

SFC NRT News for the week of April 22 2024

Riddle: What do you call a herd of giggling cattle?

Answer: Laughingstock

Cancellations due to low registration:

- SFC Bowling & Dinner April 25 (Thursday), 2024

- Dance at Legion April 27 (Saturday), 2024

If you paid for either or both of these, you will be contacted about refunds.

Games Day at the Deep River Legion, Mondays 1 - 3 pm. Pool, snooker, shuffleboard, and/or darts. This was much enjoyed last week so will be a weekly Monday activity on a trial basis for April, May, and possibly June. If it is popular we will resume running it from September to May. Cost per week: \$5 per person, collected at the door.

Beverages: The bar will NOT be open but everyone is free to bring their own (nonalcoholic) refreshments. Pool will cost an additional \$1.50 per table per game (exact change please: a loonie and 2 quarters). All other games are included in the \$5 weekly fee.

NO Wednesday Walk April 24 due to the Spring waterfowl Excursion (see below).

Creative Dance with Kristen third session tomorrow, Tuesday April 23 from 10:30 to 11:30 am in the Deep River Public Library Program Room, and one more class on May 21 to make up for the missed class last week. These dance classes are made possible by the generosity of the Deep River & District Community Foundation.

"Owl Prowl" last Wednesday April 17 was moderately successful and there was a good turnout which saw an owl and crow taunting each other.

Spring waterfowl excursion Wednesday April 24 to travel by car to Pembroke to have a look at some of the ducks, geese and swans that are returning and passing through our area. This excursion is also part of the series of Nature Walks sponsored by the Levante Foundation. Led by Robin Cunningham of the Pembroke and Area Field Naturalists, we will visit the Ross Road marsh and the Shaw Woods pond on Wednesday April 24 (rain date of May 1). The plan is to leave from the Valumart parking lot at 9 am arriving at Ross Road around 10 am. We will spend some time in the Ross Marsh area, and then head to the Shaw Woods to see what is happening in the pond. We should be finished up around noon. Bring a bag lunch to eat at the Shaw Wood Centre or head off on your own. Bring binoculars or a telescope if you have them, and possibly a field guide.

Please contact 23uovsfc55@gmail.com to register, indicating if you would like to carpool with someone or if you could offer to share a ride. If you miss the meetup at the parking lot, or want to go directly by yourself, we will meet on Ross Road just east of Micksburg Road. An easy way to get there is to take Highway 41 to Micksburg Road, turn left and go 3.5km to Ross Road, then turn left and travel for 1.5 km.

Spring Migratory Songbird outing Wednesday May 8

The last event in our Levante Foundation sponsored series of nature walks will be a walk around the Four Seasons property to listen for and identify some of the songbirds that have returned from a winter down south. We will split in to three smaller groups, each led by a local birding expert, to travel quietly to listen and possibly hear these arboreal singers. The outing will be held on May 8 (rain date TBD). Morning is when the birds are most vocal, so we shall meet at the DRXC chalet at 8:30 am to begin our walk. The Four Seasons trails have uneven terrain and slippery surfaces, so wear good hiking shoes and bring a walking stick if you

like. You may also want to bring binoculars and/or a camera.

Please contact 23uovsfc55@gmail.com to register for this event, which we will limit to 24 participants.

Thursday Morning Coffee & Conversation is on as usual in the Deep River Library at 10:00 am April 25. Bev will move this event to the Yacht & Tennis Club in June when the Hexagon Restaurant opens for the season.

Floral Watercolours with Elaine: Tuesdays April 30, May 7 and May 14 10 am - noon at the Deep River Library. There is just one spot left at this time. Elaine has been busy filming and there will be new YouTube videos so that painters can try the technique again at home. Elaine has purchased lots of paper and some exciting new colours of paint. You will need to bring your paintbrushes and your paints but bring along a white plate so she can provide you with some dabs of Opera Pink, Amethyst Genuine, Verditer Blue and Spring Green (and a few other colours as well). You will be painting tulips, buttercups, pansies and more. The course is designed for those who have attended Elaine's beginner watercolour classes or those with some watercolour experience. Cost for the 3 classes is \$40 (non-refundable) by e-transfer to 23uovsfc55@gmail.com or in the Deep River Town Hall SFC drop box.

Canadian Tulip Festival Bus trip, Monday May 13 is now fully booked. There is a waiting list in case of any cancellations; for more information contact 23uovsfc5@gmail.com.

Want to help the UOV SFC? Two directors of the Seniors Friendship Club have their terms of office expiring this June so we are looking for replacements for Treasurer and Activities Coordinator, both of which are vitally important. If you are interested, there is time for the current directors to mentor you before they retire.

SFC Website - seniorsfriendshipclub.ca. The SFC is open to all adults living in the communities from Chalk River to Deux Rivieres.

Our email address: 23uovsfc55@gmail.com. Follow us on Facebook.

Ann Serdula, Publicity, Upper Ottawa Valley Seniors Friendship Club

Melanie Theil on behalf of the Seniors Friendship Club



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