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**WDRA**

WESTMEATH & DISTRICT  
 RECREATION ASSOCIATION

**UPCOMING EVENTS**

Jan. 1st	HAPPY NEW YEAR!
Jan. 2nd	Holiday Skate, 6-7 pm
Jan. 7th	WDRA Winter Carnival Planning Meeting, 7pm
Jan. 8th	RSSC Business Meeting St. Andrew's Church Hall, Beachburg
Jan. 11th	Midget Hockey Tourney
Jan. 15th	RSSC Soup & Sandwich St. Andrew's Church Hall, Beachburg
Jan. 25th	Bantam Tournament
Feb. 5th	LaPasse Soup & Sandwich 11:30 - 1:00
Feb. 7th-9th	Competitive Hockey Tournament
Mar. 6th-7th	Westmeath Winter Carnival

**THANK YOU**

We would like thank everyone who has helped to support the

**MDS (MENNONITE Disaster Services)**

with wonderful meals for the last three weeks.

Your help and generosity is appreciated.

**WDRA & FLOOD RELIEF COMMITTEE**

**JANUARY 2020 NEWSLETTER**

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

For Newsletter inquiries:  
 Email: [wdranewsletter@nrtco.net](mailto:wdranewsletter@nrtco.net) or call 613-587-4438  
 DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH  
[www.westmeathtoday.ca](http://www.westmeathtoday.ca)

**UPCOMING HOCKEY TOURNAMENTS 2020**

Hockey season has just started. Please come out and watch our local youth play. The following is a list of the upcoming tournaments that will be played in Westmeath

January 11th	Midget
January 25th	Bantam
February 1st	Pee Wee
February 22nd	Atom
February 7th ,8th & 9th	Competitive Tournament

for Atom,Pee Wee, Bantam  
 (played in Cobden, Beachburg and Westmeath rinks)

Our Annual Breakfast and Craft Sale was a huge success!

We appreciate your support!

Thank you to the **vendors & Beth Ethier** for her leadership. There were lots of goodies at the bake table.

Congratulations to the 50 /50 winner Wendy H., from Beachburg (she donated the money back to the WDRA)...Amazing.

Thank you **Leatrice and Marg** for their work in organizing the kitchen and everyone who helped.

**Brenda Grady, WDRA**

**THANK YOU**

## GREEK SOUVLAKI DINNER

Wednesday, February 26, 2020

Westmeath Rec Centre Hall



"Where Music Meets Bingo"

With Chris Cooper DJ Services

TICKETS \$25 at 613 587-4225

**RIVERVIEW SENIORS SOCIAL CLUB**



## Whitewater Yoga

With Daryl-Lisa

Westmeath Sessions - All Levels Welcome

### Power Flow - Lengthen and Strengthen

med-high intensity with postures from standing to sitting to hands and knees and laying on the mat.

### Restorative Yoga - Rest & Renew

lower intensity, focussing in relieving tension in the back, neck and shoulders.

A calming class for the mind.

Thursdays beginning January 9th	4 sessions - \$60
at Westmeath Arena Hall	8 sessions \$100
Power Flow 6:00-7:05pm	12 sessions \$160
Restorative 7:30-8:30pm	16 sessions \$200
	Bring a Mat & Water Bottle

Contact Daryl-Lisa to register

Call or text: (613) 430-9642

Email: [owwhitewateryoga@gmail.com](mailto:owwhitewateryoga@gmail.com)

A WDRA SPONSORED ACTIVITY

## JANUARY 2020 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 to present members and to those who are still "want-to-be members". If you are 50+ and interested in membership (\$10), please contact membership chair Connie Gray at 613-582-3390.

Unfortunately the entranceway of the Westmeath Hall is still not ready. Until there is further notice, our club will continue to meet in the basement of Beachburg's St. Andrew's United Church. The monthly business meeting will be Wednesday, Jan. 8th at 1:00 p.m. The free Renfrew County Paramedic Wellness Clinic will continue to be held in conjunction with the monthly business meeting from 1:00 p.m. to 2:00 p.m. Come and have your blood pressure, heart rate, and oxygen level as well as your sugar level checked.

The club plans to have the regular Noon Soup and Sandwich Day on Wed. Jan. 15th at ST. ANDREW'S UNITED CHURCH in BEACHBURG. Cost is \$8 and there is a lift available for anyone handicapped or carrying food.

The new session of Gentle Yoga classes are meeting in the Westmeath Hall each Wednesday, 9 - 10:15 a.m., starting Jan 8th to Feb. 19th. Cost is \$50. Call Danielle 613-587-4615 for more info.

The Club's Wednesday Afternoon Socials have been temporarily suspended but will resume when the entranceway renovations are finished at the Westmeath Hall.

Interesting things are being planned for the NEW YEAR 2020. The delay in finishing the entranceway has caused us to change the "Greek Night" which offers a catered Greek Souvlaki Dinner and "Singo-Bingo" to Wednesday, Feb.26 evening. The bar opens at 4:30 and the first music bingo game is at 5:30 p.m. The cost is \$25 and tickets are available from Claudette (613-587-4225) and Heather (613-582-3257). This sounds like fun!

Requests have been made that we feature the ever-popular "Pub Night and Talent Show" in the spring. Stayed tuned for more news on that!

At the December business meeting, in response to a request made by Joey Trimm who is a member of the Healthier Community Committee dealing with the Beachburg Scotiabank closure, Bob Grylls and Heather Campbell volunteered to represent the RSSC at these meetings. The aim of this committee, to be known as the SOB (Save Our Bank), is to help facilitate efforts to prevent closure of the Beachburg branch of BNS.



Like us on Facebook at Riverview Seniors Social Club.

The historical website <http://hwtproject.ca> continues to attract readers.

## WESTMEATH WINTER CARNIVAL



### PLANNING MEETING

Tuesday, January 7th at 7 p.m.

We would like to invite and welcome anyone interested in helping or taking leadership to come out.

We are looking for fresh ideas!

For more information contact

[wdra@nrtco.net](mailto:wdra@nrtco.net) or 613-587-4518

## WHITEWATER WEEKLY

### Waste & Recycling - Christmas Schedule

Recycling collection during the weeks of Christmas and New Year's is not affected. However, waste (garbage) collection is affected as follows:

- Regular Monday and Tuesday collection will be as scheduled
- Regular Wednesday collection shifts to Thursday.
- Regular Thursday collection shifts to Friday

### Attention residents of Whitewater Region

Effective January 1, you can now place up to two bags of garbage, no heavier than 50 pounds each in regular bags, at curbside for collection each week.

Recycling material should be sorted and only contain accepted material for pick up every other week.

Collection schedules are not changing for January-September, 2020.

If you require more than 2 bags, you will be required to purchase Township issued yellow bags now \$5 each. They can be purchased at local retailers or at the municipal office.

## MARK YOUR CALENDAR

### TOUR DE WHITEWATER

July 11, 2020

Tour our beautiful Whitewater Region

Further details to follow.



### FOR HALL BOOKINGS

Please call Marg Gervais

613-587-4838

