

The Upper Ottawa Valley Seniors Friendship Club

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UOVsFC News for the week of Monday, January 27, 2025

In the 1980s I was riding my bike and fell off and hurt my knee. I'm telling you this now because we didn't have social media then.

Thursday morning Coffee and Conversation returns to the library this week at 10 am. The elevator is still out of service.

Wednesday Walk in the Woods - dress warmly and meet at the DRXC chalet on Balmer's Bay Road, ready to walk at 1:30.

Toonie Lunch and Learn Monday sessions:

You can still register 8 days in advance at 23uovsfc55@gmail.com for the following sessions so we know how many lunches Maven needs to prepare. \$2 at the door. 11:30 doors open, 12:00 lunch; 1:00 pm presentation.

//PLEASE NOTE CHANGE OF SPEAKER AND TIME OF PRESENTATION:

▶ **** Feb. 3, at Stonecliffe **Change of speaker and time of presentation** - County of Renfrew Paramedics on Aging at Home. Lunch will begin at 12 noon. THE PRESENTATION WILL BEGIN AT 12:20.//**

▶ 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)

No **Qigong** this week. **The session dates are Fridays Feb. 7, 21 and March 7**, 10:30 am at the Legion. The cost is \$10 per session. If you want to try a session, please register/pay by emailing 23uovsfc55@gmail.com.

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 dropbox at the town of Deep River. E-transfers are accepted through 23uovsfc55@gmail.com.

Feb. 4 starting at 9 am, Create a felted picture with Catharine Colotelo (Wet Woolens). Class is full.

Feb. 11 starting at 10 am, Pottery (2 sessions - create first then return **Feb. 25** 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**, then another three on **Apr. 29, May 6 and May 13**. Cost is \$10 per session or \$25 for a set of three. As usual, register at 23uovsfc55@gmail.com.

Bowling & Dinner takes place this week on Thursday, January 30 - 3:30-5:15 pm. dinner at Santa Fe at 5:30 at your own expense.

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>

Ann Serdula with information from the Activity Director



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