

## UOVsFC News for the week of March 17

Why do people wear shamrocks on St. Patrick's Day? Because real rocks are too heavy.

Tuesdays in the Deep River Library Program Room (please note, the elevator is 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](mailto:23uovsfc55@gmail.com).

**Happy Joints** with Kim Knight: We will re-schedule last week's session for May 20 at 11 am.

March 18 at 10 am Travel talk with Emily Edwards on her travel to Antarctica.

**March 25 Learn to play Mahjong.** 10 am in the Deep River Library.

Please register in advance and let us know if you have a mahjong game set. There is no cost for this activity.

Wednesday Walk - still on hold until the trail situation is clearer.

Thursday morning **Coffee and Conversation** at the Deep River Library this week at 10 am.

Other Events coming up:

Kicksledding cancelled due to low registration.

March 31 and April 7 (Mondays) from 1 pm to 4 pm at the Deep River Legion: If you missed the Barn quilt earlier with the Deep River Library, you will get another chance. We are collaborating with the library to host this second opportunity. This event is open to all but registration is required. Register for this event by email [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or with a letter in the SFC drop box in the Deep River Town Hall by March 15. Registration is limited. If need be, a waiting list will be created. A donation of \$20, at the door, is suggested. Here is a link to illustrations of Barn quilts:

<https://www.google.com/search?client=safari&rls=en&q=barn+quilts+images&ie=UTF-8&oe=UTF-8>

**Watercolour with Elaine will be returning Tuesdays April 1, 8, & 22.**

10 am - noon. This is for people who have taken her beginner class or have some familiarity with watercolour painting. The lessons will focus on painting roses, tulips and daisies and

possibly pussy willows. If you took her class last year, it will have some similar elements but new learning for all. The cost is \$30 and registration is limited. Please email [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) to register. If needed, a waiting list will be created.

**Movie Matinee** Our first Movie Matinee will take place at the Deep River Legion on Thursday March 20. Doors will open at 12:30 with the movie beginning at 1 pm. The movie we will be showing is "A Man Called Otto," with Tom Hanks. Feel free to bring a comfy chair but leave your refreshments at home. The Legion will have their snack bar open. The movie is free but the snacks are not. Take note that this movie deals with suicide attempts (as well as life as a widower).

**Qigong:** We are taking registrations for another session. The dates will be Fridays March 28, April 4, 11 and 25 at 10:30 am in the Deep River Legion. (April 18 is Good Friday). The cost is \$35 for all 4 or \$10 per session. If you'd like to try it, please email [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com). We will need a minimum of 7 participants to continue.

**Cooking with Carolyn:** Participants come together to learn recipes for budget friendly meals, cook a meal then eat together. Leftovers will be taken home. All classes begin at 1:30 pm. All sessions will be cooking the same recipes. Registration closed Tuesday, March 18 at the Deep River Real Hope Christian Assembly 1:30. Full with a waiting list.  
**Thursday, March 27 at Stonecliffe Municipal Hall 1:30. Two openings left.**  
Tuesday, April 1, at Chalk River Legion, (rescheduled from March 11). Full with a waiting list.

**March 26 (Wednesday) Bowling and Dinner, 3:30 - 5:00.** 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 March 20. Pay in advance by e-transfer at [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) on in the drop 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 March 20 (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.

**Pottery pick-up:** Darlene will be in the Deep River Library main room on Tuesday April 1 from 10 to 11 am for people to pick up their pottery pieces. (How's that for alliteration?)

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 and the Club Administrator

Seniors Friendship Club



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