

# **BARRHAVEN SENIORS' COUNCIL**

*Registered Charity # 72092 5924 RR0001*

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

February 11, 2022

Last October 18<sup>th</sup>, we reopened – but not at the Barrhaven Seniors' Centre. Due to limited floor space there, we relocated to two other locations: card groups were held at the Walter Baker Centre Halls A & B; while the Ruth E Dickinson Library provided space for knitting, current events and other smaller groups.

As we prepare to reopen for 2022, we are doing so in a measured, cautious fashion. None of us know whether or not we will have yet another COVID “Variant of Concern” to deal with sometime this year. However, even if one does appear in the future, many of us will have had our Booster shot.

From Tuesday, February 22<sup>nd</sup> until Friday, June 17<sup>th</sup>, our card groups will once again be meeting at the Walter Baker Centre. Initially, we are using both Halls A & B for these groups. As the weeks proceed, and the impact of the OMICRON variant diminishes, public health orders will continue to be modified and we will adapt our space accordingly.

At this time, the Library has not advised as to a date for the resumption of our knitting, current events and other smaller groups. As we are already soon to enter the month of March, one or more of these groups may not resume until the fall.

With public health orders soon to be significantly modified in the next few weeks, we anticipate being able to resume activities at the Barrhaven Senior Centre starting this summer. Watch for more updates in the weeks ahead.

**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 !**

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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



## Upcoming Events

A monthly series to help us feel better together!



**Emily Stegweit,**  
Certified Music Therapist

### Music Therapy & Mental Health

with Guest Speaker: **Emily Stegweit**

**NOW AVAILABLE IN-PERSON\* OR ONLINE!**

**TUESDAY, MARCH 15TH | 2:00 PM**

Music has the power to make us feel a full range of emotions, along with making us want to get up and move! Music therapists use this power in purposeful ways to support positive change. Learn how this works by joining Certified Music Therapist Emily Stegweit to understand how mental health can benefit from music therapy and discover some practical tips on how you can apply music to support your own mental health.

In-person guests will enjoy this session in the comfort of our V!VAplex followed by an afternoon of live music and refreshments! Space is limited. RSVP to your local V!VA Community. **Register by going to [vivalife.ca/mentalhealth](http://vivalife.ca/mentalhealth) or calling your local V!VA Retirement Community.**



### It's Not Your Fault

**AVAILABLE IN-PERSON\* OR ONLINE!**

**TUESDAY, APRIL 19TH | 2:00 PM**

Many aspects of our life impact our mental health. Together with Registered Nutritional Therapist Sonia Funk, we will dive into how our stories, relationships, microbiome, food, and stress influence and affect our well-being. With new questions and insights in this session, Sonia evokes curiosity and triggers empathy. These qualities trump stigma and open the door for a positive shift in the collective mindset and conversation around "Mental Health".

In-person guests will enjoy this session in the comfort of our V!VAplex followed by guided breathing techniques that help optimize breath and promote healing. Space is limited. RSVP to your local V!VA Community.

**To register, go to**

Natasha Paquette [natasha.paquette@vivalife.ca](mailto:natasha.paquette@vivalife.ca) or call 613-823-0220 ext 440

**RESERVE YOUR SPOT AT THE TABLE !**

Indoor monthly restaurant outings continue to be a popular event with Members. Last fall, we resumed our once per month Men’s breakfasts and Ladies Luncheons. Feedback from both groups was attendees wanted these programs to continue in 2022 as soon as possible.



**Remember to bring confirmation of Vaccines !**



**MEN’S  
BREAKFAST**

Broadways  
Barrhaven

8:30 AM

Specified  
Tuesdays

**Mark these dates on your calendar:**

March 8<sup>th</sup>; April 12<sup>th</sup> ; May 10<sup>th</sup>; and June 14<sup>th</sup> .

Reservations can be made up to two days before each meal by contacting Mir at [mirali9937@gmail.com](mailto:mirali9937@gmail.com) or calling 613-617-8067

Barrhaven Broadways



Located at 3777 Strandherd Drive

*Ladies*  
**LUNCHEON**

Broadways  
Barrhaven

11:30 AM

Specified  
Wednesdays

**Mark these dates on your calendar:**

March 9<sup>th</sup> ; April 13<sup>th</sup> ; May 11<sup>th</sup>; and June 8<sup>th</sup>

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

**BUS TRIPS**



We are looking forward to resuming our out of city day trips later this summer and fall.

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.

If you have any suggestions about trips that you would like to see us offer, please email us at [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com) Don will soon be chatting with Terry from Ottawa Valley Tours about options for these excursions.

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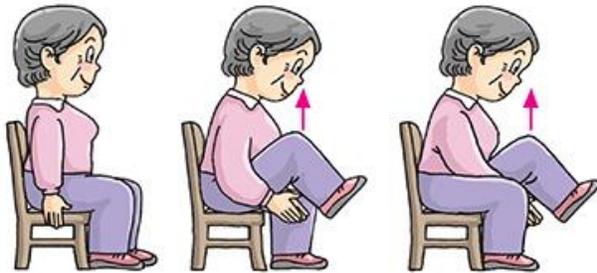
**Dickinson Reads Book Club**  
**Second Wednesday of the month: 10 AM to 11 AM**

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

- 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!

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



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

A time has not been set by the South Nepean Community Health Centre for the resumption of in-person sessions.

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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**Winterlude 2022**



This year, the ice sculptures will truly be the stars of Winterlude!

Due to evolving public health measures, and because the well-being of all remains our highest priority, Canadian Heritage has taken a safer approach for Winterlude 2022. As such, in-person activities at the Snowflake Kingdom and in Ottawa, will not take place.

For the 44th edition of Winterlude, Canadians from coast to coast will get to enjoy world-class works of art and vote online for their top 3 favorite sculptures as part of Winterlude's ever-popular National Ice-Carving Championship.

**Winterlude National Ice-Carving Championship**

On February 5 and 6, 2022, teams of 2 sculptors worked simultaneously in Canada's 10 provinces. They had 15 blocks of ice and 20 hours to create a work of art based on the "Olympic and Paralympic spirit" theme, a nod to the 2022 Winter Games.

**How to vote**

You have until **Sunday, February 20 at 5 pm (Eastern Time)** to vote. The winning teams will be announced on February 21.

Stay tuned for Championship developments by following the [Facebook event](#).



***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.