**SFC NRT News for the week of Sept. 16**

5 ants rented an apartment with 5 other ants.

Now they’re tenants together!

The **Thursday morning Coffee and Conversation** on September 19 will be the final time at the Hexagon; we move to the Deep River Library on September 26. Usual time is from 10 am - 12 noon.

**Membership Renewals now**: Thanks to those who have already renewed their Membership in the Upper Ottawa Valley Seniors Friendship Club which is now valid from September 1, 2024 to September 30, 2025.  If you have not yet renewed ($25) please note your membership expires September 30, 2024. If you are over 90, membership is free, but you should let us know if you want to be on the membership list. You can e-transfer the fee to [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) noting that it is for membership renewal. You can still renew the old-fashioned way with a cheque or cash in an envelope with your name and put it in our little box at the Town Hall.

For the **Walk in the Woods this Wednesday** September 18, 2024 meet at the Deep River X-Country ski chalet on Balmer's Bay Rd ready to walk at 1:30 pm. We will make our way to the Babbling Brook (aka Ormrod Bridge) via M ski loop and some snowshoe trails, including one of my favourite sections which I call "The Enchanted Forest". Some of the trail has tree roots so wear sensible shoes. (Note the new sign at the hospital corner: the name is Balmer's Bay Rd with the apostrophe back!)

**Seniors Active Living Fair** - The Upper Ottawa Valley Seniors Friendship Club (UOV SFC), in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility, is hosting a Seniors Active Living Fair at the Deep River Legion on Thursday October 3 from 11 am until 3 pm. Our goal is to promote awareness of all services and programs that our community offers for living and aging well. More details will follow in the coming weeks; keep an eye on our webpage and Facebook page for upcoming details.

**Watercolour Workshop** - Elaine has put together another three-session watercolour workshop on Tuesdays, October 8, 15, and 22, time 9:30 - 11:30 am in the Deep River Library. This time we are exploring the subject of trees.  Trees in the distance, birch trees, fall coloured maple trees and coniferous trees, you will be painting all kinds of trees.  The course is for those with a basic understanding of watercolour or have taken Elaine’s courses before.  These courses fill up quickly so sign up by October 2 with an e-transfer and message saying Watercolour Workshop at [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com).  Space is limited to 15 people. **Cost: $35 (non-refundable).** You may also register by dropping the money, with a note, into the SFC drop box at the Deep River town hall.

The Seniors Friendship Club is hosting the **Heart Institute's Heart Valve Screening**. The Heart Valve Screening Program is free, and provides screening for anyone 65 years old and above with NO known heart disease or stroke. This screening is 30-60 minutes, and participants receive a mini-ultrasound of the heart by the sonographer, and a cardiac assessment with the nurse. At the end of the clinic visit, participants receive all their results and any recommendations for next steps.  The clinic will be held on November 7th, at The Real Hope Christian Assembly church hall, and a second day will be added November 8th if required.  For registration, please contact the Heart Institute at 613-696-7412 or email [cvhd@ottawaheart.ca](mailto:cvhd@ottawaheart.ca). Please leave a voicemail message or email expressing your interest, the Deep River location, and a staff member will return your message. YOU MUST REGISTER WITH THE HEART INSTITUTE TO PARTICIPATE For more information, please see this video: [https://youtu.be/9SYbyC3OoEw.”\](https://youtu.be/9SYbyC3OoEw.”/)

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>

*Answer Doula*

Melanie Theil on behalf of the Seniors Friendship Club

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