

Subject: News from the UOVSCF for the week of Sept 15

Hello,

We hope this note finds you and your families all doing well.

Please see note below about what's new with the UOVSCF for the week of September 15. Please feel free to share this info with your residents, families, friends, and neighbors.

Take good care.

Melanie Theil on behalf of the Seniors Friendship Club



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

+++++

UOVSCF News for the week of Sept 15th

What fruit is always in season?

The Liberry.

Stained Glass Workshop: Join us for a stained glass workshop led by Patricia Juby, **Tuesday 14 October 2025**, 10:00 am in the Deep River Library Program Room (downstairs - please note, the elevator is currently out of service). There is space for 12 people. \$25 per person; please pay by etransfer to 23uovsfc55@gmail.com or by cash or cheque in the drop box in the Deep River Town Hall **before October 7**. Funded in part by the Government of Canada's New Horizons for Seniors Program. (Poster attached.)

**Imagine yourself creating a piece similar to this!
Project will be a Winter/Christmas theme.**



Join us for a **Stained Glass Workshop**
Tuesday, October 14 at 10am
DR Library program room

(elevator is currently out of service).

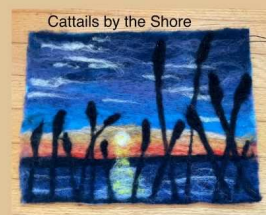
Space is limited. Registration is \$25 sent via
etransfer to: 23uovsfc55@gmail.com or by
dropping it in the SFC drop box at the Deep River
Town Hall **before October 7th.**

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada



Needle Felting Workshop: Catharine Colotelo will instruct two classes: **Tuesday, 28 October 2025 and Tuesday 3 February 2026**, 9 am - noon in the Deep River Library Program Room. Registration is \$10, payable by etransfer to 23uovsfc55@gmail.com or by cash or cheque in the drop box in the Deep River Town Hall **by October 21 or 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. (Poster attached.)



Have you ever wanted to try **Needle Felting** but haven't yet? Now is your chance!

Catharine Colotelo will instruct 2 classes for the Seniors Friendship Club.

Tues. Oct. 28, 2025 and Tues. Feb. 3, 2026,
9am-Noon at the Deep River Library program room.
Registration for each class is \$10 (all supplies included).
As space is limited we request that you register for one class only.

Please register no later than Oct. 21 and Jan. 27 via
ettransfer to 23uovsfc55@gmail.com or by placing your
fee in the SFC drop box in the Deep River town hall.

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada



***Please note: Payment for the above two workshops is non-refundable.
A wait list will be kept so if you have to cancel, please notify us so the
next person on the wait list can join.***

Defibrillator Training Session

****This event is open to all seniors living in Laurentian Hills, Deep River, Rapides des Joachim, and Head Clara and Maria.****

Thanks to the generous grant offering provided by the Deep River and District Community Foundation, the Seniors Friendship Club is providing a 4 hour CPR and Defibrillator Training Session given by the County of Renfrew Paramedics in 3 locations - Chalk River, Deep River, and Stonecliffe.

There are only 12 spaces available in each location; we will have a waiting list. There will be no cost for this training but we request that if you plan to register, please let us know if your plans change and you are unable to attend, as we will then contact the next person on the waiting list.

***Chalk River** - Wednesday, Sept 24 at the Chalk River Legion from 9-1 (register no later than Sept 17th). Currently there are 3 spots left.

***Deep River** - Wednesday, Oct 22 - at the Deep River Legion from 9-1 (register no later than Oct 10). Currently there are 2 spots left.

***Stonecliffe** - Wednesday, Nov 12 at the Stonecliffe Community Centre from 9-1. (register no later than Nov 5). Currently there are 6 spots left.

There will be a short refreshment break during each class.

Please register by emailing: 23uovsfc55@gmail.com.

Renew membership or join: Thanks to members who have renewed. Same price (\$25) as last year. New members will be welcomed. Our membership "year" has 13 months, as it goes from 1 Sept 2025 to 30 Sept 2026. The current one ends on 30 Sept 2025. As before, you can put your fee (with identification) in the drop box in the Town Hall lobby, or (this is the way we prefer) send an e-transfer to 23uovsfc55@gmail.com.

Thursday morning Coffee and Conversation will be at the Hexagon restaurant (Deep River Shoreline Sports Club, formerly Yacht and Tennis Club) at 10 am, Sept. 18. In October this will move to the Deep River Library.

Another MAiD presentation: We are pleased to advise that Julie Keon will be returning to Deep River on Tuesday, October 7, 9:30 am at the Deep River Library to continue the discussion on MAiD, this time focusing her talk on advanced requests and dementia. She is also making more time for questions, since her session last fall had to be cut short because of logistics with the room. Julie will be happy to address any questions you had from last year's presentation, and we would be happy to forward those to her so that she can adequately prepare. These questions can be sent to Candy Bishop at

candacebbishop@hotmail.com. Please send your questions by Sept 12 so that Julie will have time to consolidate similar questions and prepare answers.

We are still looking for an Activities Director; email wanda.harveylg@gmail.com.

We are looking for someone who would like to instruct Mahjong to beginners. Contact 23uovsfc55@gmail.com.

We would like to gauge interest for Qigong on Friday mornings at the Deep River Legion (10:15?) for a nominal fee (to be determined based on interest).

There will be 2 sessions - Oct 3 to Oct 31 and Nov 7 to Dec 5. **Please email your interest to: 23uovsfc55@gmail.com before Sept 21.**

Painting with Elaine: Details are provided below for a two-week class with Elaine Bisson for the complete novice as well as a monthly watercolour class with each session having a "theme" or a refresher for people who have taken the beginner class previously. Register at 23uovsfc55@gmail.com.

Wednesday Walks: Thanks to all who replied to the survey. Replies are being summarized. The responses were so diverse, this is taking a while. In the meantime, stay tuned for a local walk, maybe this week.

If there are any sessions/activities you think we should continue in the fall, please email 23uovsfc55@gmail.com.

Painting with Elaine

We are pleased to be able to offer painting classes with Elaine Bisson this fall and winter.

Beginner Watercolours – December 2 and 9:

This 2-week class will go over the very basics of watercolour painting. It is for the complete novice or those who would like a refresher class. In the course Elaine will discuss paper, brushes and paint, and will introduce the participants to basic painting techniques which you will practise in class.

Professional grade paper and paint will be provided. Students must bring a white plate or palette with them so that Elaine can provide dabs of paint. She will also provide brushes for the participants to use during class.

We need a minimum of 10 attendees (with a maximum of 15), paid up by November 7.

Registration to 23uovsfc55@gmail.com. We will have a waitlist if we exceed the maximum number.

Cost is \$35, non-refundable, for the two sessions.

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

Elaine will lead 5 monthly watercolour classes on the last Tuesday each month from 10:00 – noon beginning in October and ending in March (no class in December). Each session we would have a 'theme'. October might be a pumpkin painting, November a winter scene, etc.

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. She would

demonstrate with a YouTube video that she will create for the class. The video would be made available to the participants so that they can review at home before attending the class. 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, e.g. by October 10 for the October 28 session, November 11 for the November session, and so on. We will have a waitlist if we exceed the maximum number.

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.