

UOVsFC News for the week of May 11, 2026

The medical term 'synchronous diaphragmatic flutter' sounds like a serious ailment. However, don't worry – it's more commonly called 'hiccups'!

TODAY Monday, May 11, 7 pm at the Deep River Library: Susan Yatabe is telling the story of how World War II shaped her parents' lives. <https://www.deepriverlibrary.ca/events/the-second-world-war-shaped-my-parents-lives-apresentation-by-susan-yatabe/>

Tuesday, May 12 at 9 am Framed Stained-Glass Picture Workshop. Cancelled due to lack of interest.

Wednesday, May 13, Walk in the Woods – Nothing planned as weather forecast is not favorable.

Thursday, May 14, 10 am at the Deep River Library, Coffee and Conversation.

Tuesdays, May 19 and 26 at 9am - Ballroom Dancing with Mac and Elizabeth: Good news!! Mac and Elizabeth have generously offered to bring us more ballroom dancing on May 19 and 26 at 9 am at the DR Library program room. **Please register with 23uovsfc55@gmail.com if you wish to join in the fun. No cost. **If we do not receive more interest, we will need to cancel the lessons.

Saturday, May 23 - Community Kitchens Free Breakfast at the CEC - Our next free breakfast is on May 23, so mark it on your calendar and we hope to see you there. Poster below. If you wish to volunteer, please contact: sfcvolunteer54@gmail.com.

Also, on May 23 - Sing-along Saturday at 7 pm at the Deep River Legion. \$5 at the door. Preregistration is encouraged so we know how many guests to expect; please email: 23uovsfc55@gmail.com. See poster below.

Tuesday, June 2 at the Deep River Library program room at 9am – Join us as Anne Mykolyshyn instructs us on how to make beautiful Pysanky Eggs. Nonrefundable cost per person is: \$35. Deadline to pay/register is May 19. Payment may be made to: 23uovsfc55@gmail.com or by dropping your payment with a note into the SFC dropbox on the counter at the Deep River town hall.

Tuesday, June 9 - Two Speakers at the Deep River Library program room;

First at 9am, Nina Shah, pharmacist with Deep River's Pharmacy, will discuss how skin changes with age, common skin conditions, how to care for our skin, and much more.

Next at 11am -Makyla Gendron speaking about the Community Connector Program – helping older adults connect to local services. Have you recently needed support services at home and wondered how or where you might find them or even if they're available? Makyla Gendron, Community Connector with the Ottawa Valley Ontario Health Team (OVOHT) will be here on June 9 to speak on this topic. The Community Connector Program aims to improve awareness, understanding, and utilization of community support services across the OVOHT region. This work is especially important given the current system pressures we are all experiencing, including a shortage of primary care providers, increased reliance on emergency departments for non-urgent needs, and the growing complexity of an aging population. These challenges contribute to service inefficiencies and highlight the need for stronger connections between healthcare and community based supports. There is no cost to attend these talks; all are welcome to attend.

Thursday, June 11, Noon - 2pm AGM and BBQ at the Deep River Legion. Please join us for our annual

General Meeting and BBQ. BBQ will consist of hot dogs and hamburgers, fruit and veggies trays, dessert, tea/coffee at a cost of \$5 per person, nonrefundable.

If you wish to join us for the AGM/BBQ please register no later than June 1st, with etransfer and stating your preference (hotdog or hamburger) to: 23uovsfc55@gmail.com; payment may also be made at the SFC drop box at the Deep River town hall. Reports will be emailed to members in advance of the meeting.

At the AGM we will be asking for nominations for the Vice President role. Our current VP's term is coming to an end; if you wish to find out more about this role, please contact the UOVSC President, Wanda Harvey, at: wanda.harveylg@gmail.com.

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 Senior's Friendship Club for people 65+ with no known heart issues. The mobile screening program offers early detection, diagnosis and treatment. Registration for the Valvular Heart Disease Screening Clinics on April 30th, October 20th and November 5th is now closed. If you have registered and have any questions about your appointment, please call 613-696-7412 or email at: heartvalve@ottawaheart.ca.

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>

Thanks to Melanie for putting this together while Ann was away.

FREE COMMUNITY BREAKFAST

Upper Ottawa Valley Seniors Friendship Club
in Partnership with Deep River Community Kitchen

Saturday, May 23, 2026

8am-10am

Deep River Community Events Centre (CEC)



ALL AGES WELCOME

Come and Join Us!

June 27, July 25, August 22,

September 26, October 31, November 28

UPPER OTTAWA VALLEY SENIORS FRIENDSHIP CLUB
PRESENTS

COME SINGALONG!

WITH GORDON AND
FRIENDS

SATURDAY, MAY 23, 2026
DEEP RIVER LEGION
AT 7 PM
\$5 AT THE DOOR

SONGS FROM THE
60S, 70'S, 80'S

EVERYONE IS WELCOME!

COFFEE, TEA AND TREATS
AT INTERMISSION
BAR IS OPEN

FOOD BANK DONATIONS WELCOME



Seniors Friendship Club



Webpage: <https://seniorsfriendshipclub.ca/> FB page: Sf