

The Seniors Friendship Club

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UOVSFC News for the week of Oct 27

The man who moved a mountain was the one who began carrying away small stones. - Chinese proverb

Walks in the Woods: This Wednesday, Oct. 29, meet at 1:30 pm at the parking space on Balmer's Bay Road about 1 km past the chalet, just before Kennedy Creek. We will do the Boulder Stroll, starting near the Hollo Bridge and going first to the Voyageur Boulder near the river edge, then back to the section leading to the Metcalfe Boulder on the other side of Balmer's Bay Road. You can compare the size of these two erratics left by retreating glaciers. Caution: these trails are rough as they are more recently laid out so are not well-worn yet. If we get enough people walking, this will help to beat them down! Wear sturdy boots and use walking poles. Total distance is about 4 km but you could omit part for a shorter distance.

Thursday morning Coffee and Conversation will be at the Deep River Library Program Room at 10 am, Oct. 30.

End-of-Life Choices including information on MAiD

We have been fortunate to secure a professional to speak on End-of-Life Choices including information on MAiD: Dr. Katie Forfar will speak / provide a presentation on "End of Life Choices including information on MAiD" on **Thursday, Nov. 6**

at 1pm at Deep River's St. Barnabas Church social room.

Everyone is welcome. We will be collecting for the Deep River and Area Food Bank at this event.

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

DECEMBER

Christmas Luncheon

Military Wives Choir

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 (full with wait lists)

****This event is open to all seniors living in Laurentian Hills, Deep River, Rapides des Joachim, 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. However, the third CPR and Defib class scheduled for Nov. 12 will not take place in Stonecliffe as their hall/kitchen renovations will not be completed in time. Instead, this class will take place in Point Alexander at the Laurentian Hills Municipal Hall at 344465 Highway 17, RR#1 Deep River. There were 12 spaces available in each location and they are all taken. We have waiting lists. There will be no cost for this training but we request that if you plan to register, please let us know if your plans change and you are unable to attend, as we will then contact the next person on the waiting list.
Chalk River already done on Wednesday, Sept 24 at the Chalk River Legion from 9-1.
Deep River already done on Wednesday, Oct 22 - at the Deep River Legion from 9-1.
Point Alexander - Wednesday, Nov 12 at the Laurentian Hills Municipal Hall from 9-1.
(register no later than Nov 5). This class is FULL but you may

put your name on the waiting list. Note change of venue from Stonecliffe to Point Alexander. There will be a short refreshment break during each class. Please register by emailing: 23uovsfc55@gmail.com.

SFC Bowling & Dinner October 30 (Thursday), 2025

Bowling from 3:30 until 5:15. Optional dinner at SANTA FE at 5:30, at your own expense. Bowling and Dinner are a GO.

There is still room for more (up to 24 people) but we need to know ASAP. And if anyone wants to join us for dinner only, at the Santa Fe, everyone is welcome, at your own expense; we would need to know ASAP on this as well. Cost for bowling will be \$6 (nonrefundable), which must be received in advance.

Payment may be made by e-transfer to:

23uovsfc55@gmail.com or using the SFC drop-off box at the Deep River Town Hall.

Please send a notice to 23uovsfc55@gmail.com if you would like to join us

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.

Renew membership or join: The current membership year ended on 30 Sept 2025. According to the Membership Chair's records, about 60 members have yet to renew. New members are welcome. As before, you can put your fee (with identification) in the drop box in the Town Hall lobby, or (this is the way we prefer) 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 might be

a pumpkin painting, November 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