

Two friends who hadn't seen each other in years met in a supermarket. One woman asked, "Tell me Ruth, how is your son George?" "He's getting along fine," Ruth replied. "He's a poet. He just received his master's degree in literature from the university." "And what about Mary?" "She's just as smart as George," Ruth replied. "She graduated from college with a degree in modern art." "Wonderful!" "And how is little Freddy? What is he doing?" "Well, Ruth", she said, "Freddy is still Freddy. He wouldn't go to college; he became a plumber instead. If it weren't for him, we'd all be starving."

Walks in the Woods: Last Thursday you weren't given much notice for a walk. I'm afraid the same goes for this week. With this changing weather it is very hard to plan a good time.

Thursday morning Coffee and Conversation will be at the Deep River Library Program Room at 10 am, Dec. 4.

Movie: Thursday afternoon Nov. 27 at 1 pm the room in the new Family Health Team building was filled with members enjoying the movie "Remember the Titans". Stay tuned for more movie afternoons.

Christmas Concert by the Military Wives Choir: Wednesday December 10 at 7 pm at the Deep River Legion. This is a great way to kick off the holiday season with wonderful music plus there will be snacks and the cash bar will be open. Admission is \$10 per person at the door. As well, we will be accepting donations to the Deep River and Area Food Bank at this event, both cash and non-perishable items. Non-members are welcome, so bring a friend. Please let us know if you plan to attend by notifying 23uovsfc55@gmail.com, so we can plan the seating and refreshments.

Our Annual Christmas Luncheon is at the Bear's Den Thursday December 11 at noon: The cost is \$35 per person for a Turkey Dinner with all the trimmings; dessert, tea/coffee, tax and gratuity are included. Registration and payment are due by December 4th, and payment can be made by e-transfer (preferred) at 23uovsfc55@gmail.com or the drop box at Deep River town hall. As well, we will be accepting donations to the Deep River and Area Food Bank, both cash and non-perishable.

Pottery Workshop at the Deep River Legion on Dec 16 at 9:00am is **FULL**. If you want to put your name on a cancellation list please e-mail 23uovsfc55@gmail.com . Do not send payment (\$20) unless you hear there is a spot for you.

Advance notice of some of the activities that we are working on for the winter/spring :

- Winter/spring pottery class
- Stained Glass Garden Stone with Trish
- Beaded workshop with Trudy
- Monthly Catered Luncheons

Kicksledding in January
Fitness with Kim Knight
Guest speakers
Bowling & Dinner outings
and more ...

Needle Felting Workshops - Second class 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 or by cash or cheque in the drop box in the Deep River Town Hall **by January 27**. As space is limited, we ask that you register for one class only. Funded in part by the Government of Canada's New Horizons for Seniors Program.

Monthly Watercolour Classes – October 28, November 25, January 27, February 24, March 31:

Participants must provide their own brushes, paint and paper and bring a white plate or palette so that Elaine can provide some dabs of paint colours they might not have. While you will not need to sign up for all classes, we will need a minimum of 10 attendees per class with a maximum of 15. Registration to 23uovsfc55@gmail.com. Cost is \$10 per session, non-refundable. You must sign up and pay for each session two weeks before each session. We will have a waitlist if we exceed the maximum number.

If there are any sessions/activities you think we should continue in the fall, please email 23uovsfc55@gmail.com. We are always looking for activities that are of interest to the membership. "

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>

Ann Serdula with information and proof reading from others.