

SFC NRT News for the week of Oct 14th

Hello from the Seniors Friendship Club!

We hope that this email finds you and your families doing well.

Please see below for this week's SFC news; please share with your residents, neighbors, family, and friends.

We welcome new members and look forward to hearing suggestions on how we can add to and enhance our programming.

Melanie Theil, on behalf of
The Upper Ottawa Valley Seniors Friendship Club

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Grammando: (Gruh-MAN-doh): One who constantly corrects others' linguistic mistakes. Cowed by his grammando wife, Arthur finally ceased saying 'irregardless.'

No Snooker, Pool, Darts and Shuffleboard at Deep River Legion today - Thanksgiving Monday. The six who came last week had fun, says Gordon, so join us on the following Mondays 1:00 - 3:00 pm. \$5 per person, with extra \$2 for the pool table.

The **Thursday morning Coffee and Conversation** will be at the Deep River Library at the usual time of 10:00 am on October 17.

For the **Walk in the Woods** this Wednesday October 16 we will try again to do the **Reilly Bird Nature Reserve** trail. (Last week we didn't venture far but we had eight people do a nice walk to the Four Seasons Observation Shelter with only gentle rain.) Turn left on Meilleur's Road about 14 km

west of Deep River (towards Rolphton). You will pass the Schoolhouse Museum on this gravel road and continue until you see the sign for the Reilly Bird Nature Reserve. Park along the left (south) side leaving room for other traffic. Be ready to walk at 1:30 pm. The trail is steep with switchbacks, so it could be challenging but when checked recently it was in good condition and well marked. If it rains, the walk will be cancelled as the fallen leaves and steepness would make it slippery and treacherous. Distance is probably less than 3 km.

Qigong on Tuesday October 29 with Suli Adams 10:00-11:30 am. (note time change from what was on October calendar) Suli will be leading a workshop with Qigong. Qigong is known as the art of preventing disease and prolonging life. Qigong is an ancient Chinese healing art which focuses on cultivating the Qi or internal energy, for health, vitality, and longevity. The practice of acupuncture and acupressure is based on this principle of internal energy flow through the body. Stagnation of energy in the body leads to pain, mobility issues and disease. Qigong exercises are LISS i.e. low intensity steady state stretching and flowing movements combined with breath work done mindfully to one's ability, to activate the body's internal energy flow. Qigong helps to restore health and mobility through the calmness of the mind and an energized body. This workshop is free for SFC members and requires participants to wear comfortable clothing and shoes. No registration is required.

PLEASE NOTE: The "Old-Fashioned Gaming" originally scheduled for 9 am - 10:15 on Tuesday October 29 will be postponed to a later day, because of Suli's Qigong starting at 10:00 instead of 10:30.

This season's first UOV SFC Bowling event will be on Thursday November 21, with bowling from 3:30 - 5:15. Optional dinner at Santa Fe at 5:30 at your own expense. Bowling cost is \$6 (non refundable) which must be received by Thursday November 14. Pay by e-transfer to 23uovsfc55@gmail.com or in the drop-off box at the Deep River Town

Hall. 20 people are needed for this event, with a maximum of 24 (4 people per team on each lane). Please notify 23uovsfc55@gmail.com by Thursday Nov. 14: 1. confirming that you will bowl, 2. confirming whether or not you will join the dinner at Santa Fe. If numbers exceed 24 we will start a cancellation list.

Wills? Power of Attorney? Managing Estates?

Have you got questions? Come out to our \$2 lunchtime talk series and find out more from our local lawyer Jodie Primeau. You can't beat that for a deal! These are funded by the Government of Canada's New Horizons for Seniors Program and organized by the Upper Ottawa Valley Seniors Friendship Club.

Monday, November 4, Noon, Chalk River Lions Hall

Jodie Primeau - Inheritance Roadmap: Navigating Wills with Confidence
Must register by Oct. 29

Monday, November 18, Noon, Deep River Legion

Jodie Primeau - Managing Legacies: Estate Administration & Planning Essentials

Must register by Nov. 11

Monday, November 25, Noon, Stonecliffe Community Hall

Jodie Primeau - Empowering Choices: Decoding Powers of Attorney
Must register by Nov. 18

Doors open at 11:30am

Lunch at noon by Maven Catering (soup, sandwich, dessert)

Musical entertainment during lunch

30-minute talk starting at 1:00pm, followed by questions

These \$2 lunchtime talks are open to all, but we have capacity limits so you must register with the UOV SFC to attend (phone 613-401-3452 or email 23uovsfc55@gmail.com)

The Upper Ottawa Valley Seniors Friendship Club is open to all adults living in the area from Chalk River to Deux Rivieres. Our website is <https://seniorsfriendshipclub.ca> and Facebook page is <https://www.facebook.com/sfc.uov>

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