

SFC News from the Desk of the SFC Publicity Director

Wednesday, November 1st

Bayshore Shopping Centre Bus Trip

Mon., Nov. 27. Sit back and relax while someone else does the driving to Ottawa. \$70 - covers bus, dinner in Arnprior, taxes and gratuity. Open to SFC members and the public. Non-SFC members will need to sign a waiver.

- Please note: You must be able to look after yourself.
- All money (nonrefundable) must be received by November 10th via e-transfer or through the dropbox at the town office.
- If on Nov. 11th there is not enough interest we will talk to Silver Threads seniors in Petawawa on the Monday the 13th
- If still not enough interest we will cancel and all money will be refunded as cash.
- At that time we will let people know. If the trip is a go, all participants can make their dinner choice.

Please contact 23uovsfc55@gmail.com if interested.

SFC Bowling - is full - Join us for dinner?

Thurs., Nov. 23 - Not bowling? You must pre-register so we have the numbers for Sante Fe in advance. Dinner at your expense.

Due to insurance requirements these fitness classes are only open to SFC members.

Fitness Programs with Kim Knight

Free Fearless Fitness Class - Tues. Nov. 14 & Dec. 5 - 10:45 - 11:15 in the D.R. Library program room. November is Fall Prevention Month - learn a few simple exercises to strengthen your hips. Move more of you, more often for better balance. Please note the date change from Nov. 7 to Dec. 5. Pre-registration is required: 23uovsfc55@gmail.com.

Cards & Games Morning

Tues., Nov. 7 - 10:00

We're doing it again in the Deep River Library program room. The last card & game morning run by Rolland was fun and full of laughter and chit-chat.

Woodsy Wednesday Walk

Today, Nov. 1 at 1:30

We will meet at the DRXC chalet on Balmer Bay Road. We'll start off promptly at 1:30. We plan to walk to the Observation Shelter and do the D loop of the ski trails to get in some hill practice.

Contact Ann at annserdula97@vianet.ca if you plan to attend or text 613-732-6118 for any last-minute changes. If it's too wet, we may cancel.

Please remember to preregister for all Wednesday walks. Due to insurance requirements, this guided walking program is only open to SFC members.

Weekly Coffee and Conversation

Thursday mornings 10:00 - 11:00

There's always room for more. Join us in the Deep River Library program room - members and non-members, everyone is welcome.

Ontario Senior Games Association - 2024 Winter Games

Feb. 6-8, 2024

For information, fees, updates and exciting news about the highly anticipated OSGA 55+ 2024 Winter Games contact the Orillia Games website - orillia2024.ca

Lianne Harris switched things up a bit this time round and did a slide presentation instead of donning her often handmade costumes for her talk on **Witchlore and Superstitions**. The History with Harris live Zoom talk was really enjoyed by those who attended, so we ran the presentation again on Nov.1.

Stained Glass Garden Stone Workshop - is full

Tuesdays, Nov., 21 and 28 - 9 - noon

Disappointed? Didn't get your name down soon enough? We do have a cancellation list. This workshop is made possible by a Deep River & District Community Foundation grant.

SFC Website - seniorsfriendshipclub.ca. Follow us on Facebook. The SFC is open to all adults living in the communities from Chalk River to Deux Rivieres. We have a new email address: 23uovsfc55@gmail.com.



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