

# **BARRHAVEN SENIORS' COUNCIL**

*Registered Charity # 72092 5924 RR0001*

## ***“Winter 2022 Newsletter” – First Edition***

Although COVID forced this group to initially shut down all activities for over a year, we partially resumed activities in October 2021 - and look forward to a full resumption of programs and activities sometime in 2022:

1. Many of this group will have had their third vaccine shot. However, to make it easier and faster for those still needing to do so, I received the following update from Ottawa Public Health about an additional location for seniors to receive their vaccines:

### **New booster shot appointments for residents aged 60 and older**

New COVID-19 vaccine appointments are now available at the Nepean Sportsplex clinic, halls A & B, for residents over the age of 60 in need of a booster dose. To book an appointment call 613-691-5505. Visit the [website for hours and other details](#).

2. The Library and Walter Baker were both available for this group to offer activities in the fall, and we expect to resume in-person sessions again within the next several weeks once the Province has had an opportunity to assess the increased restrictions soon to be announced;
3. In an interview with CTV, Dr. Teresa Tam (Canada's Chief Public Health Officer) stated, "...despite the looming threat of Omicron, Canada's top doctor says she remains hopeful going into the new year—one she hopes will allow us to live more comfortably with the virus that has long disrupted life as we know it."

To get us through the next month or so in a safe manner while Omicron is still spreading, your Board of Directors has cancelled all "in-person" events – resuming programs in electronic format until safe to once again meet.

We still have a month or so of various significant public health restrictions ahead of us, but we are all considerably better off now than we were in January 2021 thanks to vaccines and the collective efforts of most adults.

**Let's focus on doing the best we can under these temporary – but necessary – public health restrictions. We have a great Spring, Summer and Fall of 2022 to look forward to!**



***Enjoy carefree living in Barrhaven's newest luxury boutique apartment building; Haven Towers.***



Located in the heart of Barrhaven, Haven Towers is walking distance from shops, restaurants and grocery stores providing true convenience. The stunning development offers contemporary apartments ranging from studios, one-bedrooms, one-bedrooms and dens, two-bedrooms and their sought after penthouse suites.

At Haven Towers, you can experience true peace of mind with maintenance free living. All-inclusive rental pricing means you'll have access to the many amenities the building has to offer. Conveniently located on the main level, all tenants have exclusive entry to the well-equipped fitness centre, spacious party room and one of a kind Ominiscience spa. Designed for optimal relaxation and to promote overall well-being, Ominiscience spa offers unlimited complimentary access to hot tubs and saunas and discounted spa services.

You'll also get to take advantage of the best of the summer weather on the stunning 16th and 17th floor rooftop patios with extensive views of the Gatineau Hills. Take a swim in one of the two heated rooftop salt water pools and relax with friends over a summer barbeque on the terrace. With endless spaces to entertain friends and family in style, this truly is resort-like living. Every apartment is thoughtfully designed to combine contemporary finishes within comfortable space. Apartments feature six appliances with in-unit laundry and full sized kitchen appliances including a microwave and dishwasher. The well designed bathrooms feature plenty of storage, modern sleek black fixtures, marble tiles throughout, step-in showers and rainfall shower heads.

Haven Towers is like no other and apartments are now leasing!

Contact [leasing@haventowers.ca](mailto:leasing@haventowers.ca) or call 613-712-0150 to book your virtual tour today! First resident move-ins are scheduled for June 2022. Book now to reserve the apartment you want! Visit [haventowers.ca](http://haventowers.ca) to learn more.

Pg. 3 **LOOKING AHEAD:**

**BUS TRIPS**

During a recent trip to a performance at the Upper Canada Playhouse in December, Marilyn and I had the pleasure of chatting with Terry from Ottawa Valley Tours. We are looking forward to being able to resume day trips later this coming spring/summer.



Watch for more details about our outings, such as: the Wine Tasting river cruise we had to cancel in 2020; and fall trips to see the Colours.

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

Share the enjoyment of good books in a relaxed atmosphere, currently via Zoom until the Library is able to welcome groups back in person.

- 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](mailto:macewen_doug@hotmail.com) Happy reading!

## Euchre Tournament

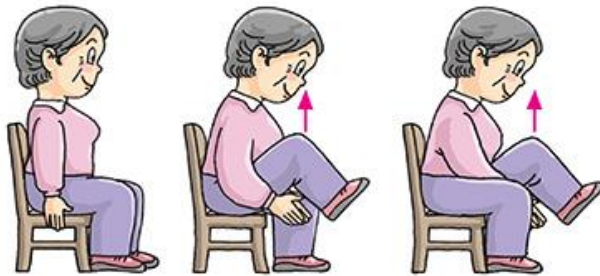


**Thursday, January 14th, 2:00 pm – 3:00 pm**

Don't miss our Euchrama event for a chance to play against V!VA's Community Members. Prizes to be won! Friends are welcome. Register at [barrhaven@vivalife.ca](mailto:barrhaven@vivalife.ca)

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### **FREE YEAR ROUND SENIOR CHAIR EXERCISES CONTINUE !**



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



The program is now offered Mondays, Tuesday and Wednesdays.

Our instructor Elani makes these sessions very enjoyable for all. For times and other details, please contact Elan at [kelancheran@gmail.com](mailto:kelancheran@gmail.com)



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**“TAKE A BREAK”**: specified Friday afternoons

1 PM to 2:30 PM

Co-Ordinator: Don Winchester

**This is YOUR time to relax and think of better days ahead!**

### **Topics for January:**

**January 14<sup>th</sup>** - Where will you travel in 2022 and beyond?;

**January 28<sup>th</sup>** – Pandemic forecast.



To join this group, please contact Don at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)

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### **Your Board of Directors for 2022**

President: Don Winchester

Vice President: Robert Butler

Treasurer: Val McPhail

Secretary: Lois Elkins

Directors at large: Heather Bourdon; Pauline Compton; Hilary Robinson