

UOVsFC News for the week of Dec 22 2025

How are Christmas trees like bad knitters? They both drop their needles.

Walks in the Woods: None scheduled.

Thursday morning Coffee and Conversation next 10:00 am at the Deep River Library on January 8, 2026.

Please Do Not Reply to me (Ann) if you are registering for events (other than Walks in the Woods). Registrations go to 23uovsfc55@gmail.com and payments by e-transfer to 23uovsfc55@gmail.com or cash/cheque in the drop box in the Deep River Town Hall.

COMING EVENTS

1. Writing Workshop with Margaret Macpherson

2-day workshop with Margaret Macpherson, entitled "Back in the Day: writing for a new generation." Funded in part by the New Horizons for Seniors program.

In this two-day workshop we will focus on writing that illustrates time and change and share generative work that can be shared with a much younger generation. Using prompts and writing exercises participants will write about their own childhoods, detailing instruments and situations that would be foreign to their grandchildren. Those events might include but are not limited to: telephone calls, the coming of television, the importance of religious institutions, family suppers, travel, courtship, impacts of world wars, preserving and harvesting food, encounters with "others," wisdom gathered over time.

The first session will be gathering collective memories, writing personal recollections and sharing them aloud with other participants.

The second session will involve using a list of idioms to derive and create meaningful written monologues for future generations.

An example of this might be: Many hands make light work, or out of the frying pan into the fire, the pot calls the kettle black. Participants will choose an idiom that applies to them and write about how it had played out in their own lifetime.

Day 1 - Tuesday, January 6 beginning at 9:00 a.m.

Day 2 - Tuesday, January 13 beginning at 9:00 a.m.

Deep River Legion (Upstairs)

COST \$10 per person (nonrefundable)

REGISTER AND PAY: No later than Jan 2nd as noted in red above.

LIMITED ENROLMENT. We will have a waitlist when we reach the maximum number of participants.

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2. Mike Wright, Cycling talk

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

Mike Wright - Cycling Presentation - 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.

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3. Kicksledding

Wednesday Jan 21, 1 pm

WHERE "The Farm" - on Wylie Road (directions will follow closer to the date)

COST: \$10 per person (nonrefundable)

REGISTER and Pay: No later than Jan 15th as noted above in red

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.

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4. UOVSCF General Meeting

Thursday Jan 22nd 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

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5. 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 get more interest, we may need to cancel this event.

6. Monthly Watercolour Classes – October 28, November 25, January 27, February 24,

March 31: **FULL**

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.

7. 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.

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

