

# The Upper Ottawa Valley Seniors Friendship Club

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## UOVsFC Monday Memo for the week of January 13, 2025

For "enriched" white bread, nutrients in the flour are processed out and a few put back in. That's like a thief stealing all your clothes and valuables and giving you back your underwear and empty wallet and calling you "enriched".

The **Thursday morning Coffee and Conversation** is on at the Deep River Library on January 16.

**Walk in the Woods** last Wednesday must have seemed too daunting, as only three people showed up but we had an enjoyable walk along the shore and passed Tack Point then did part of the Welsh Bay snowshoe trail. Two days later this was hardly accessible as the river level came up, so you might have missed your chance for this scenic walk. For this **Wednesday, Jan. 15** meet at the DRXC chalet on Balmer's Bay Road ready to walk at 1:30. If conditions are suitable (depending on the amount of snowfall) we plan to do the snowshoe trails to Welsh Bay and return on the Soggyland Shortcut. Parts of the trails are uneven with tree roots until there's enough snow to fill in between. Total distance 3.6 km which took me 70 minutes to do yesterday.

**The Toonie Lunch and Learn Monday sessions:** You can still register 8 days in advance at [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) for the following sessions so we know how many lunches Maven needs to prepare. \$2 at the door. (Today's is at Chalk River Lions Hall, Carrie Bursey on Dental care, fully booked for lunch.) 11:30 doors open, 12:00 lunch; 1:00 pm presentation.

- ▶ Jan. 20, at Stonecliffe with Jenna Walsh on Nutrition for Seniors (registration closed Jan. 12)
- ▶ Jan. 27, at DR Legion with Kathryn Carruthers on Single Women Living Together (register by Jan. 19)
- ▶ Feb. 3, at Stonecliffe with Shelley Yantha on Programming and Current News at the NRLTCC (register by Jan. 26)
- ▶ Feb. 10, at CR Lions, OV Sport and Spine on Staying Healthy as we Age (register by Feb. 2)
- ▶ Feb. 24, at DR Legion, Janna Hotson, President and CEO, DRDH on MyChart (register by Feb. 16)

**Qigong:** Suli Adams leads 4 more sessions, every other Friday 10:30 am at the Deep River Legion. The session dates: Jan. 24, Feb. 7, 21 and March 7. The cost is \$10 per session. Please register and pay at [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or in the drop box at the Deep River Town Hall. If there is enough interest, we may be able to continue this beyond the 5 sessions.

Reserve **Thursday Jan 23** on your calendar for a **General Meeting. It will be held at the Deep River Legion beginning at noon with a lunch provided by the ladies of the Legion consisting of lasagna, salad, garlic bread, tea, coffee and dessert. The price for lunch is \$10 per person.** We need to know numbers to plan for food so please register by Jan. 15

at [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com). If you want to attend the meeting but don't want the lunch you could bring your own lunch or just come at 1:00 pm. Our speaker will be Madeline Woodfine, Outreach Officer - Local Immigration Partnership – Lanark & Renfrew, Algonquin College speaking about the expansion of their Learning and Connection's Circle.

Tuesdays in the Deep River Library Program Room (please note, the elevator is still out of service)

All of our activities, unless stated, require pre-registration so we know how many to prepare for. E-transfers preferred (please indicate what the money is designated for in the memo section of the e-transfer), or pay through our mailbox at the town of Deep River. E-transfers are accepted through [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com).

Jan. 14 10 am - noon: Second of 2 **Watercolour** painting for novice painters

Jan. 21 & 28 9 am - noon: **Beading with Trudy** Cost \$25 for 2 sessions.

Feb. 4: Create a **felted picture** with Catharine Colotelo (Wet Woolens) pre-register cost is \$40.

Feb. 11: **Pottery** (2 sessions-create first then return to paint) Participants will be creating a plate and bowl. Cost is \$26 for both sessions.

**Happy Joints with Kim Knight** scheduled for Tuesdays Feb. 18, Feb. 25, Mar. 4. Cost is \$10 per session or \$25 for a set of three. As usual, register at [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com).

**Bowling & Dinner** - Thursday, January 30 - 3:30-5:15. Optional dinner at Santa Fe at 5:30 at your own expense. Bowling cost of \$6 is non refundable and must be received by Thursday January 23. Pay in advance by e-transfer at [23uovsfc55@gmail.com](mailto: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](mailto:23uovsfc55@gmail.com) by Thursday January 23: 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.

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>

Melanie Theil on behalf of the Seniors Friendship Club



Webpage: <https://seniorsfriendshipclub.ca/> FB page: Sfc Uov