

Seniors Friendship Club

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UOVSFC News for the week of Jan 12

A priest, an imam and a rabbit walk into a blood donation center. The nurse asks the rabbit: "What's your blood type?" "I'm probably a type-O," says the rabbit.

Walks in the Woods: The Welsh Bay and Soggyland Shortcut snowshoe trails were a lucky choice last week and 13 of us enjoyed the mild temperature for a morning walk.
No walk is scheduled for the coming week.

Thursday morning Coffee and Conversation

10:00 am at the Deep River Library on January 15, 2026.

Movie afternoon Thursday January 15 at 1:00 pm in the new Family Health Team building on the Deep River Hospital Campus on Banting Road. The Movie "A River Runs Through It" stars Brad Pitt and Tom Skerritt. Free admission and parking. **To ensure adequate seating please register at 23uovsfc55@gmail.com** (NOT by reply to me (Ann)).

Mike Wright, Cycling talk

Tuesday January 20 10:00 am in the Deep River Library program room.
No admission charge. Coffee will be available.

Mike Wright will talk about his trip: Land's End to John O'Groats. From the Southwest Tip of England to the Northwest Tip of Scotland. The journey from Land's End to John O'Groats is an iconic cycle ride, covering the entire length of mainland Britain taking in some of the best scenery. While based on two actual rides and route details, this talk mostly covers the things to see along the way, countryside, interesting towns, villages, pubs, history and post-industrial landscapes.

Kicksledding

Wednesday January 21, 1 pm

WHERE "The Farm" - on Wylie Road (directions will follow closer to the date). Should weather be a problem on Jan 21 the alternate date for kicksledding will be Jan 23.

COST: \$10 per person (nonrefundable)

REGISTER and Pay: No later than Jan 15th at 23uovsfc55@gmail.com

LIMITED ENROLMENT. We will have a waitlist when we reach the maximum number of participants.
Funded in part by the New Horizons for Seniors program.

UOVSFC General Meeting Thursday January 22 at noon Deep River Legion (upstairs)

LUNCH (Catered by the Legion) - Soups, sandwiches, dessert, tea/coffee

COST: \$5.00 per person (nonrefundable)

REGISTER and Pay: No later than Jan 15th

SFC Bowling & Dinner Thursday January 29

Bowling from 3:30 until 5:15. Optional dinner at SANTA FE at 5:30, at your own expense. Cost for bowling will be \$6 (nonrefundable), which must be received in advance, no later than Friday, January 23. Payment may be made by e-transfer to: 23uovsfc55@gmail.com or using the SFC drop-off box at the Deep River Town Hall.

20 people are needed for this event to take place. We can accommodate a maximum of 24 people (4 people on a team /per lane). If you would like to join us, please email: 23uovsfc55@gmail.com no later than Friday, January 23:

1.confirming that you will be bowling, and

2.confirming whether or not you will be joining us at Santa Fe following bowling.

**If we don't have more interest, we may need to cancel this event.

Monthly Watercolour Classes with Elaine

These will continue on January 27, February 24 and March 31.

Beaded Leather Workshop with Trudy Miller. "Introduction to Edging". Tuesday Feb 10 at 9 am at the Deep River Library program room. Coffee will be available. \$10 per person, nonrefundable. Space is limited. Please register and pay at: 23uovsfc55@gmail.com or by dropping your payment with note in the SFC dropbox at the Deep River town hall, no later than February 1st. We will have a waiting list.

Needle Felting Workshops - Second class February 3 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 etransfer to 23uovsfc55@gmail.com or by cash or cheque in the drop box in the Deep River Town Hall by January 27. Funded in part by the Government of Canada's New Horizons for Seniors Program.

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

Melanie Theil on behalf of the Seniors Friendship Club



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