

What's new with the UOVsFC for the week of March 2

The word “deserts” survives almost entirely inside the phrase “just deserts”, meaning punishment or reward that fits the deed. Despite appearances, this has nothing to do with cakes or arid landscapes. In movies, after a lifetime of crime, villains often get their just deserts. In real life, they get elected (maybe not in Canada we hope). Also, deSERT, as in “to desert the army”; DESert, as in “the Sahara”; deSSERT, as in “fat-free dessert”; diSSERT, as in “to speak or write at length”

Walk in the Woods: The main snowshoe loop (shown as the dashed line on the map) on Sunday, taking the short cut, took an hour to do the 3 km and it was fine with boots. Wednesday looks reasonable, so we can meet at the DRXC chalet on Balmer’s Bay Road ready to do this walk at 1:30 pm (March 4). The route involves quite a number of ups and downs so I would rate it as intermediate difficulty.

Kicksledding – Only 3 people signed up, so this event is cancelled.

Thursday morning Coffee and Conversation will be at the Deep River Library at 10:00 am on March 5.

Afternoon at the Movies. Thursday March 12 at 1pm at DRDH. The movie will be “Victoria and Abdul”.

The first Community Kitchen breakfast, a collaboration between the Seniors Friendship Club and the Deep River Community Kitchen project, took place on Saturday, February 28. Although it was our inaugural breakfast program, we had experienced volunteers on hand, and everything went smoothly. Attendees enjoyed a delightful social outing bustling with friendly conversation, along with a hot meal featuring scrambled eggs, sausages, pancakes and syrup and Rolland Kelly’s famous baked beans. We served 57 people and raised \$800 in donations to support the Community Kitchen project. Thank you to everyone who attended, and a special thanks to the volunteers who made this event such an enjoyable experience. The Community Kitchen breakfast will be held on the fourth Saturday of each month, and we hope you can join us for our next breakfast on March 28 at the CEC. (reported by Tom Moore)

Monthly Watercolour Classes with Elaine

Last one is on March 31.

Please Note: **The Stained Glass Garden Stone workshop** on March 10 is FULL, as is the Chicken Pottery workshop in April. You can contact 23uovsfc55@gmail.com to put your name on a waiting list for either or both of these.

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 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.

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 Seniors Friendship Club for people 65+ with no known heart issues.

The mobile screening program offers early detection, diagnosis and treatment. To participate in the upcoming clinic on April 30 at Real Hope Christian Assembly, 33019 Hwy 17 Deep River, please call 613-696-7412 or email at 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 proof reading from others.

Melanie Theil on behalf of the Seniors Friendship Club



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