

Hello from the Seniors Friendship Club, for Wednesday, October 28th.

### Wednesday Walks

Oct 28 (TODAY) - SFC will try to do a walk each Wednesday as long as weather permits. This week we will meet at **1:30 pm on 28 October** in the parking lot of the Mount Martin Ski Club (MMSK) and walk trails in that area. Some of the terrain is quite hilly. **Please reply to: [annserdula97@vianet.ca](mailto:annserdula97@vianet.ca) if you wish to join the walk.**

There are two ways to get to the MMSK parking lot:

1. Follow Avon Road to the western end when it turns into Double Dip Road, pass Grouse Park and then follow the road around to the left until you reach the parking lot.
2. Go up Thomas Street and at the top of the second hill turn right onto Fermi Lane, then left onto Chadwick and follow that around until you reach the parking lot on your right.

### SFC Annual General Meeting

According to the regulations of the Canada Not-for-profit Corporations Act, the Seniors Friendship Club must hold an Annual General Meeting. The deadline for holding this AGM has been extended to 31 December 2020 because of COVID-19 restrictions. The AGM is scheduled for 2:00 pm on Monday, 30 November 2020, at the Deep River Legion upstairs. We can accommodate 50 to 56 members.

COVID-19 protocols will be followed and members in attendance will need to wear a mask and abide by social distancing. Stay tuned for the agenda and any further updates.

The Seniors Friendship Club will present the Great Course lecture series on **Optimizing Brain Fitness** at the CEC on Tuesdays November 3, November 10 and November 17 at 1:30 PM. It will be shown on a large screen. Each session will be followed by a short discussion. We will follow COVID-19 protocols for distancing and masks. Attendance is limited to 15. Donations are welcome to defray costs.

For new people, the CEC is the building beside the Community Church on Deep River Road. Parking is behind the two buildings.

Lunch Time Trivia – We have been invited by Shelley McLeod, Program Manager of the Eganville & District Seniors to join their Zoom Lunchtime Trivia. ‘Grab a snack, then join us for ZOOM LUNCH TIME TRIVIA – just for fun. Time: 12:30 pm. Dates: Mon. Nov. 2, 16, 30, Dec 14. General knowledge & local trivia questions, prepared by Kathleen O’Grady. All participants will get a chance to win a prize at the conclusion of Dec. 14 game. (You must have attended at least three days to qualify.) To register: phone 613-628-2354 or email: [info@eganvilleseniors.com](mailto:info@eganvilleseniors.com)’

Workshops with “Boomerang” – **“Treat yourself with something that inspires you**  
Make time for yourself and try something new with over 150 live workshops, you're bound to find something that inspires you.” If this interests you, check them out on “Boomerang” by entering: [app.goboomerang.com/discover](http://app.goboomerang.com/discover) in your internet browser. Once there you will see the many workshops which are being offered, many of which are offered at no charge. Note: you will need to join Boomerang, for free.

Baycrest and Canada's National Ballet School Presents:

“We are thrilled to announce that we will be launching the second phase of our *Baycrest NBS Sharing Dance Seniors - At Home* pilot, but with expanded offerings to include both standing and seated streams. Beginning on Tuesday, October 27<sup>th</sup> and spanning over the course of six weeks, this FREE pilot will include weekly 20-minute class videos online. Classes are designed to engage with seniors directly and are taught by professional dance teachers from NBS. Each class has live musical accompaniment and content will develop physically and artistically each week. Dancers will be able to move through the content at their own pace and can revisit their favorite classes as many times as they wish, **even if they register after October 27<sup>th</sup>**. If you would like to register for the fall pilot, enter: <https://nbscc.brightspace.com/> in your internet browser, and select which stream is the best fit for you.”

October 31st - NAC Orchestra Livestream Rescheduled - The National Arts Centre Orchestra has rescheduled its season-opening concert — and its first full-orchestra livestream — to Oct. 31. Go to: <https://nac-cna.ca/en>

SilverScenes - The Older Adult Centers of Ontario (OACAO) “would like to let you know about **SilverScenes** - A Film Festival on the Older Person on the Screen and Behind the Camera. The festival, aimed at a multi generational audience, will take place between November 5th November 7th, and is free! The films reveal a deep intuitive understanding of the older person. The impetus for this festival is concern about the serious problems faced by our elderly population which is increasing in age and numbers. A small group of volunteers has come together, in record time, to plan and program the first Silver Screens film festival. Please visit [www.silverscenes.org](http://www.silverscenes.org) for more details and to register for our free programming.”

ZOOM TUTORIAL 2020 – Guide for Beginners

If you are new to Zoom, here is a link to the instructional YouTube video on how to use Zoom: <https://www.youtube.com/watch?v=QOUwumKCW7M&feature=youtu.be>. Otherwise, go in to YouTube, and in the search bar, type: ZOOM TUTORIAL 2020 | How To Use Zoom STEP BY STEP For Beginners! [COMPLETE GUIDE]

Are you new to the area, or looking for help around your house and yard? Check out the Deep River and Area Service Providers List. You can find it on our website (Seniors Friendship Club) under the Our Friends tab. This list has been compiled as a result of satisfied customers who have used the services listed; it ranges from handyman services, trades, lawn cutting, snow removal, etc.

Today's chuckle....Have a HA-HA-HA Happy Hallowe'en!

How can you use a lighthouse, rose trellis, windstorm, dune and Halloween costume to create something tasty?

Answer: Make a beacon, lattice and tornado sand witch.

Know why skeletons are so calm?

Because nothing gets under their skin.

What do you get when you cross a vampire and a snowman?

Frostbite

What is in a ghost's nose?

Booo-gers

Stay safe, Everyone. Don't forget, you can contact us anytime by email at [uovsfc55@gmail.com](mailto:uovsfc55@gmail.com) or check us out on our website at [www.seniorsfriendshipclub.ca](http://www.seniorsfriendshipclub.ca), or on Facebook at Sfc Uov.

Reminder: Our SFC membership year runs from September 1<sup>st</sup>, 2020 to September 30, 2021. For anyone wishing to renew their membership, this can be done in one of two non-contact ways: 1 - by placing your \$20 membership fee, with your name, in an envelope and dropping it in the SFC box on the counter at the Deep River town hall, or 2 – by sending your \$20 membership fee by e-transfer to Seniors Friendship Club via email address: [uovsfc55@gmail.com](mailto:uovsfc55@gmail.com). Due to COVID-19 we will not be issuing membership cards. For those wishing to join the SFC, you can find our membership form on our webpage at [www.seniorsfriendshipclub.ca](http://www.seniorsfriendshipclub.ca) under About Us, or feel free to contact us at [uovsfc55@gmail.com](mailto:uovsfc55@gmail.com) and we will email it to you. Once complete, it can be dropped into the SFC box on the Deep River town hall counter with the membership

fee, or it can be scanned or photographed and sent to us at [uovsfc55@gmail.com](mailto:uovsfc55@gmail.com) along with the e-transfer.

If you have any questions about membership, please contact Ann Serdula at [annserdula97@vianet.ca](mailto:annserdula97@vianet.ca) or at 613-584-2238.

SFC's COVID-19 Policy will follow the current advice of Renfrew County and District Health Unit.