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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

# PRESCRIPTIONS • DIABETIC SUPPLIES HEALTH & BEAUTY AIDS Photocopy and Fax Service



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## UPCOMING EVENTS

Nov. 6th LaPasse Soup & Sandwich 11:30- 1:00

Nov. 11th Remembrance Day

Nov. 4th-18th Deer Contest -

Sponsored by Beachburg
Community Hall –

Registration at R&N Power Sports, 1441 Beachburg Rd

10 am to 5 pm

Info: Jeff @ 613-633-1197

Nov. 13th Business Meeting @ 1:00 St. Andrew's Beachburg

Nov. 20th RSSC Soup & Sandwich

**Nov. 30th** WDRA Christmas Craft & Vendor show & Breakfast

**Dec. 1st** Christmas Tree Lighting

Dec. 4th LaPasse Soup & Sandwich 11:30—1:00 plus Bake Sale

Dec. 8th Santa Claus Parade

Dec. 14th RSSC Christmas Dinner

& Dance

December 1, 2019
WDRA 2nd Annual
Christmas Tree Lighting



SAVE THE DATE

More details will follow

## November 2019 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: wdranewsletter@nrtco.net or call 613-587-4438
EADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH
www.westmeathtoday.ca





BREAKFAST
8:00 A.M—11:00 a.m.
Adults—\$9.00
Children 4—10 years—\$6.00
Under 4 years—no charge

CRAFTS AND VENDOR SHOW
BAKE SALE
8:00 A.M.—NOON

TO BOOK A TABLE FOR THE CRAFT SALE
PLEASE CONTACT BETH ETHIER at 613-587-4294 or
Email ethierpb@nrtco.net
Cost is \$10.00 for a table

DONATIONS FOR THE BAKE TABLE WOULD BE GRATEFULLY ACCEPTED



WDRA SANTA CLAUS PARADE

SUNDAY, DECEMBER 8th, 2019

We are looking for groups,
Businesses or members of the
community, anyone interested in
putting in a float.

**Contact: Joanne Savage** 

At 613-587-4768 of email

savage.joanne@hotmail.com

Everyone is invited afterwards for hot dogs, cookies and hot chocolate

And a visit with Santa.

A donation to the local food bank would be appreciated.



#### REMEMBRANCE DAY SERVICE

Westmeath Cenotaph, Synton Street opposite the Fire Hall

Monday, November 11th at 10:00 a.m.

Reception to follow at

Our Lady of Grace Church Hall.



# RIVERVIEW SENIORS SOCIAL CLUB'S ANNUAL MEMBERSHIP DRIVE

Renewals & New Memberships On Sale Now at \$10.00.

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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, Peewee, Bantam (played in Cobden, Beachburg and

Westmeath rinks.

#### WDRA Hall Updates

The hall floor is looking good after its new sanding and varnishing. At this time 60% of the 200 chairs have been outfitted with leg protector caps to preserve the hall floor. The balance will be done shortly. New windows have been installed on the north side of the hall and the first floor office and referee's room. Construction is underway for the new entrance ramp and roof. Entry into the Hall remains optimistic for November 30th.



We are looking for players or teams that would be interested in playing or forming a team for **broomball**For more information contact Mary

@613-582-7491. Tentative start date will be November

9th from 4:30—5:30 p.m.





The Township is excited to be able to offer all public skating at no expense this year. It has also synchronized all public skates across the three arenas to allow residents to access as many as possible. As this is a trial year, the WDRA would like to encourage as many people as possible to take advantage of this opportunity. **This will send a clear message to Township staff of the desire to use our rink.** In Westmeath free skating takes place on Saturday from 5:30 to 6:30 for parent and tots followed by skating for everyone from 6:30—8:30 p.m. Seniors are welcome to skate on Fridays from 12—1 p.m.

#### **November 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.



#### **Coming Events:**

We will continue using the Beachburg St. Andrew's United Church Basement as follows:

**Business Meeting**, starting at 1:00 p.m., will be held the <u>second Wednesday</u>, <u>namely</u> November 13<sup>th</sup>. Please note the start time. All members are encouraged to attend a few business meetings each year and we always welcome non-members who might be interested in the Club to come along and check us out.

Renfrew County Paramedics will be on site holding their Free Wellness Clinic during the meeting.

**Soup & Sandwich Luncheon**, starting at noon, will be held the <u>third Wednesday</u>. November 20<sup>th</sup>. Enjoy the double dose of delicious homemade soups, sandwiches and desserts and socializing with old and new friends. Contact Jan reeves at 613-582- 3741 if you are a member and can contribute a food item.

You can enter using the front doors of the church, then go downstairs to the luncheon or use the elevator at the church's left-side parking lot, unless there are other signs indicating a change. Everyone Welcome. Non perishable items are gratefully accepted for the Food Bank. There will be no Soup and Sandwich in December.

**Christmas Dinner and Dance** will be Saturday, Dec. 14<sup>th</sup>. Reception will be at 5p.m., dinner at 6p.m. Live dance music provided by Station Hill Band. Tickets are \$25. Please call 613-587-4115.

The Riverview Social Club is pleased to be welcoming new members. Renewals and new <u>Memberships for</u> <u>2020</u> are still available until the end of December. Cost is \$10. Contact membership chair Connie Gray (613-582-3390) or see her at the November Soup and Sandwich on November 20th.

#### **GENTLE YOGA:**

Gentle Yoga is now being held back in the Westmeath Rec Hall each Wednesday 9 – 10:15 a.m. Please enter by the main entrance or according to the sign posted there. A new 11-week session will be starting on October 30<sup>th</sup>, running to Dec. 11<sup>th</sup>. Fee of \$50. For more info call Danielle at 613-587 -4615.

The Club's Wednesday **Afternoon Social** has been suspended temporarily and will resume when we are able to return to the Westmeath Rec Centre Hall.

Please like us and share our Facebook Page! "It's **Riverview Seniors Social Club**. Learn more about us as well as viewing photos from past RSSC events.

Please note: This Riverview monthly column will now also appear on the Club's website. <a href="http://hwtproject.ca/riverviewclubevents/">http://hwtproject.ca/riverviewclubevents/</a>



Gervais 613-587-4838

#### STUDENT VOLUNTEERS

For students looking to fulfill some volunteers hours, please stop by the Westmeath Rink and see Mel de Haan or call 613-587-4559.



