

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

Spring 2025 Newsletter”

Spring – a time of renewal. The weather warms up! Flowers bloom. We have that sense that all is well and that good times are ahead.

So it is with the Barrhaven Seniors' Council. We welcome a restructured Executive and Board of Directors (see page 3) who will be providing programs and leadership. Please give them your full support.



This is my last newsletter to you the Membership as Marilyn and I prepare to move to Halifax in May – well ahead of our original plan. It has been my honour to work with the many volunteers since we began this group in 2014.

If you have any suggestions for activities this coming year, please send an email to Louise (Interim President Designate) at barrhavenseniors@gmail.com Louise will your suggestions to the Board at their next meeting on 14th.May

A reminder that the AGM MINUTES: are now available on our website at:[AGM notes | Barrhaven Seniors' Council](#)

Vacancy: Board Of Directors to be filled May 14th

This is a good opportunity for a Member to apply to be a Director At Large, to get to know some of the workings of the Board “behind the scenes” from May until the AGM in November.

If you are interested in this position on the Board, please contact Louise at barrhavenseniors@gmail.com as soon as possible.

New Corporate Address: 2225 River Mist Road,
Ottawa, ON, K2J 0S1

New Contact Phone Number:(613-720-7398)

RESERVE YOUR SPOT AT THE TABLE



We are now resuming our large group meals at a variety of local restaurants.

Our first outing will be to:

Location: Tutti Frutti

**Wednesday, May 7,
2025**

2 Sittings – 9:30 AM and 11AM

Don will send out assign up email several weeks in advance with email reply as to name and which Sitting to chipchip@rogers.com



FREE EXERCISE PROGRAMS

All costs are covered by the
“Home and Community Care Support
Services: program”


Types of Exercises by Zoom – Variety
of Time Slots Offered – Join Anytime

Chair; Stroke Recover; Parkinson’s; Diabetes; C.O.P.D.

Please remember that every new participant should contact Grace at gkowalczyk@familyphysio.com or call her at 613-796-4729 for proper registration and to confirm times and days of the week

Leadership changes for 2025

As we prepare for activities this Spring, we have a number of changes to announce regarding the structure of the 2025 Executive and Board:

With Dave stepping down as Co-President a few weeks ago, Don's temporary role then reverted back to President. However, given his upcoming move to Halifax in May, as per the  Constitution the Board named a replacement to be ratified at the Board meeting on May 14th Term: to the AGM in November. From now until May 14th, Don will be assisting his replacement so as to provide for a seamless transition.


EXECUTIVE:

Interim President Designate: Louise Chenier=-Dalonzo 

Past President (starting May 14, 2025): Don Winchester
(assisting w/transition March to May 14th)

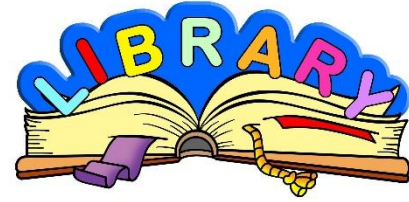
Vice President – Pandora Weller: activities back up
co-ordinator

Secretary: Aline Gossein

Treasurer: Patrick Whittaker (replacing Jacques Boyer) 
Val McPhail (assisting transition until
June 1, 2025)

DIRECTORS AT LARGE: Hilary Robinson; Regina Kouri; **plus a**

Vacancy: Board Of Directors to be filled May 14th



Check out programs at the Ruth E. Dickinson Library, 100 Malvern Drive.

Writing Circle

Meet Monthly on Thursdays from 3:00 – 4:00 pm. March 20, April 17, May 15 and June 19.

Are you a hobby writer? Or perhaps you wish you could be. You welcome a time of solitude and your pen begins to move on a blank page. Writing is a solitary activity. Yet at the heart of it, writing is about communication and creating community. This is a space for exploring your own unique ways of expressing yourself in a safe and supportive environment. Stories, reflections, poetry, memoirs or whatever you want to write, you are welcome here. Drop in program.

Housing for the Elderly

Wednesday Apr 23 at 11:00 am – 12:30 pm

Presented by the Ontario Legal Information Centre, this workshop is all about housing for the elderly, such as room, apartment and care home leases. Sign up to learn more about this topic for yourself or for a loved one. Register online at bibliottawalibrary.ca to reserve your spot.

Library Lecture Series: Celebrating Nancy Drew

Saturday Apr 26 at 10:30 - Noon

Did you know that 2025 marks the 95th anniversary of the publication of the first Nancy Drew novel? We will be joined by local author, Nancy Lauzon, for a discussion on all things Nancy Drew, from the origins of the series to Nancy Drew Sleuth conventions! Nancy will also bring her varied Nancy Drew collection for perusing. We hope to see you there! Register online at bibliottawalibrary.ca to reserve your spot.

How to Take Better Vacation Photos
Tuesday May 20 at 2:00 – 4:00 pm

Learn how to more effectively tell the story of your vacations through pictures. Regardless of what kind of camera you use (cell phone, tablet, DSLR, etc.), Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club will show how to use light, foreground, people, and framing. Learn to create descriptive photos that needs no captioning. Register online at bibliottawalibrary.ca to reserve your spot.

Armchair Travel – Newfoundland
Tuesday Jun 17 at 2:00 – 3:00 pm

Enjoy photos and narration from multiple car trips around this wonderful province. Highlights include the Viking settlement in L'anse aux meadows, the fjord at Western Brook Pond, the Tablelands, Bonavista, Twillingate, Cape Spear, icebergs, and so much more. Presented by Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club. Register online at bibliottawalibrary.ca to reserve your spot

Canadian Tulip Festival

May 9 - May 19

Movies in the Park

Canadian Tulip Festival Preston Street and, Queen Elizabeth Driveway, Ottawa, Ontario, Canada

Free Movies, All Day, Every Day! Show times: Coming Soon Movie Schedule: TBA With family favourites, offering children's programming in the day and blockbusters in the evenings. Location: Movie Screens

FREE Self-Guided Tour

Canadian Tulip Festival Preston Street and, Queen Elizabeth Driveway, Ottawa, Ontario, Canada

Take a journey through history and horticulture with our 45-minute guided tour, available in both English and French. This self-guided, QR Codeactivated tour through Commissioners Park will lead you through.

These and more activities outlined at: [Festival Information - Canadian Tulip Festival](#)

**We continue to offer our highly successful
Men's and Ladies' outings:**



MEN'S BREAKFAST

Broadways
Barrhaven

8:30 AM

Tuesday
Mornings

April 8; May 13; June 10

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**

Broadways
Barrhaven

11:30 AM

Wednesday
Mornings

April 9; May 14; June 11

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

Stay Active and Connected with Free Virtual Programs for Older Adults

The City of Ottawa offers a variety of **free virtual programs** designed to help older adults stay active, engaged, and connected — all from the comfort of home. From gentle fitness classes and wellness workshops to social groups and creative activities, there's something for everyone.

Whether you're looking to improve your health, learn a new skill, or connect with others, these programs provide a welcoming and supportive environment.

Explore the full list of programs and register today: ottawa.ca/olderadults

Please help us spread the word! Share this opportunity with your network and community members who may be interested in participating.

Virtual Programs | Programmes virtuels

City of Ottawa | Ville d'Ottawa

* virtual.virtuel@ottawa.ca

8 ottawa.ca/virtualprograms | ottawa.ca/programmes-virtuels

SPECIAL PRESENTATIONS:

Dave Voisey will be setting up a number of special presentations throughout 2025. If you have any suggestions, please do not hesitate to contact Dave at dmvoisey@gmail.com

NewMember Inquiries:

Please ask your friends to refer inquiries to Aline at secretary.barrhavenseiors2025@gmail.com



Canadian Sunset Ceremonies

Join us for the RCMP’s Canadian Sunset Ceremonies featuring the Musical Ride in the nation’s capital: June dates to be announced at [RCMP Musical Ride Sunset Ceremonies | Ottawa Tourism](#)

Watch the world-famous RCMP Musical Ride Mounties perform a free, time-honoured tradition in Canada’s capital, including complex and thrilling cavalry figures and drills choreographed to music.

If you’re looking for a truly Canadian experience, come see the iconic Musical Ride – it will fill you with pride!

1 Sandridge Road Admission free !

We are pleased to offer 4 family-friendly performances:

Canadian Sunset Ceremonies | Royal Canadian Mounted Police ([rcmp.ca](#))
Arrive early to get a good spot and check out our RCMP and partner booths and food vendors.

Mattamy Homes

Canada Day In Barrhaven 2025

Live Bands, Midway, Kidz Zone, Multiple Entertainment Stages, Family/Seniors Breakfast, Artisans, and Many Food Vendors



Midway:

June 20 to July 1st

July 1st:

- Seniors and Family Breakfast;
- entertainment;
- fireworks

For a full outline of

events, go to: [Canada Day in Barrhaven - Canada Day Barrhaven](#)

BARRHAVEN WRITERS' CIRCLE



**First Friday of the month
1:30 PM – 3 PM at
VIVA Barrhaven**

A “Word of the Month” and “Phrase of the Month” are provided to help guide your work.

Have fun preparing your work as you prepare to share your work with others in this warm, welcoming group.

At the following month’s gathering, you may present your prepared written piece that uses the Word / Phrase of the Week. Each person will be given up to eight minutes to present their work to the group.

Poetry, prose, a novel in progress, song lyrics ...the sky’s the limit

If the word has you stumped, feel free to bring another piece of writing to present to the group.

SEASONAL BUS TRIPS



This past year we resumed our day long bus trips. As in the past, we reserve a block of seats for our Members with Ottawa Valley Tours.

We do not travel in the winter. Day trips will resume later this Spring, Summer and Fall.

If you have suggestions for trips, please contact Louise at barrhavenseniors@gmail.com

Don’t miss these wonderful day trips outlined in our monthly updates throughout the year. Join us for a fun time !



Barrhaven Seniors' Centre

Centre pour aînés de Barrhaven

WEEKLY ACTIVITIES AT THE BARRHAVEN SENIORS CENTRE



The building is at the intersection of Highbury Park Dr. and Longfields Drive (first stop light north of Strandherd Drive on Longfields Drive).

Enter the large parking lot and our accessible building is ahead on the left.

EXPECTATIONS of MEMBERS

Our event Co-Ordinators are “volunteers” who willingly give up their time so as to provide a “positive experience” for participants. Everyone who comes to the building for **any activity** should have the opportunity to take part – **no one should be left out**. If there are not enough players for another table of that particular game, please take turns sitting out a hand so that everyone has a chance to participate in the activity

MONDAY MORNINGS

SENIORS DROP IN

10 AM to 12 Noon
HOSTS: Val and Hilary

Looking for a chance to get together and start the week in a relaxed manner? This informal gathering offers a casual atmosphere in which to meet others and share ideas. Coffee, tea and other beverages are available at minimal cost.

Snacks are provided by:

V E N V I

**Prince of Wales Retirement Community and
Barrhaven Manor**

MONDAY AFTERNOONS

1:30 to 4 PM

Contact: Veronica Suarez
vsuarez99@icloud.com



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!

Pg. 12 **TUESDAY AFTERNOONS**

BRIDGE: every Tuesday afternoon

- 12 Noon to 3 PM
- Co-Ordinator: 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 always welcome.

WEDNESDAY AFTERNOONS



Fun Euchre 12:30 to 3:30 - Co-ordinator: Aline
 You do not have to bring a partner. Just come on in, join a table, meet people, and play.

This group is not competitive

- designed for players to have fun and socialize. Players seeking a competitive Euchre game should consider different venue so as not to detract from those wanting to socialize and enjoy a friendly atmosphere

THURSDAY AFTERNOONS



CRIBBAGE: every Thursday afternoon: 12:30 to 3:30 PM
 Co-Ordinator: Michael

This group has received good response to date from interested Members. The more players the better! Drop-ins are always welcome.

SCRABBLE: every Thursday afternoon
 - 12:30 to 3:30 PM



Co-Ordinator: Marilyn until May; then TBA

This group welcomes both new and experienced players. Come and have fun. Scrabble boards and dictionaries provided.

FRIDAY AFTERNOONS



CANASTA: every Friday afternoon - 12:30 to 3:30 PM
 Co-Ordinators: Diane and Paul

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