

BARRHAVEN SENIORS' COUNCIL
April-May 2026 Newsletter

Looks like Spring is still playing hide and seek and is keeping us guessing!!! Snow boots are away, but coats sneaked back into our lives! Golf clubs have been out with a warm pair of gloves and swimsuits are still packed! Hello! Spring we are waiting for you!!

HEALTH & SAFETY NEWS

Ottawa Public Health update: Free Fall Prevention Program for Older Adults in Ottawa

Last month, we provided information on the above. There were a few issues getting to the sign-up page of this program and the courses filled out very quickly. I have reached out to the City of Ottawa and will publish an email specific to this program in the next few weeks.

ADAPT-EXPO - MAY 9TH

Adapt EXPO and **Ottawa Inclusive & Para Sports Expo (OIPSE)** bring together 150+ local organizations supporting seniors, individuals living with disabilities, chronic illness, athletes, caregivers & more.

<https://www.adaptexpo.ca>

Ontario Health atHome is a single organization coordinating local home & community care, long term care placement, and help finding services in the community. They are an incredible source of information on age related concerns – you can reach out to them by clicking on this link: <https://ontariohealthathome.ca>

BARRHAVEN SENIORS' COUNCIL ACTIVITIES – MAY/JUNE

MAY 23rd - DAY TRIP

MONTREAL – BOTANICAL GARDEN SHOW

Our next trip will be to the Montreal Botanical Garden Show. Here's your chance to talk to horticulturalists, meet producers, craft people and maybe bring home a little-known plant.

The trip costs \$122 and includes transportation, Admission to the Botanical Gardens and all taxes.

Please contact Ottawa Valley Tours at 613-723-5701 to book your seat on a comfortable coach bus and get more information about the tour.

Please note that there is no lunch available for this outing. You can bring your own or ask Ottawa Valley Tours for options while you're visiting.

We kindly ask that you drop us a line at VP2025Barrhavenseniors@gmail.com if you are signing up to this trip. The Barrhaven Seniors' Council would like to understand the level of demand for such activity. Thank you.

JUNE 3 – WORKSHOP: NAVIGATING IN AND OUT OF HOSPITAL
MINTO Recreation Complex – Cambrian Room 10:00am to 12:00pm

The workshop will address how to prepare for a planned or unplanned hospital stay. Among the topics that will be discussed:

- determine how to prepare for a planned/unplanned admission;
- think about legal matters related to your health care.;
- review ways to reduce the risk of readmission;
- explore how to prepare your home for your return;
- and more...

This workshop is offered in partnership with the Council on Aging of Ottawa. There is a \$10 fee to be collected at the door – a workbook will be provided. Please register with barrhavenseniors@gmail.com.

BARRHAVEN SENIORS' COUNCIL ACTIVITIES IN APRIL

The Barrhaven Seniors' Council hosted a workshop on **FALL PREVENTION** on April 22nd at the Minto Recreation Complex. Unbeknownst to us, a high school hockey tournament was scheduled at the same time which made parking a bit of a challenge. On the positive side, we met several young hockey players from Sudbury who helped us carry our coffee upstairs!

Approximately 40 people attended this very informative session prompting some to review their surroundings and ensure they limited their exposure to falls.

All our grateful thanks to **Dr. Nancy Edwards** who gave her time and shared her in depth knowledge on fall prevention.

Some of our members had great fun **BOWLING** on April 27th at the Merivale Bowling Centre. All our thanks to Louise for organizing the event!

BARRHAVEN SENIORS' COUNCIL VOLUNTEERS HOST THE FOLLOWING ACTIVITIES:

Many thanks to all our dedicated volunteers without whom these activities could not be held!

MEN'S BREAKFAST **Broadway, Barrhaven 8:30am**

Tuesdays – May 12th

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: May 13th

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.

WEEKLY ACTIVITIES HELD AT THE KEN ROSS BUILDING

700 LONGFIELDS DRIVE

Monday	Drop-in	10:00AM-12:00PM
Monday	Knitting	1:30PM-4:00PM
Tuesday	Bridge	12:00PM - 3:00PM
Wednesday	FUN Euchre	12:30PM - 3:30PM
Thursday	Cribbage & Scrabble	12:30PM - 3:30PM
Friday	Canasta	12:30PM - 3:30PM

ACTIVITIES OFFERED THROUGH OUR NEIGHBOURS AND PARTNERS

THE BARRHAVEN LEGION BRANCH 641

CANADA DAY FUNDRAISER Saturday MAY 16TH

Elvis tribute show – starring Darryl Burwash

Doors open 6:00pm showtime: 7:00pm-9:30pm

Tickets \$35 – get tickets from www.directfromlasvegas.ca

ALSO AT THE BARRHAVEN LEGION BRANCH 641:

HIGH TEA

Barrhaven Legion Branch 641

Sunday, May 17, 2026

From: 2pm – 4pm

\$25.00 per person

FOR RESERVATION, PLEASE CONTACT:

Ken at: 613-795-2127 OR

Email: reservation@rcl641.ca

Phone Number necessary.

Music by:

Scott Voelzing

THE PRINCE OF WALES MANOR (22 Barnstone Drive) INVITES YOU TO:

Prince of Wales Manor & Barrhaven Lions Club

**MOTHER'S DAY
PAINT & SIP NIGHT**

Date Change:
May 13th, 2026
6:00–9:00pm
22 Barnstone Drive, Nepean

- Step-by-step painting session – supplies included
- Complimentary glass of beverage and snacks
- A fun evening with friends & a work of art to take home
- Bring your mom or paint something special for a wonderful woman in your life!

TO RSVP Please call Alex at
613-843-9887

Tickets
\$20 per
person**

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

To all, take care, stay healthy, and hopefully by our next newsletter we will all have put away our winter clothing!!!

The Board

Barrhaven Seniors' Council

Email us at:

Barrhavenseniors@gmail.com

613-795-2435

<https://barrhavenseniors.com>

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