

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Winter 2025 Newsletter”

The snow is arriving, and winter is slowly settling in! Gardens have been put to bed, golf clubs put away with all the other summer “toys”, and slowly, skis are coming out of hiding, snow boots of all kinds refreshed, as are all the other winter paraphernalia. For those with more indoor activities in mind, welcome back to another full season of activities, events and other opportunities.

First, a big “thank you” to the Membership. Your donations have allowed us to confirm room rentals and pay other costs for the period January 2026 to June 2026.

Our 11th year of operations, saw many changes:

- Don left for Halifax earlier than planned where he is now settled and, where, from a distance he is keeping an eye on us – like a doting father watching over us ready to help.
- Louise took over the helm as Interim President for the rest of the year. Thank you, Louise – filling Don’s big shoes required a very steep learning curve! Again, your hard work is very much appreciated!
- Hilary has retired from the Board but will still be hosting the Monday drop-in with Val and newcomer Marie. All our gratitude and thanks to Hilary who has been on the board for 10 years+. Welcome to Marie, thank you for volunteering with our group.
- Our many thanks to Pandora who served as Vice President and has done an excellent job of managing our kitchen – from always keeping our canteen well stocked, winter or summer, and ensuring that we could host our events in a healthy environment.

The Annual General Meeting, held November 12, 2025, was well attended and more changes were brought about. We are pleased to announce the new Board of Barrhaven Seniors' Council elected to steer the group for 2025/2026.

President: Aline Gossein

Vice President: Louise Chenier-Dalonzo

Treasurer: Patrick Whittaker

Secretary: VACANT

Directors At Large:

- Regina Kouri
- Frank Lee
- Helene Chartrand – new member to the Board

FOR YOUR HEALTH AND SAFETY

February 4th, 2026, at the KEN ROSS BUILDING

The University of Ottawa Heart Institute is offering a free screening for People 65+ with no known heart issues. Our mobile screening program offers early detection, diagnosis and treatment.

Did you know? Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada. Heart valve problems are often undetected, and late detection may have severe consequences.

Your 30- to 60-minute appointment involves:

- a mini ultrasound of your heart
- questioning, measurements, and rapid finger poke blood tests to evaluate your cardiovascular risk factors

A cardiologist will review the results and recommendations will be provided at the end of your visit. Space is limited! Schedule your appointment today by calling 613-696-7412 or sending an email to [cvhd-msp@ottawaheart.ca](mailto:cvhdm-msp@ottawaheart.ca)

City of Ottawa - Accessibility Spotlight - Snow Removal Programs

Do you need help clearing your driveway and/or walkway during the winter?

The City of Ottawa offers snow removal programs to assist older adults and persons with disabilities.

- The **Snow Go program** provides a matching service for older adults and people with disabilities to hire an individual or contractor to clear snow from private driveways and walkways at an affordable rate.
- The **Snow Go Assist program** provides financial assistance to eligible low-income older adults or persons with disabilities to help with their snow removal costs.
- Consult the [Snow Go and Snow Go Assist program](#) website to find out more about eligibility and funding available.
- To apply, contact your local community support agency. For a list of these agencies, visit [our website](#) and click on the apply tab, call 3-1-1 or call 613-580-2400 for VRS. The deadline to apply is **Friday, November 28**.

Barrhaven Seniors' Council Activities offered at the Ken Ross Building

Monday – Seniors' Drop-in 10:00am to 12:00pm Coordinators Val, Hilary and Marie

Looking for a chance to get together and start the week with friends? This informal gathering offers a casual atmosphere in which to meet others and share ideas. Occasional guests will provide unusual and interesting activities. Past events have included a well-known local Artist, some wonderful Crafts activities, a Murder Mystery morning, line dancing, a very popular Psychic, a Christmas Bingo, and several Halloween and Christmas special get togethers. Coffee, tea and other beverages are available at minimal cost, and treats are free, courtesy of the Barrhaven Manor and Prince of Wales Retirement Homes.

Monday – Knitting 1:30pm to 4:00pm Coordinator: Jennifer

Come join our group of experienced knitters. We make substantial donations of knitted materials each year to Ottawa's premature babies and adults in need. You can choose to knit for charity or for yourself while making new friends and getting new project ideas. A fun time for all!

NEW ** NEW ** NEW

Tuesday & Thursday - Come Walk with Me 10:30am to 11:30am

Join **Louise**, our coordinator, for a warm indoor walk at the Minto Recreational Center (MRC). Walk as long or as little as you want. This activity is free - no membership of any kind required.

Please bring indoor shoes. The walking track is on the second floor. Walking poles are permitted as long as they have rubber tips.

Tuesday – Bridge 12:00pm to 3:00pm Coordinator: 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 welcome.

Wednesday – FUN Euchre 12:30pm to 3:30pm Coordinator: Aline

You don't need to bring a partner, just come in and join a table. This is a non-competitive environment designed for players to have fun and socialize. Out of courtesy for the other players, please arrive promptly by 12:30pm!

Thursday - Cribbage & Scrabble 12:30pm to 3:30pm Cribbage coordinator: Michael; Scrabble coordinator: Phyllis

Drop ins are welcome! Scrabble Boards, Dictionaries and Cribbage Boards and cards are provided, so just come and have fun!

Friday - Canasta 12:30pm to 3:30pm Coordinator Diane and Paul

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

MEN'S BREAKFAST Broadway, Barrhaven 8:30am

Tuesdays – December 9

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

LADIES' LUNCHEON Broadway, Barrhaven 11:30am

Wednesdays: December 10

Reservations can be made up to two days before each meal by contacting Lynne at mholtby@rogers.com or calling 613-825-1725

BARRHAVEN WRITERS' CIRCLE First Friday of the month 1:30 – 3:30pm

Coordinator Hilary Location: V!VA Barrhaven

Have fun writing as you prepare to share your work with others in this warm, welcoming non-critical group. Each month you may present your written piece to the group and each person will be given up to eight minutes to read their story.

The emphasis is on fiction writing, but poetry, novels in progress and fictional autobiographies are also welcome. This group has already published two anthologies and will be working on a third this year.

V!VA BARRHAVEN IS INVITING YOU TO JOIN THEM IN THE FOLLOWING ACTIVITIES :

V!VA Swimfit = 10 spots available on Fridays 9:45am to 10:30am

The V!VAfit swim class is a low-impact class for all fitness levels, using water resistance to strengthen core muscles, improve balance, increase mobility and boost cardiovascular health.

V!VA Drumfit 5 spots available per class Tuesdays and Thursdays 1:15pm to 1:45pm

V!VA Drumfit is a fun cardio workout that blends drumming, movement & strength to boost fitness & coordination.

To register for V!VA activities, contact Natasha and secure your spot today!

(613)823-0220 – email: barrhaven@vivalife.ca

Let them know that you heard of those activities from the Barrhaven Seniors' Council

Keep warm, enjoy your chosen activities, whatever they may be, and we will keep in touch as we prepare for 2026!

The Board

Barrhaven Seniors' Council,

<https://barrhavenseniors.com>

Charity #72092 5924 RR0001,

Canada Not-For-Profit #1016879-3.