

UOVsFC News for the week of April 6

Did you know? The full name of the artist known as Pablo Picasso (1881-1973) was Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Ruiz y Picasso. This extensive name, commonly used in Spanish baptismal tradition, honors various saints and relatives before ending with his father's surname (Ruiz) and mother's surname (Picasso).

Bothered by headlight glare? Here is a link to Transport Canada's survey on this.

<https://tc.canada.ca/en/corporate-services/consultations/canadian-experience-vehicleheadlights-glare-night>

Walk in the Woods: The changing conditions make it very hard to plan a walk.

Thursday morning Coffee and Conversation will be at the Deep River Library at 10:00 am on April 9.

The Chicken Pottery workshop April 14 and 28 is FULL. It will take place at the Deep River Legion, not at the Deep River Library as previously advertised. You can contact 23uovsfc55@gmail.com to put your name on a waiting list.

Ballroom Dancing with Mac and Elizabeth on Tuesdays April 7 and 21 from 9am-11am in the Deep River Library program room. Registration closed April 1.

CANCELLED -Gentle Fitness with Kim Knight **Please note that due to circumstances beyond her control, Kim is unable to offer her gentle fitness classes in April and May as previously planned.**

Those who have already paid for classes will be contacted. Thank you for understanding.

Roast Beef Dinner & DJ Dance Saturday, May 2, 2026. Deep River Legion, Members \$30, non-members \$35, non refundable. Please register/pay by April 15 at 23uovsfc55@gmail.com . Limited capacity. Doors open at 5 pm, dinner at 6 pm. Spot dance prizes.

County wide bus trip to the Ottawa Tulip Festival, along with dinner, on May 11th. The seats for Deep River are now FULL, however we are keeping a cancellation list in case someone cancels or in case the seats in Petawawa and Pembroke do not fill up.

(There will be 4 buses leaving from different locations in the county.) Bus 2: Lead is Melanie

Theil, Upper Ottawa Valley Seniors Friendship Club, 613-401-3452 or 23uovsfc55@gmail.com

Pick up locations - Ashley's Independent (Jan's Valu-Mart), 75 Deep River Road, Deep River

(11:00am), Petawawa Civic Centre, 16 Civic Centre Road, Petawawa (11:30am), County of

Renfrew, 9 International Drive, Pembroke (11:55am) All buses will meet at Commissioner's Park

with arrival time between 1:00 and 1:30 pm. We will be staying at the festival until 3:00 - 3:30

pm. Buses will start leaving the festival at 3:15 pm and 3:45 pm to head to the restaurant.

The pricing for this trip (\$80 per person) includes transportation and dinner at Buffets Des Continents only (buffet dinner, coffee, tea, pop, and services). Individuals are welcome to bring food and drinks on the bus and to the festival.

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 Seniors Friendship Club for people 65+ with no known heart issues. The mobile screening program offers early detection, diagnosis and treatment. The clinics on April 30 and October 20 are fully booked, but a third date of May 12 or May 13 – date to be confirmed - 2026 may be added. To participate in upcoming clinics 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.

Website <https://seniorsfriendshipclub.ca>

Facebook <https://www.facebook.com/sfc.uov>

Ann Serdula with information and proof reading from others.

Seniors Friendship Club



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