

BARRHAVEN SENIORS' COUNCIL
March-April 2026 Newsletter

Looks like Spring has been playing hide and seek and is keeping us guessing!!! I am really looking forward to putting boots and heavy winter coats away for a while and getting the golf clubs and swimsuits out!

Many thanks to all our volunteers who are always there every week to open the doors of the Ken Ross building for our activities and make all our out of Ken Ross building events happen!

HEALTH & SAFETY NEWS

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

Falls are one of the leading causes of injury among older adults, but they don't have to be. The Strong and Steady program is a free, 10-week fall prevention exercise program designed to help adults aged 65+ improve strength, balance, and mobility. Falls pose a major health risk for older adults, but the right exercises can help you stay active and prevent falls.

Why Join?

- No cost to join! Classes are held two days a week for 10 weeks.
- Designed for beginners to build strength and balance to prevent falls.
- Classes are available in multiple languages and can be taken from home (virtual), or at select City of Ottawa recreation centers or community centers.
- Led by certified fitness instructors or leads who specialize in fall prevention.

For more information, visit [Strong and Steady!](#)

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>

BARRHAVEN SENIORS' COUNCIL ACTIVITIES – APRIL

The Barrhaven Seniors' Council will be hosting a workshop on **FALL PREVENTION APRIL 22nd, 2026**

10:00am to 12:00pm at the Minto Recreation Complex, the Cambrian room

PREVENT FALLS – BE PROACTIVE

This interactive presentation will address risk factors for falls and what seniors and other community members can do to prevent falls. Nancy will provide her top ten picks for

practical and proactive approaches to fall prevention. Bring your experiences and your questions.

Our presenter, **Dr. Nancy Edwards** is a Distinguished Professor and Professor Emerita, School of Nursing, University of Ottawa. She obtained her undergraduate nursing degree from the University of Windsor and completed graduate studies in epidemiology at McMaster University and McGill University. She has received three honorary doctoral degrees. Dr. Edwards' professional interests are in the fields of public and population health. She has conducted research on fall prevention for nearly thirty years with a particular focus on preventing falls in the community by modifying the built environment. Currently Nancy is a board member with and chairs the fall prevention working group for the Ottawa Chapter of the Canadian Association of Retired Persons (CARP). She co-chairs S.A.F.E. (Stop All Falls Everywhere) Ottawa, a collaborative of organizations aiming to reduce falls in our municipality. Nancy represents the Canadian Public Health Association on the Advisory Council for Harmonized Construction Codes.

The presentation will be approximately 50 minutes long. Participants are invited to stay for coffee and chat with Dr. Edwards, reconnect with others or meet new friends! There is limited space, please register at: barrhavenseniors@gmail.com

LET'S GO BOWLING!!! 5 PIN BOWLING THAT IS!!

APRIL 27th 1:00pm to 3:00pm
Merivale Bowling Centre
1916 Merivale Road

Two games \$15.98
Shoe rental - \$3.50
ALL TAXES INCLUDED
Credit or debit only to be paid upon arrival.

Meals before or after bowling are at participants' discretion.

Please register @ VP2025barrhavenseniors@gmail.com by providing your name and phone number. The first 16 people to respond by April 22nd will be registered. There will be a waiting list.

HAPPENINGS WITH THE BARRHAVEN SENIORS' COUNCIL IN MARCH

March 16th, 2026

The St. Patrick's eve lunch was well attended at the Heart & Crown when many enjoyed singing Irish songs with our song leader Rocky!

Big THANK YOUs to the staff of the Heart & Crown who took great care of us and for Louise for organizing the event!



March 25th, 2026

Workshop: Aging in Place with supports and services.

Response to this workshop for so favorable, it caused us to relocate to a space that welcomed close to 50 people. We all enjoyed and learned from the informative presentation from Trish Rossiter on Aging in Place. **A GREAT BIG THANK YOU TO TRISH!!** The workshop format allowed for group discussion and information exchange. There was so much information, so much to learn! I believe we will all refer to the workshop booklets we took home!

Our appreciation and thanks to the Council on Aging of Ottawa for preparing those workshops!

I was happy to hear that this workshop provided the occasion for some to reconnect with pre-Covid friends! We will endeavour to provide extra time for people to socialize when we schedule future presentations/workshops.

Lastly, apologies for the parking situation. We were not aware that there would be a hockey tournament on that day! Lesson learned when scheduling future presentations!

BARRHAVEN SENIORS' COUNCIL VOLUNTEERS HOST THE FOLLOWING ACTIVITIES:

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

Barrhaven Seniors' Council activities offered outside the Ken Ross Building

COME WALK WITH ME

Tuesday & Thursday - 10:00am to 11:00am

Join **Louise**, our coordinator, for a warm indoor walk at the Minto Recreational Complex (MRC). Walk as long or as little as you want. This activity is free - no membership of any kind required. No sign-up required, you only need to bring indoor shoes. The walking track is on the second floor. Only walking poles with rubber tips are permitted.

MEN'S BREAKFAST Broadway, Barrhaven 8:30am

Tuesdays – February 10th

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: February

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

ACTIVITIES OFFERED THROUGH OUR NEIGHBOURS AND PARTNERS

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

SCRABBLE COMPETITION

April 13 1-3pm

RSVP to Alex at 613-843-9887

COMMUNITY HEALTH FAIR

April 18th 11:00am to 2:00pm

Presentations by: Osteoporosis Canada, Senior Solutions, Trat Hearing Health Clinic and Perfect Smiles

Get Free Screenings & Information Osteoporosis Canada, Hearing, Dentistry, Physiotherapy, Blood pressure, Death Doula, Companionship services and more..
RSVP to Alex at 613-843-9887

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

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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