

SFC NRT News for the week of May 8 2024

Riddle: What kind of horse makes you wake up scared?

Answer: A nightmare.

Games day at the Deep River Legion, today (Monday May 6) 1 - 3 pm. We've previously mentioned the importance of having enough participants for our Legion games. We would love to continue these gatherings, but we need at least 10 people to make it feasible. If we don't reach this number, we may need to pause our activities until the fall. Let's come together to keep the games going—your participation is crucial!

~~Wednesday Walk May 8~~ Due to a forecast of rain on Wednesday, the Spring Migratory Songbird Excursion has been rescheduled to tomorrow Tuesday May 7 starting at 8:30 am at the Cross-Country Ski Chalet on Balmer Bay Road. This will be the last event in our **Levante Foundation sponsored series of nature walks**. We will walk around the Four Seasons property to listen for and identify some of the songbirds that have returned from a winter down south. We will split into three smaller groups, each led by a local birding expert, to travel quietly to listen and possibly hear these arboreal singers. Morning is when the birds are most vocal, so please note the early start. The Four Seasons trails have uneven terrain and slippery surfaces, so wear good hiking shoes and bring a walking stick if you like. You may also want to bring binoculars and/or a camera.

Please contact 23uovsfc55@gmail.com to register for this event, which we will limit to 24 participants.

Also with this e-mail is a poster inviting the UOV Seniors Friendship Club to **Birding in the Petawawa Research Forest Saturday, May 11th, 2024 at 8 am.**

Meet Robin Cunningham at the PRF entrance on Clouthier Road just off Highway 17 (at the parking area beside the river). We will be able to drive through some of the PRF, road conditions permitting. We will be part of World Migratory Bird Day 2024.

<https://ebird.org/news/global-big-day-2024>

The Spring waterfowl excursion last Wednesday May 1 was enjoyed by those who attended. They spent some time at the Ross Road Marsh and the Shaw Woods. This excursion was also part of the series of Nature Walks sponsored by the Levante Foundation.

Thursday Morning Coffee & Conversation is on as usual in the Deep River Library at 10:00 am May 9. Bev will move this event to the Yacht & Tennis Club on June 20, the week after the AGM.

Annual General Meeting of the Upper Ottawa Valley Seniors Friendship Club (UOVSFC) Thursday June 13, Noon to 2 pm, at the Deep River Legion: Toonie Lunch (BBQ with Western Theme). Since we have to elect two new members of the executive, Treasurer and Activities Coordinator, we need a good quorum of members. **Please reply by e-mail to 23uovsfc55@gmail.com if you plan to attend**, and specify if you would like a BBQ'd hamburg or hot dog so we know how much food to prepare.

Floral Watercolours with Elaine: This has started already on Tuesdays April 30, May 7 and May 14, 10 am - noon at the Deep River Library.

Creative Dance with Kristen will feature one more class on May 21 to make up for the missed class in April. It will be from 10:30 to 11:30 am in the Deep River Public Library Program Room. ***These dance classes are made possible by the generosity of the Deep River & District Community Foundation.***

Canadian Tulip Festival Bus trip, Monday May 13 is now fully booked. There is a waiting list in case of any cancellations; for more information contact 23uovsfc55@gmail.com.

SFC Website - seniorsfriendshipclub.ca. The SFC is open to all adults living in the communities from Chalk River to Deux Rivieres.

Our email address: 23uovsfc55@gmail.com. Follow us on Facebook.

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