

Happy September 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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A man dining at a seafood restaurant asked for a lobster tail.
The waitress smiled sweetly and said, "Once upon a time, there was this lobster ..."

My apologies to anyone who tried to attend the re.Planted Farm & Florals Field Day at 36 Wolfe Ave, Deep River, last Monday. I didn't realize that pre-registration was necessary, so the event was cancelled since numbers were too few.

The Thursday morning Coffee and Conversation on September 5 continues at the Hexagon. Until September 19 this will be the gathering place. Usual time is from 10 am - 12 noon.

Deep River Community Registration will be held on Wednesday September 4, 6:30 - 8:00 pm in Mackenzie Community School, and we will have a table where you can renew your membership in the Upper Ottawa Valley Seniors Friendship Club. New members are welcome to join. Membership is \$25, valid from September 1, 2024 to September 30, 2025. Your current 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. If you don't make it to the Community Registration, you can e-transfer the fee to 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.

The Wednesday Walks in the Woods will resume on September 11, 2024 at 1:30 pm with a walk in the Oak Ridge Forest Wildlife Reserve with Wayne Thompson. Meet at the end of Kean Road (off Wylie Road about half way between Deep River and Chalk River) in time to walk at 1:30. Driving time is probably 10 minutes from Deep River.

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 to follow in the coming weeks; keep an eye on our webpage and Facebook page for upcoming details.

PLEASE NOTE: In listing some other local events that might interest you we are forwarding them for our members to consider attending but we are not endorsing them.

Bike Clinic for Adults 55+ (Second in series) Tuesday September 3rd 10:00 am to 2:00 pm at the Deep River Library. Thanks to funding provided by the Government of Ontario the town is pleased to offer this program to adults aged 55+ for FREE! Participants require their own bike for this clinic. To register and/or book an electric bike please call 613-584-2000 ext. 127. The Clinic will be run by the Deep River Police and will cover the following: Basic bike 1 maintenance, rules of the road, equipment & practical Skills. You will also have a chance to try an electric bike, enjoy a road tour of Deep River, followed by a free lunch at the library.

The Town of Deep River has two e-bikes (different sizes) for seniors over 55 to try free of charge. Call 613-584-2000, ext. 127 if you would like to try one. These bikes are light enough to be pedaled without the electric assistance; you shift gears with the right hand and use the electric assistance with the left hand. You have to sign a comprehensive waiver before using these.

Included with this memo is a poster with information on a Dementia Support Group.

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