## **HALL BOOKINGS -**

Please call Marg Gervais (613) 587-4838

# FOR ICE RENTAL BOOKING -

Please call Brenda Grady

(613) 587-4559





Dana Nicholson National Director

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



JOIN THE MOVEMENT

# **BEACH-WEST PHARMACY**

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> Pharmacy Hours *Monday − Friday:* 9:30 am − 5:45 pm Saturday: 9:30 am - 12:00 noon

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Cathy Williamson

613-587-4715 www.cathywilliamson.ca

#### **Danielle Thomas**

613-587-4615 granielle@mail.com (Ceremonies en français aussi)

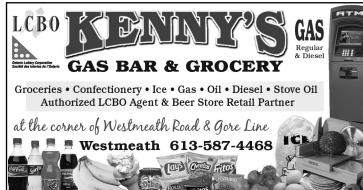


Andrew Brotton, Broker Direct: 613-633-8661 Email: andrew.brotton@century21.ca



www.andrewbrotton.com





# Ottawa River RV Sites

Fully Serviced, 30 amp Service, Sewer, Water

Spotswoods Landing 1737 Rapid Road, Westmeath, ON



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- Crawl spaces / basement blankets Serving the Upper Ottawa Valley

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Plan, Build, Maintain...

From decks to fences and everything in-between, we are your experts in home renovation!

Phone: (613) 401-6592

Email: steve@whitewatercontracting.ca





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

WDRA Boardwalk Bingo Nov 4th

Nov 5th St.Andrew's United Church

> Westmeath-Roast Beef Supper and Bazaar at the

Community Hall

Broomball for all ages Nov 5th

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



www.westmeathtoday.ca

To rent Community Centre Hall or Ice Rink Facilities: 613-587-4559 or email wdra@nrtco.net

Email: wdranewsletter@nrtco.net or call 613-587-4438: **DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE** MONTH



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!









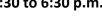
### **OUR LADY OF GRACE CATHOLIC SCHOOL**

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





VEGETABLE

 $S_{AU_{CE}}$ 

## 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.
- Peewee/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

Please call Brenda Grady - (613) 587-4559

### "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. 3<sup>rd</sup> to Dec. `15<sup>th</sup>, 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.30<sup>th</sup>) 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 a 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 9<sup>th</sup> (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. 10<sup>th</sup>. 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. 16<sup>th</sup> 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. 14<sup>t</sup> instead of the 3<sup>rd</sup> 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 Centes, on the OSGA web site, or contact imchurch@nrtco.net 613-628-1272 Winners are eligible to compete in the Ontario Provincial Games to be held in Coboura in Feb 21-23, 2017

6 end games Guaranteed 3 games

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 | Churchill Box 411, 75 Bonnechere St E. Eganville, ON K0J 1T0



# 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.