

Seniors Friendship Club

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What's New with the UOVSC for the Week of Nov. 10th

A young lad was helping his dad with do-it-yourself jobs around the house. "You know, son," said the father, "you're just like lightning with that hammer."

"Fast, eh?" said the boy.

"Oh, no – you never strike twice in the same place!"

Walks in the Woods: With the changeable weather in the next few days, it is very difficult to plan a walk. Watch for an update.

Thursday morning Coffee and Conversation will be at the Deep River Library Program Room at 10 am, Nov. 13.

Tuesday Nov. 18 at 10:15 am, Pakistan Travelogue by Brent Woods, Deep River Library: Brent will be giving a presentation, with photographs, of his travels in Pakistan in 2019. Here is what he has to say: "I travelled to Pakistan in Fall 2019. It had not been on my list of countries to visit because of its reputation as one of the most dangerous countries in the world, until I got an invitation from the Canadian High Commissioner to Pakistan. It was one of the most welcoming places that I have travelled to. My many interactions with Pakistanis were all positive. I split my time between the towering peaks, mythic valleys and high plains of the Himalaya and exploring the remnants of 5000 years of civilization in the lowlands."

SFC Singalong: Saturday, November 22, 7 pm, upstairs at the Deep River Legion. Cost is \$5.00 at the door and donations to the Deep River and Area Food Bank are appreciated. Please register at 23uovsfc55@gmail.com so we know how many are coming. Included is coffee, tea and desserts and the bar will be open. Any song suggestions will be considered!

SFC Bowling & Dinner Thursday November 27, 2025

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, November 21. 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, November 21:

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.

Christmas Concert by the Military Wives Choir: Wednesday December 10 at 7 pm at the Deep River Legion. This is a great way to kick off the holiday season with wonderful music plus there will be snacks, coffee, tea, and the cash bar will be open.

Admission is \$10 per person at the door. As well, we will be accepting donations to the Deep River and Area Food Bank at this event, both cash and non-perishable items.

Our Annual Christmas Luncheon is at the Bear's Den Thursday December 11 at noon: The cost is \$35 per person which includes a Turkey dinner with all the trimmings; tax and gratuity are included. Registration and payment are due by December 4th, and payment can be made by e-transfer (preferred) at

23uovsfc55@gmail.com or the box at Deep River town hall. As well, we will be accepting donations to the Deep River and Area Food Bank, both cash and non-perishable.

Advance notice of some of the activities that we are working on for the winter/spring :

Stained Glass Garden Stone with Trish

Beaded workshop with Trudy

Monthly Catered Luncheons

Kicksledding in January

Pottery Workshop

Fitness with Kim Knight

Guest speakers

Bowling & Dinner outings

and more ...

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.

CPR and Defibrillator Training Sessions (a couple of spots open for Nov 12)

****This event is open to all seniors living in Laurentian Hills, Deep River, Rapides des Joachims, and Head Clara and Maria.****

Thanks to the generous grant offering provided by the Deep River and District Community Foundation, the Seniors Friendship Club is providing a 4 hour CPR and Defibrillator Training Session given by the County of Renfrew Paramedics in 3 locations -

Chalk River, Deep River, and originally Stonecliffe.

The third and final CPR and Defib class scheduled for Nov. 12 will now take place in Point Alexander at the Laurentian Hills

Municipal Hall at 344465 Highway 17, RR#1 Deep River at 9am. This class now has a couple of spaces open; if you wish to register, please contact 23uovsfc55@gmail.com or phone 613-401-3452, ASAP.

There will be a short refreshment break during each class.

Renew membership or join: The current membership year ended on 30 Sept 2025. If you haven't renewed, please do so soon. Same price as last year, \$25 per person.

New members are welcome. As before, you can put your fee (with identification) in the drop box in the Town Hall lobby, or send an e-transfer to 23uovsfc55@gmail.com.

Looking for Movie Suggestions: We hope to have an afternoon movie showing in November. Please send your suggestions to Wanda at wanda.harveylg@gmail.com.

We have volunteers to teach Mahjong! Now we just have to find a venue for this. Stay tuned.

Painting with Elaine:

Beginner Watercolours – December 2 and 9:

This 2-week class in the Deep River Library 10:00 am - noon will go over the very basics of watercolour painting. It is for the complete novice or those who would like a refresher class. Professional grade paper, paint and brushes will be provided. Students must bring a white plate or palette with them so that Elaine can provide

dabs of paint. We need a minimum of 10 attendees (with a maximum of 15), paid up by November 7. Registration to 23uovsfc55@gmail.com. We will have a waitlist if we exceed the maximum number. Cost is \$35, non-refundable, for the two sessions.

Monthly Watercolour Classes – October 28, November 25, January 27, February 24, March 31:

Elaine will lead 5 monthly watercolour classes in the Deep River Library on the last Tuesday each month from 10:00 – noon beginning in October and ending in March (no class in December). Each session will have a 'theme'. October session was already enjoyed; November might be a winter scene, etc. 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.

If there are any sessions/activities you think we should continue in the fall, please email 23uovsfc55@gmail.com. We are always looking for activities that are of interest to the membership.

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.



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