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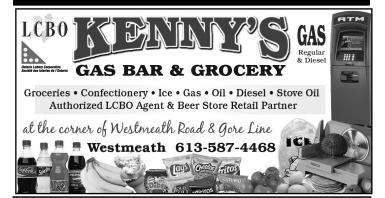
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National Director





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

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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.





7:15 pm

WDRA Boardwalk Bingo

WDRA Board Meeting

Feb 2nd

Feb 5th

RECREATION ASSOCIATION

Feb 7th	Soup and Sandwich LaPasse Parish Hall 11:30—1:00
Feb 14th	Happy Valentine's Day
Feb 14th	RSSC Monthly Meeting
Feb 16th	Tween Dance - 7-10 pm
Feb 19th	Family Day
Feb 21st	RSSC PUB NIGHT & Talent Show
	RSSC Soup & Sandwich Cancelled for today due to Pub Night
Mar 2nd-4	Ith Westmeath Winter Carnival (save the dates)
Mar 23rd	Tween Dance
Mar 24th	RSSC - Plan to attend "Murder at Curst Mansion"
Apr 16th	WDRA Annual General Meeting (save the date)



A big thank you from Marie for the New Year's Dance help

- Brenda and all the kitchen helpers
- Danielle and Ernie Thomas for getting Chris Cooper to play at the last minute
- Mike Wendorff for his help
- All who attended for their patience and understanding

FEBRUARY 2018 NEWSLETTER

To rent Community Centre Hall: 613-587-4559/613-587-4838 or email <u>wdra@nrtco.net</u> Ice bookings: <u>arenas@whitewaterregion.ca;</u> 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 EADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH www.westmeathtoday.ca



WDRA WINTER CARNIVAL

March 2,3 and 4, 2018

Plan to come out and enjoy some great activities for all ages! Watch for our detailed schedule on our FB page at Kenny' S Store and in the March Newsletter. We are planning to have the following activities:

- Weekend Ice Hockey Tournament
 - Friday Night Tween Dance
- Friday Night Euchre Tournament
- Saturday Outdoor Ball Hockey Tournament
 - Saturday Big Breakfast and Lunch
 - Saturday Live Music and Dance
- Plus Broomball, glowstick public skating, bingo, indoor and outdoor kids games.

WDRA Multi-Sport Sessions

Each session will focus on a different indoor team sport (basketball, ball hockey, soccer, dodgeball are some examples that the group will have to choose from). There will be skill introduction, athletic development specific to that sport as well as the opportunity to play the sport.

Feb. 21st & 28th and March 7th & 21st - Wednesday Evenings

Beachburg Public School Gym Ages 6-9 - 7-8 pm Ages 10-13 - 8-9pm Cost is \$15 per child Register by Feb. 14th

Registration is through Neil Nicholson at 613.587.4725 or

n r nicholson@hotmail.com

Min. of 12 required to run each session program. Max. 20/session can be registered.

Instructor is Gerry Benoit. He has played basketball and coached at many levels. He coached the U14 Boys to a Silver Medal at the 2014 North American Indigenous Games and runs basketball clinics across Ontario. In 2015 he was recognized by the Ontario Coaches Association with the "Everyone Matters Coach" award. He has also run Steve Nash Programs throughout the area. He has offered the WDRA to run a multi-sport program here in Beachburg with the intent that we will run a Steve Nash program in the spring.

Tween Dances

February 16th & March 23rd

Westmeath Community Hall - 7 PM-10 PM - Ages 8-15 years \$5.00/person

Music by: Abbey Lane DJ Entertainment Canada



Westmeath Rec Centre Hall

5 - 5:50 pm: REGISTRATION of Talent Show Performers

"COME SIGN UP"

Doors Open at 5 pm; Cipaille Dinner at 6 pm, Talent Show "Live" at 7:30 pm

TICKETS \$12.00 each

from Doreen at 613 587-4834, Kenny's Store or Beach-West Pharmacy.

THE MENU Home-Made Cipaille, (pronounced sea-pie), served with all the trimmings.

THE TALENT A Community Talent Show - playing music, singing, dancing, telling tall tales, skits or recitations. Performances should be limited to 6 to 8 minutes in length, (excluding standing ovations of course).

Sponsored by the Riverview Seniors Social Club



Αt

St. Andrew's United Church

Westmeath, Ontario

(Fundraiser for Washroom Renovations)

Sunday, February 11, 2018

1:00 p.m. to 4:00 p.m.



FREE WILL DONATION

EVERYONE WELCOME!

RECREATIONAL BROOMBALL FOR ALL AGES

AT THE WESTMEATH RINK

Saturday, Feb 3 @ 5:30, February 19th Family Day time to be announced

Carnival Weekend—time to be announced

Cost: \$3.00 /person

Helmets (all ages) and indoor running shoes or

broomball shoes are required.

Brooms will be provided by

Beachburg Public School

(Thank you!)

For more info please contact Mary at marcy@nrtco.net
or 613.582.7491



Nellie Bromley's

90th Birthday

FEBRUARY 18TH, 2018

1:00 p.m.—3:00 p.m.

1801 Bromley Line, Westmeath

Cake and Coffee

Candle Blowing at 2:00 p.m.

No gifts—Best Wishes Only



Submitted by Heather Campbell

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.

PLAN TO ATTEND THE WEDNESDAY FEBRUARY 14TH MEETING. Input is welcomed from all members. Business meetings are held the second Wednesday of every month at the Westmeath Recreation Centre Hall.

If you are interested in becoming a member, please contact membership chair Connie Gray at 613-582-3390. Cost \$10.



The monthly Soup and Sandwich luncheon for February 21st is CANCELLED so that you can attend the exciting PUB NIGHT and TALENT SHOW (with a "Vieux Canadiens" twist) that evening at the Westmeath Rec Centre Hall. Doors open for the happy hour at 5p.m. and the delicious Cipaille Dinner (pronounced *sea pie*) begins at 6p.m. with the Live Talent Show at 7:30 p.m. Tickets \$12 available from Doreen at 613-587-4834. If you wish to perform, come between 5 and 5:50 pm to register (no need to register ahead). Good food and good fun! See local posters and Facebook for more details

OOPS! I apologize for last month's news error re the Monthly Paramedic Wellness Clinic and the Foot Care service. These opportunities are available on the 2nd Wednesday, at 12:30 each month, after the business meeting. The monthly wellness clinic is free and offers a chance to have your blood pressure, heart rate, temperature and pulse checked. There is a \$15 charge for the foot care. (Please note: Foot care will NOT be available in February).



Saturday, March 24th, 2018. Plan to attend "Murder at Curst Mansion"

It is the roaring-twenties and the famous millionaire William Curst is hosting another decadent evening at his infamous mansion. However, the festivities are soon cut short when a local journalist, Oscar Tame, is found dead on the Curst property! All the guests present are being considered as suspects and for good reason too – it appears that they all have something to hide!

The *Riverview Seniors Social Club* will endeavour to solve this most dreadful Murder Mystery in the course of one exciting evening and you are all invited. Mark your calendars now.

Millionaire William Crust and his guests will all be in roaring 20's fashion, so dust off your boas and flapper dresses. The scene is set and a MURDERER is afoot. Watch for more details in next month's Newsletter.

Copies of "My Wishes Workbook" for \$15.00 are selling quickly. Order by email to: mywishesworkbook@gmail.com.

Or phone 587-4502. They make great presents.



Please like us and share Riverview Seniors Social Club Facebook Page for ever-evolving new ideas, trips and projects!

WDRA Youth Yoga

The WDRA has partnered with Whitewater Yoga to offer Yoga to community youth. Feb. 13th, 20th &27th and Mar. 6th, 20th & 27th

5:15-6:15 pm - Tuesday Evenings Beachburg Public School Gym

Ages 6-11

Cost: \$45 per child, additional siblings \$35

Register by Feb. 6th

Registration is through Neil Nicholson at 613.587.4725 or

n r nicholson@hotmail.com

Minimum 15 required. Maximum 20.

Instructor is Daryl-Lisa Oldham. She offers a variety of different adult yoga classes in our area including Wake-up Power Flow, Parents and Tots, Gentle Flow and Chair, Digestive Flow, and Rest and Restore. In addition, she is a Stand-up Paddle Board and Kayak instructor with Liquid Skills, a Whitewater company right here in our back yard! We are looking forward to seeing the interest in this program with the hope to expanding it!