

Week of February 23, 2026

Walk in the Woods: Patti led us on a beautiful gentle walk on the west side in the Grouse Park area last Wednesday. Sorry, I have no walk planned for this week.

Thursday morning Coffee and Conversation will be at the Deep River Library at 10:00 am on Feb. 26.

Monthly Watercolour Classes with Elaine
These will continue on February 24 and March 31.

SFC Bowling & Dinner cancelled due to low enrolment. Maryanne asks if Wednesdays might be preferable. If we booked on a Wednesday night instead, would that be preferable? Please reply to Maryanne (not to me) at maryannebutler001@gmail.com
Community Breakfast: Feb. 28, 8:00 – 10:00 am at the Community Church Deep River. Payment by donation.

Kicksledding – Tentative date March 1, 1:00 pm. More details will follow but the location is tentatively set for Stonecliffe. Cost is \$10 per person payable by e-transfer to: 23uovsfc55@gmail.com or using the SFC drop-box at the Deep River Town Hall.

Please Note: The **Stained Glass Garden Stone** workshop on March 10 is FULL, as is the **Chicken Pottery** workshop in April. You can contact 23uovsfc55@gmail.com to put your name on a waiting list for either or both of these.

The **barn quilt** workshop which will be March 17 and March 24 at 9 am in the Deep River Library program room will be \$20.00 per person payable by e-transfer to 23uovsfc55@gmail.com or by cash or cheque in the SFC drop-box at the Deep River Town Hall (please include identification and what it is for). Only 20 people allowed.

Have you heard about **valvular heart diseases**?

Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada. Heart valve problems are often undetected, and late detection may have severe consequences. A free screening conducted by the Ottawa Heart Institute is being hosted by the UOV Senior's Friendship Club for people 65+ with no known heart issues.

The mobile screening program offers early detection, diagnosis and treatment. To participate in upcoming clinic on April 30 at Real Hope Christian Assembly, 33019 Hwy 17 Deep River, please call 613-696-7412 or email at heartvalve@ottawaheart.ca
Limited space available. Future clinic dates will be booked based on need.

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>