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OCTOBER 2016 NEWSLETTER

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DEADLINE FOR NEWSLETTER ENTRIES IS THE 15th OF THE MONTH

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UPCOMING EVENTS



- Oct 5th Soup & Sandwich
LaPasse Parish Hall
11:30 to 1:00
- Oct 5th, 12th, 19th, 26
Community Hall
Painting Class
1:30—4:00
- Sept 28th Weekly Yoga resumed
9:00—10:15 a.m.
Community Hall
- Oct 10th **THANKSGIVING**
- Oct 12th RSSC Monthly Meeting
11:00 followed at 1:00
By the Wellness Clinic
And Foot Care Clinic
- Oct 19th RSSC Soup and Sandwich
Community Hall
- Oct 22nd Oktoberfest Fundraiser
Community Hall
- Oct 29th Beachburg Lion's Club
Fall Breakfast
- Oct 31st **HALLOWEEN**
- Nov 5th St. Andrew's United Church
Westmeath
Roast Beef Supper /Bazaar
At the Community Hall

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**ICE WILL SOON BE IN,
GET THOSE SKATES SHARPENED!**



Oktoberfest

WDRA FUNDRAISER FOR ARENA NEEDS
SATURDAY, OCTOBER 22nd - 4:00 pm - 1:00 am
Westmeath Community Hall

Schnitzel Dinner with all the trimmings at 6:00 followed by
Live Entertainment, Dancing & Silent Auction
"EXIT 31"— band from Windsor

Also featuring other special guests performances.
\$25.00 per person available from RA members

For more information contact:
Marie McMullen @ 613.587.4436



Mr. and Mrs. Danny Lacroix would like to extend a heartfelt thank you to the WDRA For their outstanding help in making their Wedding Day (September 10, 2016) such a great success...the food, the services...everything was great!

Thank you

ROAST BEEF SUPPER AND BAZAAR



ST. ANDREW'S UNITED CHURCH WESTMEATH

Saturday, November 5, 2016

At the

Westmeath Community Centre Hall

Bazaar - 3:00 pm to 7:00 pm

Supper - 4:00 pm to 7:00 pm

Adults - \$14.00

Children (5-10 yrs) - \$6.00

Children (4 yrs and under) - Free

Take Out Available

Everyone Welcome!

UPCOMING

WDRA will be running skating and hockey skills clinics again this year. They will not start before the end of October.

Watch the WDRA Facebook Page for more information or contact Neil Nicholson at 613.587.4725



BAUER FIRST SHIFT AND MUSKRAT MINOR HOCKEY AT THE BEACHBURG AREA



Do you know someone who has a child who might be interested in trying hockey? Maybe they were hesitant because of tales of high registration costs, not sure if their kids will like it, confused over what equipment to buy and what sizes, or just do not want to commit to a full season of practices, games and tournaments.....Well Bauer and Hockey Canada have a new program to try to address these concerns. Its the Bauer First Shift program and Muskrat Minor Hockey was one of the 150 associations across Canada selected by Bauer to host the Bauer First Shift program for up to 30 kids from our greater community. It is an excellent program designed for kids ages 6-10 who have never tried minor hockey through Hockey Canada before. Bauer will provide head to toe equipment (everything! - valued at about \$700) sized to fit each child and Muskrat Minor Hockey Association provides six one hour sessions before Christmas and an option for another six sessions after Christmas plus the coaching staff. Sessions will be one hour long, on six consecutive Saturdays at the Beachburg Arena and led by our program instructor Stan Keon. Cost is \$200 for this excellent program, but if money is a challenge please contact me and we can look into sponsorship from a variety of sources across our community. We will be starting Oct 11th with introductory meeting and sizing all the equipment and then we will be on the ice starting Oct 22nd. We are already at the half full, so if you know anyone who might be interested please forward this link or have them call me for more information.

Neil Nicholson - (613) 587-4725

HALLOWEEN IS MONDAY, OCTOBER 31st

Youngsters in our small community will put on their Halloween costumes and once again take part in the time-honoured tradition of trick-or-treating, and we want to ensure that each of them returns home safely. Motorists are reminded to be extra cautious when behind the wheel on Halloween – and to keep their eyes peeled for little goblins and ghouls!



"WHAT'S HAPPENING"

with the 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.

The Club resumed their monthly meetings on Wed. September 14th and their monthly noon soup and sandwich luncheons (\$8) on Wed. Sept 21st. This schedule will continue with the business meetings being the 2nd Wednesday and the luncheons being the 3rd Wednesday of every month except for December when the luncheon will be on Wed. Dec. 14th followed by entertainment by the OLG school children.

New membership (\$10) is most welcome. Please contact membership chair Connie Gray at 613-582-3390.

The Wellness Clinic will be held at 1:00 p.m. the 2nd Wednesday of every month as well as the Foot Care Clinic. Appointments must be made for Footcare by calling Laurene Blackwell at 613-587-4491.

Thanks to funding from the New Horizons For Seniors Program (NHSP) the Riverview Seniors have been able to sponsor several workshops. By now you should have received in the mail a colourful flyer entitled "Riverview Hobbies and Crafts" and "Riverview Speakers and Adult Learning". Line Dancing (Sept. 6th to Oct. 25, 7-9) has already started as has "Quilt Block Piecing" (Sept.15-Oct. 20th, 1-4p.m.).

Still to come (details online at HWTPROJECT.CA/RIVERVIEWCLUBEVENTS) are:

Woodworking Oct, 5 to Oct. 26, 6:30 -9p.m., held at Fellowes High School. Register Sept. 27 and 28 at 613-587-4377. Instructor Darcy McMullen.

Paper Tole making Nov.3-24 1-4p.m., held at Lions Club Hall, Beachburg. Register Oct. 24 &25 at 613-582-3741. Instructor Verla Robinson

Square Dancing Nov.3-Dec. 15, 7 to 9 p.m., held at Westmeath Rec. Centre Register on Oct. 17 &18 at 613-582-3694 Instructors Esther White and Nancy Schultz.

Shaw Woods Guided Visit: Oct.14 at 10a.m. to 12 noon. Car-pooling details and map online.

Computer Class: Tuesdays, Oct.18 to Nov.22nd. 9:30 to 11:30 a.m. at Westmeath Rec. Centre. Register Oct.3 and 4 by phoning 613-582-7420

Depression in Later Life: Friday Oct.28 at 1:30 – 3p.m. Psychiatrist Dr. C. Donald Brown will explain depression and answer your questions. Westmeath Rec. Centre.

Men's Health Forum : Wed. Nov. 30th, 6-8:30p.m. Speakers are Dr. Kristian Davis and Ray Parchelo. Supper meal included. Cash bar. Register Nov. 7th & 8th by phoning 613-587-4856.

ADMISSION IS FREE TO ALL THE ABOVE EVENTS AND TO MORE TO FOLLOW IN THE WINTER.

Two classes being offered outside this grant are **Painting Class** and **Yoga Class**.

Weekly painting classes resume on Wed. Oct. 5th, at Westmeath Rec Hall, 1:30 to 4:00 p.m. at \$10 per class. If you are interested in the possibility of a beginners' class, call Dudre at 582-3286 or Jan at 582-3741.

Yoga classes resume on Wed. Sept.28th, 9 to 10:15a.m., \$42 for 6 weeks or \$12 for walk-ins. Peter from White Pine Yoga instructs. Call Danielle Thomas 613-587-4615 for more info.

Like us on Facebook at Riverview Seniors Social Club.



RSSC Cont'd

On Tuesday Sept.13th club members Paul Stewart and Phil Cottrell were interviewed on Heritage Radio's "Seniors in the Community" program. They did a wonderful job in giving details about the RSSC. If you missed it, you can hear it on www.valleyheritagerradio.ca

Learn how to avoid falling and broken bones by participating in the "StandUp! Falls Prevention Program". Call the Health Centre 613-582-3685 or visit the WBCHC.ON.CA website.

For more health-related news, call 855-293-7838 or visit www.champlainhealthline.ca

If you are interested in Carpet Bowling which starts on Tues.Sept. 27th in the basement of the Municipal Building in Cobden or in Shuffleboard which starts on Thursday, Sept.29th at Cobden's Legion, 1:15 to 3p.m., contact Joanne Schafer at 613-646-2067.

The RSSC was pleased to receive a thank-you note from the Canadian Red Cross expressing their appreciation for the club's donation to the Alberta Fires Fund. The club also received a note of appreciation from the Hospice Renfrew for the generous donation (after the "Hats and Hotties" Tea).

Remember to set aside Dec. 10th evening for the Club's Christmas Dinner Dance. The Ghost Town Cryers will provide the music. The dinner is catered. Members will have tickets for sale and more details in October.

Submitted by member Heather Campbell

FOR HALL BOOKING

Please call Marg Gervais (613) 587-4838



FOR ICE RENTAL BOOKINGS

Please call Brenda Grady - (613) 587-4559

ARENA ADVERTISING

Attention Business Owners! The WDRA rents advertising wall space inside the arena. The signs are mounted on the wall surrounding the ice surface area. These billboards offer an excellent opportunity to promote your business as well as express your support for local events in the community. As a business owner, you can be sure that your advertisement will be seen by hundreds of spectators each year.

Contact the WDRA at wdra@nrtco.net for more information and make plans to have your ad ready for the next ice season.