

What a wonderful Christmas Lunch we had last Tuesday at the Legion. The legion ladies outdid themselves and prepared a delicious turkey dinner with all the trimmings. Thank you to Peter Boczar for keeping us singing along to your beautiful Christmas music. A wonderful merry time was enjoyed by all.

We are very busy planning new and exciting events for the new year and our new schedule will be available and emailed out shortly. If you would like to receive the schedule and info on our activities make sure you have renewed your membership. If you wish to join please contact us as soon as possible. Remember if you are the young age of 90, or more, your membership is free (but registration is still required).

****Cooking Nutritious Meals for 1 or 2 - Mondays - January 20th, 27th February 3rd and 10th****

Are you having trouble downsizing your meals since the kids left home or have found yourself cooking for just one? Well we have a solution for you. The Seniors Friendship Club and Walsh Nutrition are presenting 4 sessions of cooking classes. These healthy tasty cooking classes will be held Mondays January 20th, 27th, and February 3rd and 10th at St Mary's Separate School Deep River. Class size will be restricted to 10 to 15 people. Healthy nutritious budget friendly meals will be prepared and as the classes will be from 4 to 6 pm you will be able to take your prepared meals home. Cost will be approximately \$150.00 for the 4 sessions with food included but price is dependent on class size and menu. If interested in this wonderful opportunity contact Anne Wilbee at awilbee54@hotmail.com or call 613-402-4040. Please note deadline to sign up for these fabulous classes is January 6, 2020 so call or email now.

****Belly Dancing Workshop with Suli Adams - January 9th at 1:30 at the CEC****

Come join us for an afternoon of fun and laughter and try something new. Suli Adams will be showing us just how to do that by presenting a talk on middle eastern dancing, the history and costuming and how it has evolved to current day forms of dancing, which includes influences from other cultures. Suli will talk about expressing emotions through dance, in particular using a veil. Then the fun part begins as we learn to dance with a veil, and maybe get some ideas for Valentine's Day lol?? Mark your calendars guys and gals, this sounds like a lot of fun.

****General Meeting Wednesday, January 15th, 2020****

The Seniors Friendship Club General Meeting will be held at the Deep River Legion on Wednesday January 15th at noon. A delicious lunch, prepared by the legion ladies will be 3 sandwich selections, 2 salads, soup, dessert, coffee and tea. Tickets will be \$15.00 per person and will be available at the Olive Tree starting December 18th until January 8th, 2020. Following lunch we will have a short meeting which will consist of time for member interaction, questions, concerns and of course any suggestions.

Future events

- February 6th – Soup and Sandwich Potluck
- February 20th – Drumming demonstration by Drums with Phyllis Heeney
- March 11th – Singing Travelogue with Jim Beattie
- February or March depending on weather – sleigh ride
- April – 5 Pin Bowling and Dinner

Cold winter days and snow on the ground can make walking outside difficult so join our Fitness classes with Wendy on Mondays and Thursday at the library at 1:30. Cost is \$8.00. Everyone is welcome. Please note last exercise class for the year will be Thursday December 19th and will resume again Monday January 6th, 2020.

Please note that Movie afternoons will return January 24th so mark your calendar, held at the NRLTCC at 1:30.

Reminder that weekly on Tuesdays from 1:00 to 3:00 (new time) billiards will be held at Wayne Workman's, 10 Newton Street until the end of February, beginning on January 7th. Everyone is welcome to join Wayne around his table for a great game of billiards but space is limited so give Wayne a call at 613-584-2385.

Would you like to try Snowshoeing? Would you prefer 60 minute or 90 minute outings, weekly or twice per month? Please share your preferences/comments to uovsfc@gmail.com and we will begin in January from Balmers Bay Chalet.

If you would like to know more about us please contact us at uovsfc55@gmail.com, our website is www.seniorsfriendshipclub.ca, or our Facebook page is Sfc Uov. Those without computers or wanting to reserve a place for trips may contact Cathy Chapman at 613-584-1577 or ccat37@bell.net

The SFC Executive and Activities Committee wish everyone a very Merry Christmas and a Healthy and Happy New Year. Looking forward to seeing everyone in January!