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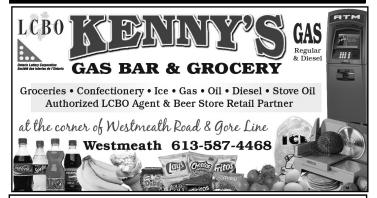
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National Director

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#### **BEACH-WEST PHARMACY**

1858 Beachburg Road, Beachburg, Ontario K0J 1C0

JIM LABOW – Pharmacist **Phone:** 613-582-3333 Fax: 613-582-3338

Pharmacy Hours
Monday – Friday: 9:30 am – 5:45 pm
Saturday: 9:30 am – 12:00 noon

# PRESCRIPTIONS • DIABETIC SUPPLIES HEALTH & BEAUTY AIDS Photocopy and Fax Service



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# UPCOMING EVENTS

April 3rd LaPasse Soup &

Sandwich, 11:30 - 1:00

April 10th RSSC Monthly Meeting

April 17th RSSC Soup & Sandwich

**April 25th** Epicure Fundraiser

Beachburg Lion's Club

7:00 p.m.

April 26th What is Susan's Secret

Hosted by RSSC Presented By Cobden's

Community Players

April 27th Spring Breakfast

Beachburg Lion's Club 7:30 a.m. to 10:30 a.m.

April 27th Turkey & Ham Supper

Beachburg United

Church, 4:00 - 6:30 p.m.

\$15 - Everyone Welcome!

April 29th WDRA

**Annual General Meeting** 

May 1st LaPasse Soup &

Sandwich, 11:30 - 1:00

May 11th Community Yard Sale

& Buffet Breakfast



### **APRIL 2019 NEWSLETTER**

To rent Community Centre Hall: 613-587-4559/613-587-4838 or email wdra@nrtco.net lce bookings: arenas@whitewaterregion.ca; call Township office M-F, 8:30 am - 4 pm, ask for Debbie

For Newsletter inquiries: Email: <u>wdranewsletter@nrtco.net</u> or call 613-587-4438 ADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH www.westmeathtoday.ca

# WESTMEATH & DISTRICT RECREATION ASSOCIATION

ANNUAL GENERAL MEETING

Monday, April 29th, 2019

7:15 p.m.

**Westmeath Recreation Centre Hall** 

**Everyone Welcome** 

Volunteers needed

Positions on the Board

For more information contact

Brenda Grady at wdra@nrtco.net



To book a table or to list your location please contact Beth Ethier @ 613.587.4294

or ethierpb@nrtco.net

8:00 a.m.—12:00 p.m.

#### **COMMUNITY YARD SALE**

&

BUFFET BREAKFAST SATURDAY, May 11, 2019

Breakfast will begin at 7:30 a.m.

Ending at 10:30 a.m.

At the

**Westmeath Recreation Centre Hall** 





**WDRA EXTENDING** THE DAY On July 6th

With so many cyclists who 'come from away' for the Tour de Whitewater, the committee has planned to extend the day with an afternoon BREWFEST AND IT'SOPEN TO EVERY-ONE!

There will be a chance to test-taste some 15 different craft beers; to sample vodka made from dairy (check out Vodkow from Almonte); to sample, hard cider, and wines, gourmet popcorns, Poutine and beer ice cream!!! There'll be entertainment all afternoon.

Come out and join in the BIKE AND BREW Festival and show our guest the true SPIRIT OF WHITEWATER. Mark your calendar - JULY 6 - and watch for more details on our posters in April. Young and old can be part of this exciting event.

ATTENTION CYCLISTS: Register in April! Registration fee increases on May 1st. Choose your route and your shirt size. And receive a free entrance to the Beerfest!



The WDRA is now accepting nominations for Volunteer of the Year Award(s) to be presented Canada Day! Please submit your nominations to wdra@nrtco.net

**ELLIOTT'S INCOME TAX** (613) 582-3431 **318 WESTMEATH ROAD** 

#### RIVERVIEW SENIORS SOCIAL CLUB

### The Cobden Community Players

Onstage at Westmeath Rec Centre Hall Friday, April 26th, 2019, at 7:30 pm.

# What is Susan's

TICKETS \$12.00 from Jocelyne 613 298-5643 or Jan 613 582-3741

## **SECRET?**





ESTMEATH & DISTRICT 2019 Spring Basketball

Canada Basketball and NBA Canada have merged youth programs to create the:

Jr NBA Youth Basketball Program



Thur nights: April 4 until May 30 (9 sessions) Ages 6-9 (grades 1-4) from 600 to 715 pm

Ages 10-12 (grades 5-7) from 715 to 830 pm

24 spots available for each age group

\$75 per child (this includes a jersey, basketball, drawstring bag, certificate, and poster)

Register through Neil at n\_r\_nicholson@hotmail.com

Follow us on FB at @WDRAyouthbasketball

#### **April 2019 Update of Riverview Seniors Social Club**

Submitted by Heather Campbell and the Communication Team

The Riverview Seniors Social Club is a non-profit and volunteer driven organization working to enhance the quality of life, community participation and independence of seniors.

#### **COMING EVENTS:**

The Whitewater Singers under the direction of Blaine Sack had their last session on Tuesday March12th. The year-long provincial funding grant terminated March 15<sup>th</sup>. At the recent business meeting of the RSSC, several of the participants expressed how much they had enjoyed these sessions and wondered if it might be possible to find a way to continue. Stay tuned to see if that seed will germinate!

Riverview Senior Social Club monthly business meetings are the 2<sup>nd</sup> Wednesday of every month, starting at 11a.m. until 12:15 p.m. All members are encouraged to attend and participate in planning for our future events. April 10th will be the next meeting. Ideas will be considered for a possible club fall trip.

Renfrew County Paramedic Wellness Clinic is from 11:30 to 12:30 in conjunction with the club's business meeting. This FREE health clinic is open to the public, an opportunity to have b.p., pulse, respiration, glucose levels. etc. checked.

Mark Friday, April 26th on your calendars and buy your ticket for "What is Susan's Secret?" This is hosted by our club and is presented by Cobden's Community Players who have a wonderful history of annual entertaining plays. This is the first time for presenting their play in Westmeath. (See ad in this newsletter). Ticket sellers are Jan (613-582-3741) and Jocelyn (613-298-5643)

The monthly Community Soup and Sandwich Noon Luncheons continue the 3<sup>rd</sup> Wednesday of each month. April 17<sup>th</sup> is the next one. Cost is \$8. EVERYONE welcome! If you are a member, please contact Jan Reeves at 613-582-3741 if you can kindly donate soup, buns, cheese, fixings or dessert.

The Riverview Weekly SOCIAL has started with great enthusiasm! You are invited to come for shared enjoyment each Wednesday afternoon from 1 pm to 3:30 pm at the Westmeath Rec Centre Hall. So far there have been games of euchre, nickel-me and cribbage. It is open to all Whitewater residents 55 years and over. There is no charge. It is a low-key time of socializing, cards or game playing, crafts, cups of tea and chatting. Make your own

Yoga classes are offered every Wednesday morning until the end of April. The cost is \$50 for 7 weeks. Call Barb Bertrand (587-4115) or Danielle Thomas (587-4615) for more information.

When you are attending events in the hall, please note the Canadian flag now proudly hanging on a sturdy wooden framework. We thank member Darcy McMullen for his woodworking skills for this and also the improvement in the podium speaker stand.

Please like us and share our Facebook Page! Go to Riverview Seniors' Social Club to learn more about activities offered as well as viewing photos from past RSSC events.

Our club supports www.hwtproject. At present there are 171 family histories and more emerging.

Please note: This Riverview monthly column also appears on the Club's website http://hwtproject.ca/ riverviewclubevents/ and in the Lions' Newsletter.

A friendly reminder that all content and advertising submissions for the WDRA Newsletter must be received by the 15th of the month in order to guarantee inclusion the following month. Submissions can be made via email at wdranewsletter@nrtco.net. For inquiries, please call Lynn at (613) 587-4438 or Heather at (613) 587-4394. Thank you.