

## UOVSFC News for the week of March 16 2026

A wife finds her husband sipping some rum on the patio; he says, "I love you so much, I have no idea what I would do without you". The wife asks, "Is that you talking, or the rum?" He replied, "That's me, talking to the rum."

**Walk in the Woods:** No walks planned – weather still too uncertain to plan ahead.

**Thursday morning Coffee and Conversation** will be at the Deep River Library at 10:00 am on March 19.

**Afternoon at the Movies.** The last movie for this season was "Victoria and Abdul" and it was very much enjoyed last Thursday. Please notify [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) if you wish the movie afternoons to continue in the fall.

The **Chicken Pottery Workshop** April 14 and 28 is FULL. It will take place at the Deep River Legion, not at the Deep River Library as previously advertised. You can contact [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) to put your name on a waiting list.

**March 23, 2026 Beaded Bracelet Workshop with Trudy.** Join us at the Deep River Legion, 9 am – noon as Trudy instructs us on how to make a beaded bracelet similar to the one in the photo (attached). Cost is \$10 per person, payable by e-transfer to [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or by cash or cheque in the drop-box at the Deep River Town Hall. Funded in part by the Government of Canada's New Horizons for Seniors Program. Please register by Friday, March 20th. There will be a wide variety of beads to choose from. Please bring scissors and thimble. If you have any questions, please contact: [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com). Trudy also says "if anyone has an unfinished beading project that they would like to bring, come along and I will help them with it".

The **Barn Quilt Workshop** which will be March 17 and March 24 at 9 am in the Deep River Library program room is \$20.00 per person payable by e-transfer to [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or by cash or cheque in the SFC drop-box at the Deep River Town Hall (please include identification and what it is for). Only 20 people allowed.

**Free Community Breakfast, Saturday March 28, 8 am – 10 am at Deep River Community Church.** Juice, baked beans, sausages, pancakes, real maple syrup, fresh fruit, tea, coffee. Donations appreciated – all ages welcome. Sponsored by Upper Ottawa Valley Seniors Friendship Club in partnership with Deep River Community Kitchen.

## FREE COMMUNITY BREAKFAST

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

Saturday, March 28, 2026

8am-10am

Deep River Community Church



### **Gentle Fitness with Kim Knight**

On Tuesdays at the Deep River Library program room at 11:15am.

April 7, April 21, May 19, May 26

The classes will be a mix of gentle exercises for flexibility and balance and tips on how to increase more movement throughout a day. Chairs only are required for these classes. \$10 per class or 4 classes for \$35. Please register with payment to [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or by dropping a note with payment in to the drop-box at the front desk at the Deep River town hall.

**County wide bus trip to the Ottawa Tulip Festival, along with dinner, on May 11th.** The seats for Deep River are now FULL, however we are keeping a cancellation list in case someone cancels or in case the seats in Petawawa and Pembroke do not fill up.

(There will be 4 buses leaving from different locations in the county.)  
Bus 2: Lead is Melanie Theil, Upper Ottawa Valley Seniors Friendship Club, 613-401-3452 or [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com)  
Pick up locations - Ashley's Independent (Jan's Valu-Mart), 75 Deep River Road, Deep River (11:00am), Petawawa Civic Centre, 16 Civic Centre Road, Petawawa (11:30am), County of Renfrew, 9 International Drive, Pembroke (11:55am). All buses will meet at Commissioner's Park with arrival time between 1:00 and 1:30 pm. We will be staying at the festival until 3:00 - 3:30 pm. Buses will start leaving the festival at 3:15 pm and 3:45 pm to head to the restaurant. The pricing for this trip (\$80 per person) includes transportation and dinner at Buffets Des Continents only (buffet dinner, coffee, tea, pop, and services). Individuals are welcome to bring food and drinks on the bus and to the festival.

### **Have you heard about valvular heart diseases?**

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 first clinic on April 30th is fully booked, but a second date of October 20th has been added.

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.

### **Save the date!**

**\*\*SATURDAY, MAY 2\*\***

  UOVsfc DINNER & DANCE   at the Deep River Legion. Details to follow at a later date.

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 proof reading from others.

Take good care.  
Mel

Melanie Theil on behalf of the Seniors Friendship Club



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