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Danielle Thomas  
613-587-4615 [granielle@mail.com](mailto:granielle@mail.com)  
(Ceremonies en français aussi)

**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](mailto:wdra@nrtco.net) for more information and make plans to have

**WDRA**

WESTMEATH & DISTRICT  
RECREATION ASSOCIATION

**UPCOMING EVENTS**

Aug 30th - Sept 5 2015 ICF Freestyle World Championships

Sept 1st Deadline to register for Minor Hockey

Sept 1st BACK TO SCHOOL

Sept 5th Adult Recreational Softball Tournament

Sept 7th **LABOUR DAY**

Sept 7th WDRA Meeting - 7:30 pm

Sept 9th YOGA - 9-10:15 am  
Westmeath Hall

Sept 9th RVSC Monthly Meeting  
12 noon

Sept 11th Tween Dance - 7:00 pm

Sept 11th WDRA Boardwalk Bingo  
Pembroke

Sept 13th OLMC Parrish Supper

Sept 16th RVSC Soup & Sandwich  
12 noon

Sept 19th RVSC 'Evening With Elvis'  
8 pm - SOLD OUT

Sept 26th Festival of Small Halls  
Westmeath Rec. Hall

**FOR HALL BOOKINGS**  
please call  
Marg Gervais (613) 587-4838

**FOR ICE RENTAL BOOKINGS**  
please call  
Brenda Grady  
(613) 587-4518 or  
(613) 587-4559



**SEPTEMBER 2015 NEWSLETTER**

To rent Community Centre Hall or Ice Rink Facilities:  
613-587-4559 or email [wdra@nrtco.net](mailto:wdra@nrtco.net)  
[www.westmeathtoday.ca](http://www.westmeathtoday.ca)

For Newsletter inquiries:  
Email: [wdranewsletter@nrtco.net](mailto:wdranewsletter@nrtco.net) or call 613-587-4394

 Saturday, September 26th  
**THE FESTIVAL OF SMALL HALLS**

**CELTIC KITCHEN PARTY FEATURING EAST COAST MUSICAL GROUP BEOLACH,**  
*opened by local Celtic Group The Donohue Enright's, and much much more.*

*Doors open at 7 pm, performance starts at 7:30 pm.*  
*Limited childcare will be available downstairs*

*Tickets are available online at*  
[www.thefestivalofsmallhalls.com](http://www.thefestivalofsmallhalls.com) *or through the members of our local committee. Tickets are \$20 each and are available in tables of 10. Please contact Neil Nicholson at (613) 587-4725 to reserve yours today.*

*Jointly sponsored by the WDRA and the RVSC.*

  
**WDRA FUNDRAISER**  
**Saturday, October 24th**  
4:00 pm - 1:00 am,  
Westmeath Community Hall  
Oktoberfest Dinner - 6:00 pm followed by Music,  
Entertainment Dancing  
Silent Auction  
**FUNDS GOING TO ARENA UPGRADES**  
\$20.00 per person  
For more information & tickets,  
please contact Marie McMullen @ (613) 587-4436



Our Lady of Mount Carmel Parish

## FALL SUPPER

Take Out Meals  
Available

Bazaar &  
Bake Table

Country Style Home Cooking

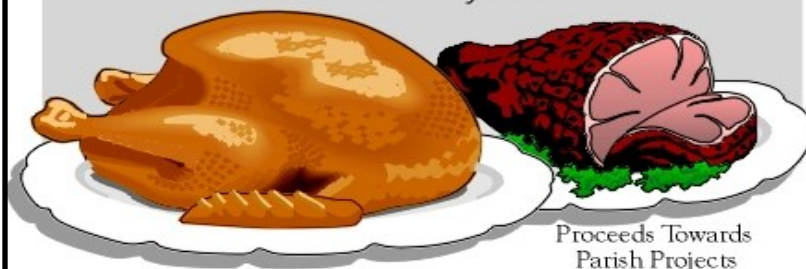
## Turkey & Ham Dinner

Sunday, September 13, 2015

2:30 p.m. - 6:00 p.m.

Our Lady of Mount Carmel Parish Hall, Lapasse

Adults \$13.00 ~ Children under 12 years \$6.00  
Children under 4 years free



Proceeds Towards  
Parish Projects

Come Join Us!

## WDRA ARENA INSULATION PROJECT

The WDRA has successfully completed its insulation renovation to the arena rink this summer. Thanks is great part to the hundreds of hours of work by Arena Manager **Mel de Haan** as well as his time spent supervising the contractors. The lower portion of the inside of the rink walls have been spray foamed and covered in plywood and painted - and it looks great! Please take some time to drop by the rink to check out the work that has been done.

The overall cost of the project was approximately \$25,000, with \$15,000 having been graciously provided by the Township of Whitewater Region in the form of a grant to help reduce electricity costs. The balance of the costs were paid for by the WDRA using funds generated through ice rentals, bottle drives and other fundraising activities throughout the year.

Thank you again to Mel, for without your time and dedication this project would not have been completed.

## UPDATE FROM RIVERVIEW SENIOR'S SOCIAL CLUB ~FOR SEPTEMBER 2015~

After a much deserved summer break, our **Soup and Sandwich** lunches will resume on the third Wednesday of each month. Mark your calendar for **Wednesday, September 16, 2015, at 12:00** noon, upstairs in the Community Hall. You will be treated to several varieties of Homemade soup, cold meats, and delicious homemade desserts prepared by our seniors, all for \$8.00. Items for the local Food Bank would be appreciated.

Our regular monthly meeting will be held on September 9<sup>th</sup> at 12:00 noon. Bring your own lunch. Tea and coffee will be supplied. Following our monthly meeting on September 9<sup>th</sup>, the Wellness Clinic and Foot Care Clinic will take place. Have your blood pressure and sugar checked by a member of the Paramedic team.

**"AN EVENING WITH ELVIS"**  
has been sold out.

### YOGA!

Yoga will resume again beginning September 9<sup>th</sup>, from 9:00 to 10:15 a.m. at the Westmeath Community Hall.

The cost will be \$42.00 per person for 6 sessions. To register call Danielle at 613 587-4615. Registration closes Sept. 1<sup>st</sup>. Drop-ins welcome @ \$12.00 per session.

The **HWT Project** is proudly sponsored by the Riverview Social Club and continues to expand with the addition of more early newspaper clippings on old **WESTMEATH TOWNSHIP**, and its residents. Thank you Gayle Stewart . <http://hwtproject.ca/>.

**Like us on Facebook**, check us out at Riverview Senior Social Club.

**Thank you** for your continued support.

### THANK YOU!

A very special THANK YOU to Ron Mackay for his excellent job of refinishing the Hall floor again this year. The donation of his time, material and workers is greatly appreciated by our community.  
~ The WDRA

A big thank you to - Jordan Drapeau for cleaning under the bleachers, to Vince and Greg Gervais for helping to put up the last ten sheets of plywood for the insulation project and to Dave Laderoute for painting the plywood.  
~ Mel



A Community Program  
Whitewater Bromley Community Health Centre  
A Part of Lanark Renfrew Health & Community Services



Every One Matters.

We have lots of great programs starting this fall! Sign up for our e-newsletter at our home page: [www.wbchc.on.ca](http://www.wbchc.on.ca)

1. Change Your Mind (Mindful Living program)
2. Stand UP! (falls Prevention program)
3. Every Step Counts! (outdoor group walking for all ability levels)
4. Pole Walking Course (group walking with poles)
5. Chronic Pain and Chronic Disease Prevention groups
6. Weight Management Support Group
7. AND....

### Fit, Fun & Fully Alive!

(Group Fitness Classes for Older Adults)

We have fitness classes for all ability levels. Classes are offered at different locations including: Westmeath, LaPasse, Cobden, Beachburg, and Foresters Falls.

All of our classes are designated as "Heart Wise Exercise" according to the Ottawa Heart Institute criteria. Our Fit, Fun & Fully Alive! Fitness classes are led by instructors certified through the Canadian Centre of Activity and Aging at the University of Western Ontario. Class participants are encouraged to work at their own pace during the following class components:



Warm-up  
Cardiorespiratory endurance  
Cardiorespiratory Cool-down  
Strength, endurance and power training  
Balance Training  
Flexibility & Stretching

Registration forms, class schedules and other information are available on-line at <http://www.wbchc.on.ca/ProgramsServices/ffa.htm>, or at the Beachburg Office of the Community Health Centre, 20 Robertson Dr., or call **613-582-3685**

### TWEEN DANCE - Friday, September 11th

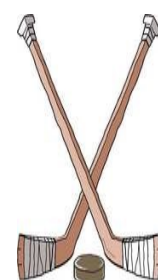
7 - 10 pm, Ages 8-15 years, \$5/person

Music by **Abbey Lane DJ Entertainment Canada**



### BINGO! BINGO!

The WDRA is looking for volunteers to help with Bingos for the WDRA at the Boardwalk Gaming Centre in Pembroke. For more information, please contact Brenda at (613) 587-4518.



### Minor Hockey Update

Muskrat Minor Hockey teams will be confirmed in early September and it is expected that practices should start the week of October 1st.

Muskrat Minor Hockey Executive still has a couple of vacant positions (Ice Scheduler and House League Treasurer). If anyone is interested in volunteering, please contact Neil Nicholson for more information.

The ice will officially be in at the Westmeath Rink on September 28th, but if we are lucky and all goes well, we should be able to offer a FREE public skate on September 26th.

We will need adult and youth volunteers (13+) to help put the ice in.

There will be a sign up schedule with Neil and/or Mel. If you think you can spare a 4-hour shift, please give one of us a call and we will book you in. Neil - (613) 587-4725, Mel - (613) 587-4559.

Watch for youth and adult Learn-to-Skate programs to start in October. For more information, please contact Neil at (613) 587-4725 or [n\\_r\\_nicholson@hotmail.com](mailto:n_r_nicholson@hotmail.com).

Kyla's Kids Club will be running again this year out of the Beachburg Arena. A FREE hockey program for ages 4-12. Registration is Sept. 12th, 9am - 3pm. For more information, please call (613) 582-7040.