

HALL BOOKINGS -

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(613) 587-4838

FOR ICE RENTAL BOOKING -

Please call Brenda Grady
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WESTMEATH & DISTRICT
RECREATION ASSOCIATION

UPCOMING EVENTS



- | | |
|---------------------------------|---|
| Nov 2nd | Soup & Sandwich
LaPasse Parish Hall
11:30—1:00 |
| Nov 2nd | Spaghetti Supper
Our Lady of Grace Catholic
School at the WDRA Hall |
| Nov 4th | WDRA Boardwalk Bingo |
| Nov 5th | St.Andrew's United Church
Westmeath—Roast Beef
Supper and Bazaar at the
Community Hall |
| Nov 5th | Broomball for all ages
5:30—6:30 |
| Nov 2nd, 9th, 16th, 23rd & 30th | Weekly Yoga 9:00—10:15
Weekly Painting 1:30—4:00 |
| Nov 9th | RSSC Monthly Meeting
At 11:00 followed by the
Wellness Clinic and Foot
Care Clinic |
| Nov 11th | Remembrance Day Service
Cenotaph at 10:00 a.m. |
| Nov 16th | RSSC Soup & Sandwich
Community Hall
Pre-Christmas Craft and
Bake Sale |
| Dec 9th | WDRA Boardwalk Bingo |

NOVEMBER 2016 NEWSLETTER

To rent Community Centre Hall or Ice Rink Facilities:

613-587-4559 or email wdra@nrtco.net

www.westmeathtoday.ca

Email: wdranewsletter@nrtco.net or call 613-587-4438:

**DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE
MONTH**



WDRA ICE IS IN!

A huge thank you from Mel on behalf of the WDRA to the following people who helped put the ice in this year.

Peter Crosby, Darcy McMullen, Celeste Byce, Linda Crosby, Mike Wendorff, Duane White, Rick McDonald, Glenna White, Dave Laderoute, Joey Trimm, Corey Clouthier, Vince Gervais, Jay Orcott, Brian Dament, Josh Mackie

Brandon Bolt, Garrett Robertson, Tyson Lemaire, Wesley White, Ashley McDonald, Gregory Kosowan, Sherry Ethier, Jenna White, Dustin Ethier, Mason Bromley, Quaid Nicholson.

Thanks to **Neil Nicholson and Sherry Ethier** for organizing the help.

Mel thanks everyone involved and the WDRA would like to say **"thank you Mel"** for all you do. We are off to a great start to our new season!

Thank You!





SPAGHETTI DINNER

OUR LADY OF GRACE CATHOLIC SCHOOL

Wednesday, November 2, 2016

AT THE WDRA

4:30 to 6:30 p.m.

\$7.00 Large Plate

\$5.00 Small Plate

(three and under eat free)

Included in the price are salad, spaghetti, bread, dessert and beverage



50/50 DRAW



RECREATIONAL BROOMBALL FOR ALL AGES



At the

WESTMEATH RINK

Saturday, November 5 &

Saturday, December 17th

5:30 p.m.—6:30 p.m.

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

marcy@nrtco.net or 613.582.7491

Thank you **Garfat Tree Care** for sponsoring a portion of the ice costs.

Come and join in the fun! Bring the whole family!

WDRA

SKATING SKILLS CLINICS THIS FALL



- Youth Learn to Skate Program (ages 5 and up) - \$50. Six one hour fun learn to skate sessions designed for skaters not necessarily interested in hockey. CSA Hockey helmet required, hockey equipment is welcome but not required. Nov 7, 14, 21, 28 and Dec 7 and 14, 530-620 pm.

- Novice/Atom Hockey Skills - \$75. Six 1.5 hour sessions designed to develop skating and puck handling. Each sessions will include a focus on a different skill followed by 4 on 4 hockey. Full hockey equipment required. First two goalies to register are free. Nov 7, 14, 21, 28 and Dec 7 and 14, 630-750 pm.

- Pee wee/Bantam Hockey Skills - \$75. Six 1.5 hour sessions designed to develop skating and puck handling. Each sessions will include a focus on a different skill followed by 4 on 4 hockey. Full hockey equipment required. First two goalies to register are free. Nov 6, 13, 20, 27 and Dec 6 and 13, 630-750 pm.

Adult and Sr Youth Skating Program - \$65. Six one hour fun skating sessions designed for each adults skill level. CSA hockey helmet required. Nov 6, 13, 20, 27 and Dec 6 and 13, 8-850 pm.

Register through Neil Nicholson at 613.587.4725 or n_r_nicholson@hotmail.com

Crime Stoppers Calendars



We are also going to be selling Crime Stoppers Cash Calendars to help subsidize these programs as well as updating our skating and coaching aids for the rink. \$5 from each calendar will go back into our programs. Please contact Neil Nicholson to reserve your calendar or to find out where you can purchase them this year.

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FOR ICE RENTAL BOOKINGS

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“WHAT’S HAPPENING”

with the RIVERVIEW SENIORS SOCIAL CLUB

NOVEMBER 2016 Update of Riverview Seniors Social Club

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:

Please see the colourful 2-sided print-out that everyone received in their mail in August or go online to hwtproject.ca/riverviewclubevents for details about the PAPER TOLE MAKING classes (Nov. 3 to Nov. 24th, 1 to 4p.m., and the SQUARE DANCING on Nov. 3rd to Dec. 15th, 7-9 p.m. (and much other info as well). Below is an update and added info re Men's Health Forum.

Men's Health Forum

Wednesday, November 30 at 6 – 8:30 pm

At this male-only presentation, health professionals will set out how your body reacts to stresses, diseases and the wear and tear of a well-lived life. **Speakers are Dr. Kristian Davis and Ray Parchelo.** This is your chance to hear the current approaches to maintaining your own wellness levels. Relaxed atmosphere with just the guys will encourage open discussion. Supper meal included. Cash Bar. Register on November 7 & 8 by phoning 613-587-4856.

NOTE: Although registration for the Men's Health Forum event (beginning Nov.30th) is stated to be on November the 7th and 8th, you can actually register for this event on a first come first served basis from **November 1 to 22.** (no charge)

If you still have not become a member of the Riverview Seniors' Social Club, you can do that by calling membership chair Connie at 613-582-3390. Membership fees are due now (\$10). Enjoy fun events and friends.

The monthly Nov. meeting of the club will be on the 9th (11a.m.) but there will be no December meeting.

CHRISTMAS DINNER DANCE

The tickets are now available for the Christmas Dinner Dance on Saturday, Dec. 10th. Contact 613-582- 3778

or 582-3318 or see members. The dinner is catered and the live music is provided by the popular “Ghost Town Criers”. Price is \$28 and is expected to be a sell-out!

Yoga classes are every Wednesday, 9a.m. to 10:15, Westmeath Rec Hall... 6 sessions for \$42 or \$12 walk-in.

The regular noon hour SOUP & SANDWICH (cost \$8) on Nov. 16th will also feature a Christmas Craft and Bake Sale, starting at 11a.m. If any member wants to have a sale table, please contact 613-587-4568.

The December Soup and Sandwich will be changed to Wed. Dec. 14th instead of the 3rd week. Please remember that at each soup and sandwich day, there is an opportunity to contribute canned goods and non-perishable needs to the food bank to help provide for those less-fortunate. (Container on ticket table).

Submitted by Heather Campbell



Renfrew County 55+ Games

MIXED CURLING

Teams must consist of 2 men and 2 women

DECEMBER 2 & 3, 2016

EGANVILLE CURLING CLUB

Registration forms available at Senior Centres, on the OSCA web site, or contact lmchurch@nrtco.net 613-628-1272
Winners are eligible to compete in the Ontario Provincial Games to be held in Cobourg in Feb 21–23, 2017

6 end games
Guaranteed 3 games
Starting time : 9 A.M.

Cost \$35 each *

(includes lunch Day 1)

*note if you participated in any games 2016 deduct \$12

Mail to: Renfrew County 55+ Games
C/O I Churchill
Box 411, 75 Bonnechere St E.
Eganville, ON K0J 1T0

BINGO							
8	25	39	54	66			
10	17	42	52	63			
7	26	35	56	74			
15	19	32	59	73			
6	21	40	46	67			

WDRA BOARDWALK BINGO

(save the dates)

Friday, November 4th

Friday, December 9th

REMEMBRANCE DAY SERVICE



Friday, November 11th

At 10:00 a.m.

At the cenotaph (next to the arena)

Light Refreshments to follow

At the WDRA Hall

Thank you to Pastor Anita, Our Lady of Grace Staff & Students for organizing this special time and the ladies for refreshments!



WDRA ICE IS IN—Great Family Fun

Public Skating on Saturdays

6:30 p.m. - 9:00 p.m.

\$2.00/child ; \$3.00/adult ; \$65.00/Family Pass

CSA approved helmets mandatory for skaters under 16 yrs.