

Seniors Friendship Club

NRT News

January 11, 2024

Math joke: Parallel lines have so much in common. It's too bad they'll never meet.

Wednesday Walk:

This Wednesday, January 10, meet at the DRXC chalet on Balmer Bay Rd, ready to walk at 1:30 pm. Since we now have snow, we can't walk on the ski trails. The snowshoe trail chosen for this week is the Welsh Bay route and the walking is challenging as there is not enough snow to fill in the uneven spots. Poles and non-slip boots are highly recommended. The route is 3.6 km and will take about 90 minutes.

Please reply to annserdula97@vianet.ca if you plan to attend. For last-minute additions or changes, text Ann at 613-732-6118. If the weather deteriorates, we may have to cancel.

Stick Curling Lessons: The response to this has not been overwhelming. If we don't get enough people, this will be cancelled. It is to be Mondays and Fridays, January 15, 19, 22 and 26 with starting time at 10:00 am and lasting about 1.5 hours. It's easy on the body as the advantage of stick curling is that you can play while staying upright. (Check out: <https://youtu.be/-dxHsQVFSNg?feature=shared>). Participants are asked to wear helmets and clean rubber-soled shoes such as running shoes. There are grippers available for your shoes so you don't slip on the ice. Brooms and grippers are provided by the curling club. There will be 3 instructors. The numbers are limited to make the lessons more personal. You will be asked to sign a waiver.

The deadline for entering is tomorrow Tuesday January 9. For more information contact 23uovsfc55@gmail.com. The non-refundable fee of \$20 is payable via e-transfer to the same email address or by cash or cheque in the box at the Town Hall. This event is made possible by the generosity of the Deep River and District Community Foundation.

Bowling and Dinner:

January 18, 2024. 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 (no refunds), which must be received in advance, no later than Monday, January 15th. 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 Monday, January 15th.

1. confirming that you will be bowling, and

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

As always, we will start a cancellation list.

Kicksledding Excursion:

The Kicksledding Excursion, led by Mad River Paddle Co. on Friday, Jan. 26 1:00 pm at Wylie Bronson still has spots available; deadline to register is Jan. 20th. Kicksledding is a fun way to get around outside in the winter. It's also great for the environment because it doesn't create pollution or noise. Kicksledding is easy to learn and fun for everyone! This excursion is typically

1 1/2 to 2 hours. (Rain date will be Sat. Feb. 10.) This event is made possible by the generosity of the Deep River and District Community Foundation. Please contact 23uovsfc55@gmail.com to register for this fun activity. Nonrefundable fee of \$15 is required in advance to secure your spot (and your kicksled).

February Fitness: Tuesday mornings Feb. 7, 14, 21 & 28 10:45am -11:30am

\$15 (nonrefundable) per person - 4-week series.

Contact 23uovsfc55@gmail.com to sign up and pay. Maintain and gain more range of motion, coordination, and improve balance. We'll touch on why we should look at the nervous system to improve your overall health, how to improve your pelvic floor health, what your alignment/posture has to do with falling and more.

These will be 45 minute classes of easy, slow, and gentle movement and exercises, not aerobic exercises, with instructor Kim Knight.

Thursday Coffee & Conversation continues at the Deep River Library (program room), 10:00 am January 11. Please note that on Thursday January 25 there will be no Coffee & Conversation at the library because of the General Meeting at the Legion.

Both the Monday and Tuesday January Art Workshops are now full. Starting January 8 and 9 and continuing till the end of the month. (Mondays 1:00 - 3:00 pm; Tuesdays 10:00 am - noon)

SFC General Meeting: Jan. 25, 2024 12:00 noon at the Legion, with a Toonie Lunch of soup, sandwiches, desserts and coffee/tea. Guest speaker is former Deep Riverite Darrel O'Shaughnessy, speaking on the Men's Sheds project. A request to sign up for this has been e-mailed to members. Here is a link to the sign-up:

<http://tinyurl.com/WINTGM>

Early notice: Two directors of the Seniors Friendship Club have their terms of office expiring this June so we will be looking for replacements. One position is for Treasurer and the other for Activities Coordinator, both of which are vitally important. We will follow up with a summary of the duties of each position. 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 new email address: 23uovsfc55@gmail.com. Follow us on Facebook.

*Best wishes for 2024 from your Publicity Person,
Ann Serdula*

Melanie Theil on behalf of the Seniors Friendship Club



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