

UOVSFC MONDAY MEMO for the week of May 26, 2025

Why did the teddy bear say 'no' to dessert? Because he was stuffed!

Tuesday June 10, 8:45am to 3pm at the CEC

We are very fortunate to be able to host an Indigenous Cultural Awareness Workshop, presented by George Couchie. George is a former Ontario Provincial Police officer who has dedicated the past 30 years to educating others about Indigenous history, culture, and the impacts of trauma. During his visit, George will speak about the traditions and teachings of Indigenous communities, the legacy of residential schools, the Indian Act, the Sixties Scoop, and other parts of history that were never taught in schools. He also shares how these histories continue to affect First Nations people today, and what healing and change can look like—both inside and outside our communities. This is a full day workshop, and a light catered lunch will be provided along with healthy morning and afternoon snacks. The workshop will be limited to a maximum of 50 participants. *Attendance to this workshop is free, but you must register in advance, no later than Monday, June 2nd, with the UOVSFC to reserve a seat, by contacting: 23uovsfc55@gmail.com or 613-401-3452.* **There will be NO registrations at the door.

If you have registered but are unable to attend, please advise as soon as possible as we may have a waiting list.** Everyone is welcome.

We are grateful for a grant from Canada's New Horizons for Seniors program that allows this wonderful opportunity to be available in our community.

Tuesday, June 17th from 11am - 2pm - Join us, in Point Alexander, for a self guided tour of the RBWM Schoolhouse Museum buildings followed by lunch. Lunch will consist of Creamy Chicken Puff Pastry, salad, dessert, coffee/tea. Everyone is welcome! Cost per person (nonrefundable) is \$20 for SFC members; \$25 for non-members. Space is limited. Please register, with payment, no later than June 10th by contacting: 23uovsfc55@gmail.com or by dropping your money, with note, into the SFC dropbox at the Deep River town hall. We will keep a waitlist in case of cancellations. We hope to see you there!

Thursday, June 19, Noon - 2pm AGM and BBQ at the Deep River Legion

Join us for our annual General Meeting and BBQ. BBQ will consist of hot dogs and hamburgers, fruit and veggies trays, dessert, tea/coffee at a cost of \$5 per person,

nonrefundable. This year's speaker will be from the Deep River Fire Department speaking about Fire Safety including their 2025 Smoke Alarm Program.

If you wish to join us for the AGM/BBQ please register no later than June 12, with etransfer and stating your preference (hotdog or hamburger) to: 23uovsfc55@gmail.com; payment may also be made at the SFC drop box at the Deep River town hall. Reports will be emailed to members in advance of the meeting.

Wednesday Walks will resume in the Fall if there is enough interest.

Thursday morning Coffee and Conversation continues at the library this week at 10 am. As of June 5, we will move to the Hexagon but for now, join us at the library.

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>

Melanie Theil with information and proofreading from other executive members.

The Seniors Friendship Club

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