

## UOVsFC News for the week of April 20, 2026

Generalizations are false.

No Walk in the Woods: The trails in the woods are too messy now so I thought we could do a walk at the waterfront but the river is so high the pathways are flooded in places.

Thursday morning Coffee and Conversation will be at the Deep River Library at 10:00 am on April 23.

Ballroom Dancing with Mac and Elizabeth:

More ballroom dancing with Mac and Elizabeth on May 19 and 26 at 9 am at the DR Library program room. We could still use more men. Please register with [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) if you wish to join in the fun. No cost.

Community Kitchens Free Breakfast at the CEC on Saturday April 25 from 8 am to 10 am. Donations accepted. Please check poster (below) which also lists future dates.

The Chicken Pottery workshop second session is on Tuesday April 28.

Roast Beef Dinner & DJ Dance Saturday, May 2, 2026. Deep River Legion, Members \$30, non-members \$35, non refundable. Registration closed April 15. Limited capacity. Doors open at 5 pm, dinner at 6 pm. Spot dance prizes.

Guided Functional Breathing: Tuesday May 5 at 10 am

Join us at the Deep River Library in the Program Room. This 1 hour guided session led by Priscilla offers experiential practices and techniques that aim to enhance your overall well-being, with practical applications that you can implement in your daily activities to strengthen independence and reduce stress. You will learn tools that help slow your breath, support jaw and tongue positioning, and guided breath sequences that help restore functional rhythm to the respiratory and pelvic diaphragms. Experience the many benefits of functional diaphragmatic breathing with practices that help expand lung capacity and improve breath control; boost immunity and aid digestion; strengthen heart rate variability and stamina; encourage circulation and pelvic floor health; and promote vitality, deep relaxation and sleep quality. Welcoming and inviting. No experience necessary. Practiced from seated on a chair. All are welcome, there is no cost to attend. Please pre-register by contacting: [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com)

May 12 at 9 am Framed Stained Glass Picture Workshop. Join us in the Deep River Library Program Room for a stained glass workshop led by Patricia Juby. There is space for 12 people. \$40 per person to cover cost of supplies; there is a choice of three patterns (see below photo of 3 designs). Please pay by e-transfer to [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or by cash or cheque in the drop box in the Deep River Town Hall before May 5th.

Sing-along Saturday May 23 at 7 pm at the Deep River Legion. \$5 at the door. See poster below.

Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada. Heart valve problems are often undetected, and late detection may have severe consequences. A free screening conducted by the Ottawa Heart Institute is being hosted by the UOV Senior's Friendship Club for people 65+ with no known heart issues. The mobile screening program offers early detection, diagnosis and treatment. The clinics on

April 30 and October 20 are fully booked, but a third date may be added. We had hoped for one in May but this could not be arranged. Stay tuned. To participate in upcoming clinics at Real Hope Christian Assembly, 33019 Hwy 17 Deep River, please call 613-696-7412 or email at [heartvalve@ottawaheart.ca](mailto:heartvalve@ottawaheart.ca) Limited space available. Future clinic dates will be booked based on need.

The Upper Ottawa Valley Seniors Friendship Club is open to all adults living in the area from Chalk River to Deux Rivieres.

Website <https://seniorsfriendshipclub.ca> Facebook <https://www.facebook.com/sfc.uov>

Ann Serdula with information and proofreading from others.

## FREE COMMUNITY BREAKFAST

Upper Ottawa Valley Seniors Friendship Club  
in Partnership with Deep River Community Kitchen

Saturday, April 25, 2026

8am-10am

Deep River Community Events Centre (CEC)



ALL AGES WELCOME

Come and Join Us!

May 23, June 27, July 25, August 22,  
September 26, October 31, November 28

UPPER OTTAWA VALLEY SENIORS FRIENDSHIP CLUB  
PRESENTS

# COME SINGALONG!

WITH GORDON AND FRIENDS

SATURDAY, MAY 23, 2026  
DEEP RIVER LEGION  
AT 7 PM  
\$5 AT THE DOOR

SONGS FROM THE  
60S, 70'S, 80'S

EVERYONE IS WELCOME!

COFFEE, TEA AND TREATS  
AT INTERMISSION  
BAR IS OPEN

FOOD BANK DONATIONS WELCOME

An illustration for a sing-along event. It features two acoustic guitars, one in the foreground and one behind it, both in shades of brown and orange. Above the guitars are several musical notes and a treble clef on a staff.



Seniors Friendship Club



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