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WHITEWATER FOAM INSULATION SOLUTIONS INC.

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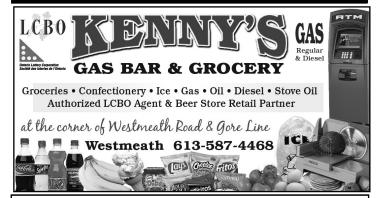
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JOIN THE MOVEMENT Dana Nicholson

National Director Independent Consultant, Epicure Office: 18667969798 Email: danasgoodfood@hotmail.com





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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ONLY \$25.00/MONTH GET ONE MONTH FREE WHEN YOU COMMITT TO A FULL YEAR. FOR MORE INFORMATION OR TO ADVERTISE, PLEASE CONTACT LYNN OR HEATHER AT wdranewsletter@nrtco.net

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.





UPCOMING EVENTS

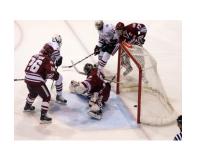
Jan 1st	Happy New Year!	
Jan 5th	Novice Tournament	
Jan 8th	Whitewater Singers	
	7 p.m. Westmeath Hall	
Jan 9th	RSSC Monthly Meeting	
Jan 9th	Gentle Yoga	
	9:00—10:30 –upstairs hall	
Jan 12th	Midget Tournament	
Jan 16th	RSSC Soup & Sandwich	
Jan 23rd	RSSC China Night	
Jan 26th	Bantam Tournament	
Feb 1, 2, 3		
	Memorial Tournament	
	Beachburg, Westmeath	
	And Cobden	
Feb 6th	LaPasse Soup & Sandwich	
	11:30—1:00	
Feb 9th	Peewee Tournament	
Feb 23rd	Atom Tournament	



JANUARY 2019 Newsletter

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

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



UPCOMING MMHA

TOURNAMENTS

HOCKEY

AT

THE WESTMEATH ARENA

Mark the dates!!

January 5th Novice January 12th Midget January 26th **Bantam**

February 9th Peewee

February 23rd Atom

Come and watch some great hockey, support our local players and enjoy some delicious food...breakfast, lunch...a fun day for all.



We would like to thank Lorraine and her husband Larry for their great initiative to hold a Christmas Tree Lighting event in Westmeath on Dec 9th. Many hands made light work with Peter Ethier getting the tree from Gail Ethier's property and setting it up in the ball diamond as well as Marie McMullen and her team preparing all the snacks and warm drinks set out in the hall. Bob Grylls helped out with the song booklets to help remind us all of the words to each song. Plus all the decorations, lights and games done up and on display by Lorraine.

Thanks so much for such a wonderful night!

Also, thanks to everyone involved in the Santa

Claus Parade making it a fun filled evening for all and especially our littles.

Gentle 40ga Winter Session

January 9th to February 20th at 9 to 10:30 α.m. Westmeath Rec Centre Hall Full Session \$50 pp. Drop-in to try a class \$12 pp

GENTLE 40GA will benefit all adults wishing to gently stretch and tone the body. Come out and warm up those tense and rigid muscles. Gentle help for flexibility and balance as you age. Very useful for anyone recovering from illness or dealing with mobility issues. Info: Barb at 587-4115.

Riverview Senior Social Club

THE WHITEWATER SINGERS

Winter Schedule Starts Tuesday, January 8, 2019,

7 p.m., Westmeath Rec Centre Hall.



- Welcomina all Whitewater Residents 50+ who love to sing.
- No prior choral experience or music training required.
- Led by Musical Director Blaine Sack. Call 613. 587.4251 for Info.

SINGING LIFTS THE SPIRIT & GLADDENS THE HEART, COME OUT AND GIVE IT A TRY

Funded by Ontario Seniors Community Grant Program, Ontario Ontario Ministry of Seniors Affairs.

RIVERVIEW SENIORS SOCIAL CLUB

WEDNESDAY, JANUARY 23RD, 2019 WESTMEATH REC CENTRE HALL

HOMEMADE CHINESE FOOD CATERED BY LOCAL CHEF BOB THOMPSON



TICKETS \$15.00 CALL 582-3741 OR AT CLUB EVENTS

PLUS "EXPERIENCING CHINA" WITH CHINA TRAVELLER PETER VALLIANT

RIVERVIEW ZENIORS SOCIAL CLUB



2019

Memorial Tournament

Beachburg, Westmeath, Cobden Feb 1st, 2nd & 3rd

4 Divisions

Ladies	4-12 teams	\$550
Gentlemen	4-12 teams	\$550
Open	4-12 teams	\$620
Co-ed	4-12 teams	\$550

All athletes must be minimum 19 years of Age in all divisions

Gentlemen Division may only have 2 athletes under 30 years old Co-ed must have minimum 2 female skaters on ice at all times

Registration and \$100 deposit must be received by Jan 11 2019

3 game guarantee in all divisions

Contact D. McLaughlin to register your Team Today!!! beachburgsports@hotmail.com

January 2019 Update of Riverview Seniors Social Club

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.

HAPPY NEW YEAR!

COMING EVENTS:

Mark Your Calendar:

The Whitewater Singers under the direction of Blaine Sack will continue to meet on Tuesday evenings (7 -8:30). There is no class on the last Tuesday of each month. New members are most welcome. There is no fee. Contact info: 613-587-4251; Cell 343 369-8700. This program is funded by Ontario Seniors Community Grant Program, Ontario Ministry of Seniors Affairs.

Riverview Senior Social Club monthly business meetings are the 2nd Wednesday of every month, starting at 11a.m. All members are encouraged to attend.

Monthly Community Soup and Sandwich Luncheons are the 3rd Wednesday of every month, beginning at 12 noon. Cost is \$8.

The club is alive with new ideas:

See the ad in this newsletter regarding our "CHINA NIGHT" on Wednesday January 23rd. Tickets are limited. Get yours now! \$15 (Call Jan at 582-3741)

Watch for more news in next months newsletter. If you are a club member, we welcome you to the monthly business meetings at which new ideas are introduced.

If you are not a member, why not join? Contact Connie Gray, membership chair (613-582-3390)

Copies of "My Wishes Workbook" are still available for purchase at \$15.00. Order by email to: mywishesworkbook@gmail.com. Or phone 587-4502. They make great presents.

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

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



FOR HALLBOOKINGS

Please call Marg Gervais 613-587-4838

