

# UOVsFC News for the week of Jan 26 2026

## **Music Daffynitions:**

Agnus Dei was a woman composer famous for her church music.  
Refrain means don't do it. A refrain in music is the part you better not try to sing.  
A virtuoso is a musician with real high morals.  
Music sung by two people at the same time is called a duel.  
A trumpet is an instrument when it is not an elephant sound.  
When electric currents go through them, guitars start making sounds. So would anybody.

**Our General Meeting and Lunch** was well attended on Thursday, Jan. 22. Thanks to the Legion Ladies for the delicious soups and sandwiches. Rolland Kelly gave us an interesting and comprehensive summary of the starting days of the Seniors Friendship Club. We were introduced to two new members of the current executive: Doreen Clements is our new Treasurer; she comes with lots of experience and will be a most valuable asset to the club. Elizabeth Echlin-Harmer is our new Activities Coordinator and will be looking for input. Anne Wilbee is in charge of organizing volunteers to help with events including the new Community Breakfast program coming up.

**Walks in the Woods:** I am sorry that I haven't been inspired to check out other trails in this cold so haven't planned any walks.

**Thursday morning Coffee and Conversation**  
will be at the Deep River Library at 10:00 am on Jan. 29.

**Monthly Watercolour Classes with Elaine**  
These will continue on January 27, February 24 and March 31.

**Beaded Leather Workshop with Trudy Miller**  
Tuesday Feb 10 at 9 am at the Deep River Library program room.  
"Introduction to Edging". Coffee will be available. \$10 per person, nonrefundable. Space is limited. Please register and pay at: [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or by dropping your payment with note in the SFC drop box at the Deep River town hall, no later than February 1st. We will have a waiting list. Funded in part by the Government of Canada's New Horizons for Seniors Program.

**Needle Felting Workshops - Second class February 3 is FULL:** Please let us know if you have to cancel, as the spot could go to someone on a waiting list. Catharine Colotelo will instruct the second of two classes on Tuesday 3 February 2026, 9:00 am - noon in the Deep River Library Program Room. Registration is \$10, payable by e-transfer to [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or by cash or cheque in the drop box in the Deep River Town Hall by January 27. Funded in part by the Government of Canada's New Horizons for Seniors Program.

**Movie Afternoon, Thursday, Feb. 12.** See poster below.

**Vietnam travelogue** presented by Elaine Bisson: Tuesday, February 17, 10:00 am in the Program Room, Deep River Library.

**SFC Bowling & Dinner Thursday February 26**  
Bowling from 3:30 until 5:15. Optional dinner at SANTA FE at 5:30, at your own expense.

Cost for bowling will be \$6 (nonrefundable), which must be received in advance, no later than Friday, February 20. Payment may be made by e-transfer to: [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or using the SFC drop-off box at the Deep River Town Hall. 20 people are needed for this event to take place. We can accommodate a maximum of 24 people (4 people on a team /per lane).

If you would like to join us, please email: [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) no later than Friday, February 20:

1. confirming that you will be bowling, and
2. confirming whether or not you will be joining us at Santa Fe following bowling. \*\*Let's hope we get enough people to run this event – last month we had to cancel because not enough people signed up.

The Upper Ottawa Valley Seniors Friendship Club is open to all adults living in the area from Chalk River to Deux Rivières. Our website is <https://seniorsfriendshipclub.ca> and Facebook page is <https://www.facebook.com/sfc.uov>

Ann Serdula with information and proof reading from others.



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