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WDRA

WESTMEATH & DISTRICT
RECREATION ASSOCIATION

**UPCOMING
EVENTS**



- Oct. 4th** LaPasse Soup & Dessert
11:30am - 1:00pm LaPasse Hall
- Oct. 15th** Stone Fence Theatre
presents Conspiracy
Connptions, Westmeath Rec.
Centre Hall - 2:00pm
- Oct. 18th** RSSC Soup, Sandwich &
Dessert, 12 noon, Westmeath
Rec. Centre Hall
- Oct. 21st** Ontario Festival of Small
Halls featuring Ben Caplan,
Westmeath Rec. Centre Hall
- Oct. 22nd** Fun 'n' Fab Nails,
Westmeath Rec. Centre Hall
1:00-3:00 pm
- Nov. 1st** LaPasse Soup & Dessert
11:30am - 1:00pm LaPasse Hall
- Nov. 3rd** Darts—7 pm Westmeath
Rec. Centre Hall, \$5, BYODarts

OCTOBER 2023 NEWSLETTER

To rent the Community Centre Hall:
613-587-4559/613-587-4838 or email wdra@nrtco.net
Ice bookings: arenas@whitewaterregion.ca;
or call Courtney at the Township @ 613-646-2282 ext. 150

For Newsletter inquiries:
Email: wdranewsletter@nrtco.net or call 613-587-4394
DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH
www.westmeathtoday.ca

STONE FENCE THEATRE

Presents

Conspiracy Connptions

Westmeath Recreation Centre Hall,
Sunday, October 15th, 2:00pm Matinee
Adults \$40, Youth \$15

Tickets available at
(<https://stone-fence-theatre.square.site/conspiracy-connption>)
or call, TOLL-FREE 613-401-1497.

**FOR HALL
BOOKINGS
Please call
Marg
Gervais @
613-587-4838**



WHITEWATER SENIORS October 2023

Seniors 55+ from all Whitewater Township communities are welcome to attend any event listed.
Require Transportation? If so, be sure to ask when you register. There are no costs unless stated.

Event: **Crafting** (bring your own supplies) **When:** Tuesday, October 3 from 10:00am-3:00pm
Where: St. Andrew's United Church, 1744 Beachburg Road **All ages welcome!**
Tea and coffee will be provided. Bring a lunch if you're staying all day! **No Registration Required**

When: Thurs Oct 12, from 1:00 – 2:30
Where: Haley United Church, 760 Calvin Road, Haleys
Event: **Fun Facts for Good Health**
Presenter: Angie Lepine, Renfrew Victoria Hospital
Registration Required

When: Tues Oct 24, from 2:30 – 4:00
Where: Westmeath Recreation Centre, 119 Synton Avenue
Topic: **Live Solo Music Re-imagined Through Stories of the Ottawa Valley**
Entertainer: Gillan Rutz Entertainment
Light refreshments will be served.
Registration Required

When: Thursdays 1-4pm, Sept 21 – Oct 26
Where: St Paul's Parish Hall, 27 Crawford St, Cobden
Topic: **Living a Healthy Life with Chronic Conditions**
Presenter: Betty Mae Bryanton, RPN
For Help to Register Contact: 1-877-240-3941
Limited Spaces – Register Early. To Register Online:
www.livinghealthychamplain.ca/en/workshops

When: Tuesday, October 31 from 1:00 - 2:30
Where: Cobden Municipal Hall Basement, 44 Main St
Topic: **The Expanded Role of Pharmacists & Your Rx's**
Presenter: Matthew Conway, Pharmacist
Registration Required

FUNDRAISING CURBSIDE DINNER \$17/meal **When** Wednesday, Oct 25 from 4:30-6:00 pm
Pick-up at **ConnectWell Community Health** 20 Robertson Drive, Beachburg
OR **St. Paul's Anglican Church Hall**, 27 Crawford Street, Cobden
Call 613-582-3685 to reserve your meals by Friday, Oct 20 at 3:00pm and provide your preferred pick-up location.
Menu: Prepared by Schmidt's Catering

Event: **iPad/Internet Cafe** Bring your iPad, laptop, tablet or cell phone for basic support and socializing.
When: Friday October 6 and 20, 1:00 – 3:00 **Where:** 20 Robertson Drive, Beachburg **No Registration Required**

THE FROZEN MEAL PROGRAM Meals - \$6.00 / Soups - \$5.00 / Desserts - \$4.75 **LOWER PRICES!!**
If you or someone you care for would like help with meals, nutritious, delicious frozen meals are now available
every Friday afternoon from 1:00 to 3:30 downstairs at **ConnectWell Community Health**, 20 Robertson Drive,
Beachburg. Place your order beforehand either in person, by email or by calling Margaret. You will then be called
when your order is ready for pick up. Limited delivery is available. Order forms for Griffith & Apetito are online at
TheTownshipofWhitewaterRegion



VOLUNTEERS NEEDED!

If you are looking for something to get involved with where
you can meet people or lend a hand in your community,
please contact Whitewater Seniors, and make a difference.

Whitewater Seniors Liaison Coordinator – Margaret Morin
1-833-582-7004 Ext 126 Website
By Email: seniors@whitewaterregion.ca
Facebook: www.facebook.com/WWRSeniors

The Festival of
SMALL★HALLS
Big Music in a Little Place



OCTOBER 5th-22nd, 2023

Featuring Ben Caplan at the Westmeath & District Recreation Centre Hall

Saturday, October 21st - Doors open at 7:00 pm

Tickets available for purchase at <https://festivalofsmallhalls.frontgatetickets.com/>



Riverview Seniors' Social Club **THANK YOU**

SOUP & SANDWICH SUCCESS!

**86 ATTENDEES
GOOD FOOD
3 NEW MEMBERS
GREAT MUSIC
SEE YOU IN OCT**

**TEAMWORK MAKES
THE DREAM WORK**

**50-50 WINNER \$96.00
ANNE-MARIE GERVAIS**

AND DID YOU KNOW...

Some of the things happening in our neighbourhood are Exercise Classes Monday & Thursday 9:00-10:00 am in the Hall *Sponsored by ConnectWell.*

Euchre Monday nights at 7:00 pm in the Church Hall, Lapasse *Sponsored by OLMC.*

Yoga Wednesday 9:00 am in the Hall *Sponsored by Riversview Seniors Social Club.*

Yoga Thursday 6:00 pm in the Hall *Sponsored by WDRA*
October Soup & Dessert in Lapasse 11:30am in the Church Hall *Sponsored by OLMC.*

Riverview Seniors Social Club (RSSC) General Meeting 1:00 pm in the Hall.

Soup & Sandwich 12:00 pm October 18th in the Hall *Sponsored by Riverview Seniors Social Club.*

Live music with Gillan Ruetz 2:30-4:00 Tuesday, Oct. 24 in the hall on *Sponsored by Whitewater Seniors.*

**So much happening in our area, come and join us!
EVERYONE ALWAYS WELCOME**

We Want To Say THANKS !

Couldn't Do it Without Them

Our Generous Sponsors
JP2G Consultants, Olmstead Home Hardware, Poppa Mills, Riverview Seniors, Ross Museum, TD Canada Trust, Trembley Fire Solutions, Whitewater Inn, Wright's Auto Repair, Yantha Cycles

Bonnechere Caves, Canadian Tire, De Ruiter Aggregates, Gearheads, Hedgeview Farms, Heliconia Press, Hugli's Blueberry Ranch, Kenny's Store, Raabe Plumbing & Heating, Spotswoods Landing, TerHuurne Family, The BOP Shop, Upper Ottawa Heritage Centre, Upstream Dave, Wilderness tours

**The Town of Westmeath
And our Fantastic Volunteers**

Dart night will begin again on Friday, November 3rd at 7:00 pm at the Westmeath Rec. Centre Hall. \$5.00 per person. The bar is open. Bring your own darts. Great fun and lots of laughs.!



KENNY'S GAS BAR & GROCERY

Groceries • Confectionery • Ice • Gas • Oil • Diesel • Stove Oil
Authorized LCBO Agent & Beer Store Retail Partner

at the corner of Westmeath Road & Gore Line
Westmeath 613-587-4468

**ADVERTISE YOUR BUSINESS WITH US -
ONLY \$25.00/MONTH -GET ONE MONTH
FREE WHEN YOU COMMIT TO A FULL YEAR.**

**FOR MORE INFORMATION OR TO
ADVERTISE, PLEASE CONTACT HEATHER AT
wdranewsletter@nrtco.net**

UPDATE ON THE WESTMEATH RINK OPENING FOR 2023/2024

The Westmeath arena will be up and running this year in partnership with the Township of Whitewater Region. We do not know the exact date of when the ice will be put in, however we are hopeful it will be in by the November 1st.

To book ice please contact the Township by calling (613) 646-2282 ext. 150 or email cloan@whitewaterregion.ca **AND** contact Arlene at (613) 587-4330 or send her a message to arlmr@nrtco.net.

The Township rate to book ice is: Adult Primetime - \$163.72, Adult Weekday - \$128.89 or Minor Primetime - \$110.20, all plus tax. We are looking for people who might be interested in booking ice for birthday parties, family get togethers, skating or hockey or maybe even broomball. We are also looking for people who might be interested in playing pick up hockey whether it is seniors, adults or youth, men ladies or mixed hockey. Please contact Arlene if you are interested in playing but may not have a team as well will start a list.

We are also looking for volunteers to work in the canteen. Once we have a schedule as to when the rink will be open we will start a schedule and will be looking for people to work for a few hours when it is open.

Thank you to all for your continued support - IT TAKES A VILLAGE!

Fun 'n' Fab Club

Spooky Treats

DIY Manis & Pedis

**October 22nd:
Halloween Nails &
Spooky Treats!**

1:00-3:00 p.m.
Westmeath Community Hall

*Free to attend for all ages, but donations are welcomed.

*Bring a take-away container for your Spooky treats.

Save the date Nov. 12 for our next fun day!

YOGA CLASSES
A new round of yoga class commenced on September 21st for 5 weeks at a cost of \$40.00 with a drop-in price of \$12.00 per session. The classes may continue after that if interest continues. The class scheduled for October 5th has been rescheduled for October 26th due to a hall booking on October 5th and this will be the last class of this round. A new round of classes will start on November 2nd. For more information, please contact Beth at (613) 587-4294 or ethierpb@nrtco.net.



VOLUNTEERS NEEDED

Delta Bingo

2 bingos per month
Short training period.
We don't want to lose this valuable source or revenue which helps our programming and events.

Table set up and chairs

For events at the hall as well a coordinator to contact volunteers as to date and time required
Email wdra@nrtco.net

Kitchen

For events and catered meals. Contact Leatrice at (613) 587-4503.

School Volunteer Hours

The WDRA offers great opportunities for students to get their volunteer hours in at any of our upcoming events. Please email wdra@nrtco.net if interested.

If you would like to receive the WDRA Newsletter electronically, please email us at wdranewsletter@nrtco.net