Pauline Compton

**Barrhaven Seniors' Council thanks Marilou Rooke
for her donations to our annual Silent Auction !**



The Rooke's Nest

A home-based Spa in Riverside South that offers the following treatments:

- Relaxation Massage - full body \$ 60.00
 - Registered Foot Reflexology \$ 70.00
 - Reiki \$ 70.00
 - Head Massage, Deluxe Foot Massage, Hot Stone Massage, \$ 70.00
 - Hot Thai Massage \$ 90.00
 - Raindrop Technique with Essential Oils \$ 95.00
 - Fire and Ice Foot Hydrotherapy \$ 75.00
 - Facials \$ 85.00
-
- No Tax

New clients save \$10

Marilou Rooke, RCRT

Visit on Facebook !

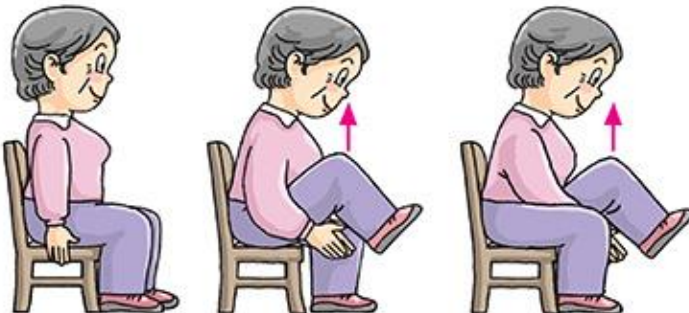
567 Dusty Miller Crescent

Gloucester, ON, K1V2J9

Phone: 613 425-3091

Email: mrlrooke@gmail.com

YEAR ROUND SENIOR CHAIR EXERCISES



No Cost: Wed + Fri 2:15-3:15
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.

MEMBER MEAL PROGRAM

You told us how much you enjoyed the opportunity to have catered meals at our building – and how much you appreciated our keeping the costs low.

We are pleased to announce that the program is resuming for the winter months on specified Mondays:

January 13th – Buffet Brunch – two Sittings: 10 AM and 11:30 AM;
February 3rd – Buffet Lunch – two Sittings: 11 AM and 12:30 PM; and
March 30th – Buffet Lunch – two Sittings: 11 AM and 12:30 PM.



Meal Cost

**\$8
per
person**

**Catered
meals
include
dessert and
beverage**

An email notice will be sent about two weeks in advance, including the set menu for the themed meal. Seating is limited so reserve early.

Funded by:

Catering provided by:



BACK BY POPULAR DEMAND

The fall art session was a success. We are pleased to offer a winter session.

crayon *occasion* ART SCHOOL ART CLASSES FOR BEGINNERS



YOU CAN DO THIS!

Crayon Occasion Art School will help you discover your hidden artistic talent. Brooke Alexander, owner/creator and professional artist with a BA in art, guides her students with simple steps toward their own version of the artwork at hand. Brooke provides one-on-one help, showing her students how to create art like a professional, while having fun and getting creative. If you think you can only draw stick-men, Brooke will prove you wrong.

SCHEDULE & PRICES

6 Week Session: 2 hour class, once a week - \$180 (supplies included)
Wednesdays 10 AM to noon - Runs from February 19th to March 25th

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



Ottawa Paramedic Service

for

BARRHAVEN SENIORS' COUNCIL

CPR Essentials Course



This course is designed for individuals who would like more information on CPR and AED training but do not require an actual certification. Learn how to help a loved one.

Course Details

Choose: Jan. 27th or Feb. 10th

Time: 9-12 PM

Location: 700 Longfields Drive

Cost: \$10 per person
including a light lunch

Students will be shown the essentials skills of:

- Managing an Emergency Scene
- Adult CPR
- Automated External Defibrillation (AED)



Funded by



To register for this course, email
barrhavenseniors@gmail.com

or call
Don Winchester
613-440-3620



Learn and Lunch Series

“55+ Alive” Mature Driver Program

The certificates and wallet cards for those completing the program can sometime be used with insurance companies in requesting vehicle insurance quotes or reviews.

Renew Your Driving Skills for Today’s Traffic

Update your driving skills. Even if you haven’t been involved in a collision in 40 years, it may be time to review your driving skills. With aging, changes occur in hearing, vision, flexibility and reaction time. You can learn to adjust your skills to compensate for those changes. Whatever your concerns, you will benefit by taking the 55 Alive Driver Refresher Course conducted by an instructor from the Canada Safety Council.

Course Details

Date: Monday, March 9th

Included: Hot Lunch
Course Materials
Certificate

Time: 9-3 PM

Location: 700 Longfields Drive

Cost: \$10 per person

Funded by

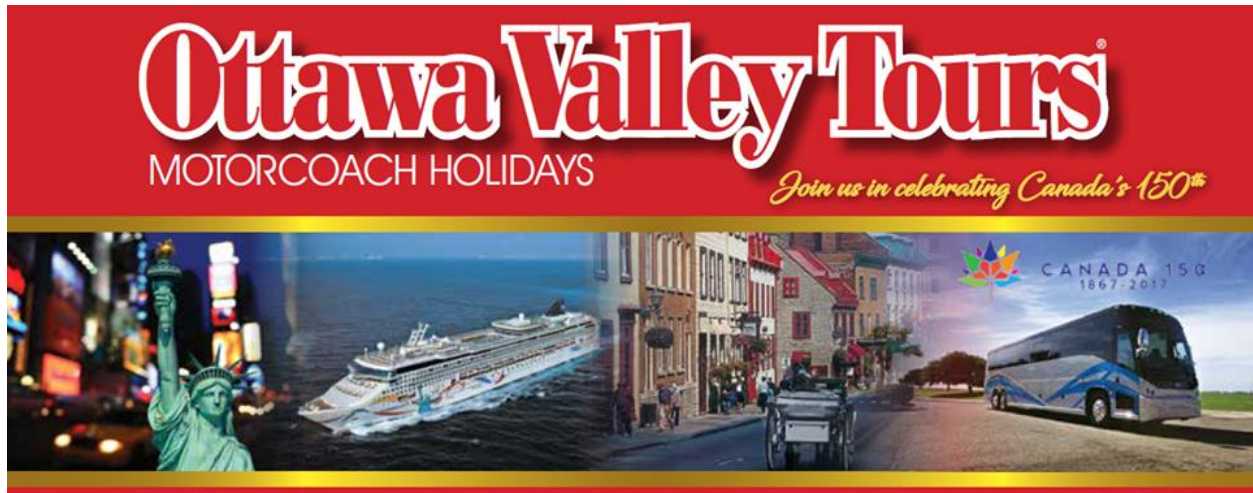


Driving helps me keep my independence – 55 Alive helps me protect it.”



SPRING BUS EXCURSIONS OUT OF TOWN

Barrhaven Seniors' Council and Ottawa Valley Tours partner to provide our Members with enjoyable day tours out of the city. It's spring time – a time to get out of the house after a long winter and enjoy the warmer weather!



Wednesday, April 22nd : Temples Sugar Bush & Lanark County

A super spring day for the sweet tooth!

\$102 includes: transportation; Hearty Pancake Meal; all taxes

Today we depart on a spring adventure to visit the beautiful Maple Syrup Capital of Lanark County. Savour a delicious traditional home-cooked pancake meal at Temples Sugar Bush. You will have time to stroll through the nature trail, the sugar bush and to visit the gift shop to purchase some maple products. This afternoon enjoy time in Balderson Village and charming Perth before returning to Ottawa.

Wednesday, June 17th : Wine Tasting in the Islands Cruise

Another beautiful super spring day excursion !

\$145 includes: transportation; Wine Tasting Luncheon Cruise; and all taxes

Today we travel to the gateway of the 1000 Islands - Kingston to board one of the classic ships. Enjoy some wine pairing samples from a selection of local wines from Ontario, with appetizers and a delicious lunch, while cruising throughout the famous 1000 islands.

Our Bus Trips Sell Out Quickly !

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)

RESERVE YOUR SPOT AT THE TABLE !

Monthly restaurant outings continue to be a popular event with Members – with attendance @ 50.

Friday, February 28: Tutti Frutti

Friday, March 20: Boston Pizza

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



**MEN'S
BREAKFAST**

Broadways
Barrhaven
8:30 AM

Tuesday
Mornings

January 7th *February 11th *March 10th *April 7th
Reservations can be made up to two days before each meal by contacting Mir at mir@mirfali.com or calling 613-800-8447



Ladies
LUNCHEON

Broadways
Barrhaven
11:30 AM

Wednesday
Mornings

January 8th *February 12th *March 11th *April 8th
Reservations can be made up to two days before each meal by contacting Heather at solligrey@rogers.com or calling 613-825-1789



Community Volunteer Income Tax Program
February and March 2020
Specific dates and times to be determined

The Ottawa Public Library is partnering with Canada Revenue Agency to offer free tax preparation through the Community Volunteer Income Tax Program (CVITP). In order to have a volunteer file your tax for free you need to have a modest income AND a simple tax situation.

Modest income: In general, you have a modest income if based on your family size, your total family income is less than the amount shown in the chart below.

Family size	Total family income
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
more than 5 persons	\$52,500 plus \$2,500 for each additional person

Simple tax situation:

In general, your tax situation **is simple** if you have no income or if your income comes from these sources: Employment; pension; benefits such as Canada Pension Plan; disability; employment insurance; social assistance; registered retirement savings plans (RRSP's); support payments; scholarships; fellowships; bursaries or grants and interest (under \$1,000).

Pg. 10 Library continued:

Foundations of Investing

Thursday January 23, 2020 7:00 p.m. – 8:00 p.m.

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

Protecting Your Computer

Thursday January 30, 2020 6:00 p.m. – 8:00 p.m.

The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes. Don't let it be yours. Chris Taylor, President of the Ottawa PC Users' Group and Microsoft Most Valuable Professional, will show you the simple steps you need to take to keep your computer from being hacked.

Stocks: The Nuts and Bolts

Wednesday March 25, 2020 7:00 p.m. – 8:00 p.m.

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 but not required. Call 613-580-2940 or book online at <https://bibliottawalibrary.ca/en/program>

Basic Photo Editing (Hands-on)

Thursday March 26, 2020 6:00 p.m. – 8:00 p.m.

This hands-on session will help you discover easy ways to organize and enhance your photos by adjusting light, colour, and composition so you will be proud to display them. You must bring a laptop computer (Windows or MacOS). You will be contacted in the week prior to the session with instructions on how to download the free software that will be used.

eBook / Computer Tutorial (one-on-one)

Learn about eReaders and how to download eBooks from the OPL website. Learn computer, Internet and email basics. Call 613-580-2940 or email RuthEDickinson@ottawa.ca to schedule an appointment.

Pg. 11 Library continued:



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 Week:

Globe (Jan 8); Hand (Feb 5); Idealist (Mar 4); Jury (Apr 1); Knowledge (May 6).

Phrase of the Week:

Make the grade (Jan 8); Drive a hard bargain (Feb 5); Skating on thin ice (Mar 4); Hit the jackpot (Apr 1); Weak at the knees (May 6).



Dickinson Reads Book Club

Second Wednesday of the month: 10 AM to 11 AM

Share the enjoyment of good books in a relaxed atmosphere.

January 8 - *Eleanor Oliphant is Completely Fine* by Gail Honeyman

February 12 - *I Shall Not Hate: A Gaza Doctor's Journey on the Road to Peace and Human Dignity* by Izzeldin Abuelaish

March 11 - *All is Not Forgotten* by Wendy Walker

April 8 - *Precious and Grace* by Alexander McCall Smith

Winter Schedule Of Events



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

EXPECTATION OF MEMBERS

Our event Co-Ordinators are volunteers who willingly give up their time so as to provide a “positive experience” for participants. 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.



**Barrhaven Seniors'
Centre**

**Centre pour aînés de
Barrhaven**

This project is funded by
the Government of Canada.

Canada 

MONDAYS

COUNCIL DIRECTED + SPECIFIED MONDAY AFTERNOONS

From January to April, Monday mornings and afternoons at the Barrhaven Seniors' Centre are primarily organized and run by the Barrhaven Seniors' Council and/or Advisors:

- Member Meal program;
- Popcorn and Movie with Ron;
- Learn and Lunch presentations.

Details on each of these programs are found elsewhere in this newsletter. If you have any suggestions for Mondays from April onward, please do not hesitate to send us an email at barrhavenseniors@gmail.com or to contact us at 613-440-3620. We welcome all suggestions + encourage Members to help make these programs a success by volunteering from time-to-time.

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 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.

TUESDAYS

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.

WEDNESDAYS

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. Weekly treats provided by The Court At Barrhaven



THURSDAYS

CONVERSATION, COFFEE + MORE: Thursdays 10 AM to 12 Noon

Co-Ordinators: Lynn Hoffarth + Margaret Adams

We are an informal group who get together each week for the sole purpose of meeting new people and making friends. Feel free to knit, colour or do a puzzle. A special guest may join from time to time. If this type of low key, accepting environment sounds like your cup of tea (or coffee), then we would be delighted to have you join us. This is a small step in making our community a better place – one person and one conversation at a time. Coffee, tea and other beverages are available at minimal cost. Snacks provided by:



CRIBBAGE: Thursday afternoons – 1 PM to 4 PM

Co-Ordinators November to April: Ron Clerk + Michael Roach

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

SCRABBLE: specified Thursdays 1 PM to 4 PM

Co-Ordinators: Marilyn Winchester + Hema Mahidhara

Games are played on specified Thursday afternoons. This small group of dedicated attendees is looking for more players. For more information about this group, please contact Marilyn Winchester at 613-440-3620

MAHJONG GROUP: specified Thursdays 1 PM to 4 PM

Co-Ordinator: – Barbara Yurkoski

This is a fun way for keeping your mind sharp and your brain healthy. If you would like to learn Mahjong, using American rules, please contact Barbara at byurkoski@gmail.com or 613-692-0916 Once there are sufficient numbers of players available for a specific Thursday afternoon, Barbara will contact the group accordingly.

FRIDAYS

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.



Senior Yoga Exercises

Location: South Nepean Satellite Community Health Centre, 4100 Strandherd Drive, Suite 201

Contact: Zainab, Community Health Worker for more details Tel: 613-288-2825 ext/poste 2144 or z.alali@pqchc.com

Barrhaven Seniors' Council wishes to thank Ward 3 Councillor

(councillor)

Janharder

Many thanks for the countless hours spent behind the scenes in supporting and guiding this Council.

7 years working together to help provide programs and services for seniors!