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WDRA

**WESTMEATH & DISTRICT
RECREATION ASSOCIATION**

UPCOMING EVENTS



| | |
|-----------|---|
| Sept 6th | Back to School |
| Sept 9th | WDRA Boardwalk Bingo Pembroke |
| Sept 11th | Turkey & Ham Supper Our Lady of Mt. Carmel Lapasse -2:30—6:00 |
| Sept 14th | RRSC resumes monthly Meetings at 11:00 a.m. Foot Care Clinic & Wellness Clinic at 1:30 |
| Sept 17th | Rock 'n Country Tribute Night (Sold out) |
| Sept 21st | RSSC resumes Soup and Sandwich |
| Sept 24th | Festival of Small Halls |
| Oct 22nd | Oktoberfest |

QUICKLY APPROACHING

WISHING ALL OUR STUDENTS , TEACHERS,
PRINCIPALS, ALL EDUCATION WORKERS A
GREAT START TO THEIR NEW SCHOOL YEAR
AND SOME THEIR NEW SCHOOLS -ALSO TO
ALL OUR PARENTS—ALWAYS AN EXCITING
TIME -THESE YEARS ARE THE BEST!!

ENJOY!!



SEPTEMBER 2016 NEWSLETTER

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

Email: wdranewsletter@nrtco.net or call **613-587-4438:**

DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH



**ONLY A FEW TICKETS
LEFT BOOK YOURS
TODAY!!**

Ontario Festival of Small Halls and the Westmeath & District Recreational Association will host **Hat Fitz and Cara** at 730 pm on September 24th with local talent **Louis Schryer and Erin Leahy** to open the show for them that evening. See thefestivalofsmallhalls.com for more details.

“Hat Fitz and Cara”are a dynamic two piece band are a unique combination that have skilfully combined their hill style Gospel blues with old timey flav-ourings. Stripped down to just voices, guitar and vintage drums, Hat Fitz & Cara embellish impeccable rootsy originals with powerful and soulful vocals reminiscent of a time once forgotten.”

“Even though there are many astounding fiddlers in Canada, **Louis** is the only Canadian fiddler that holds a record breaking 8 time Canadian Fiddle Cham-pion and the only one that holds the title of 4 time Grand Masters Fiddle Champion. Louis will be joined by the multitalented **Erin Leahy.**”

Following the main act, we will be hosting an Open Mic of local talent and introducing **Grace Lachance (2015 winner of Bluesfest “She’s the One”)** performing a number to start it off. Anyone else interested should contact the organizers (same as before) to sign up for a slot.

Whitewater Brewery is also sponsoring the event and will have tasters of all their fine products.

Tickets are \$25 each and can be purchased online at thefestivalofsmall-halls.com or they can be purchased locally through the organizing committee (individually or in tables of 10).

Please contact Lue (613 587-4726 / luecharron@rogers.com) or Lynda (613 587-4781) to purchase tickets directly.



Our Lady of Mount Carmel Parish

FALL SUPPER

Take Out Meals
Available

Bazaar &
Bake Table

Country Style Home Cooking

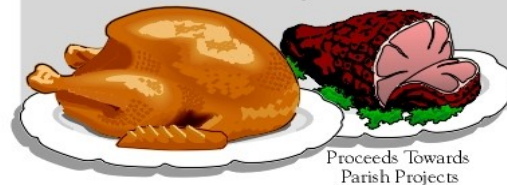
Turkey & Ham Dinner

Sunday, September 11, 2016

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

Our Lady of Mount Carmel Parish Hall, Lapasse

Adults \$15.00 ~ Children under 12 years \$6.00
Children under 4 years free



Proceeds Towards
Parish Projects

Come Join Us !

Fit,
Fun &
Fully
Alive

Group Fitness Classes

For Older Adults

Most classes start
week of Sept. 5th!

Ask reception @ your next visit to the Health Centre,
call 582-3685 or visit:

wbchc.on.ca/ProgramsServices/ffa.htm
for more information.

The first day of class will be a
fitness evaluation as part of the
program registration

You will need:

1. running shoes
2. water
3. your smile!

Our classes are scent-free.
Thank you for leaving
perfume, cologne, after
shave and other strongly
scented products at
home.



A Community Program
Whitewater Bromley Community Health Centre

A Part of Lanark Renfrew Health & Community Services



Every One Matters.

BAUER FIRST SHIFT AND MUSKRAT MINOR HOCKEY

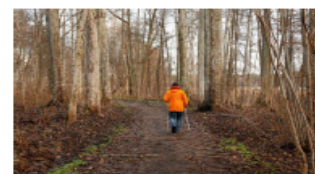
AT THE BEACHBURG AREA



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.

Introduction to Pole (Nordic) Walking

- ⇒ Looking for another way to get in that 150 minutes/week of moderate to vigorous activity?
- ⇒ Do you want to improve your upper and lower body muscle strength?
- ⇒ Want to burn more calories while walking (up to 25% more!)?



Registration
Required
FREE
Call 582-3685
(by Sept. 11th)

Date: Tuesday Sept. 13, 20, 27, Oct. 4 (outdoor walk; rain or shine)

Time: Evening: 6:30-8:00 pm

Location: To be confirmed and based on registration!

What: Wear comfortable, seasonal clothing & walking/hiking shoes. Bring water. **POLES PROVIDED.**



A Community Program
Whitewater Bromley Community Health Centre

A Part of Lanark Renfrew Health & Community Services



Every One Matters.

"WHAT'S HAPPENING"

with the RIVERVIEW SENIORS SOCIAL CLUB

September 2016

Riverview Seniors Social Club is a non-profit and volunteer organization working to enhance the quality of life, community participation and independence of Seniors.

R.S.S.C. is Honoured to be eligible and have had a 'Leaf' added to the Donor Wall in Hospice Renfrew. The donation was raised from the Silent auction 'Hats, Heels and Hotties' on May 22nd at the Westmeath Community Hall.

OOPS: The Flower Arranging Workshops will be held in Beachburg Lions Club, 9 Hannah Street. Not in Westmeath as indicated in the W.D.R.A August Newsletter.

For information and registration for upcoming workshops please call, (613) 582-3741

Tickets are all but sold out folks for our ROCK'N COUNTRY SHOW. If interested there is a waiting list at (613) 587-4834

Gayle Stewart reports that 'Historic Westmeath Project Web sight continues to be found by search engines and visitor activity.

For more details online please visit <http://hwtproject.ca/>

The Soup & Sandwich will start again Wednesday September 21st. at the Westmeath Community Hall at twelve noon.

See you there.

Call Connie Gray at (613) 5823309 and become a Riverview Seniors Social Club member.

Regular monthly meetings will resume at 11am on Wednesday September 14th. in the Westmeath Community Hall.

The Foot Care Clinic plus The Wellness Clinic will be on hand after the meeting at 1:30 pm.

Paramedics will check blood pressure and blood sugar and chat with you about any concerns.

For an appointment with the foot care specialist please call Laurine at (613) 587-4491

We are on line at...HWTPROJECT.CA/RIVERVIEWEVENTS/HWT

Love us on Facebook atRiverview Seniors Social Club Westmeath

R.S.S.C. hope you are having a great summer.

Thank you for your continued support.

Every Step Counts!



Outdoor Walking Group
meets Monday & Wednesday
9:00-10:00 am to walk the track

Meet at the Beachburg
Fairgrounds outside arena doors

ALL walking levels welcome

Call Lara @ 582-3685 for more info.

Why join an outdoor walking group?

- Being active outdoors has even more mental and physical benefits;
- You can start off slowly & always go at your pace;
- Improves your health and reduces risk for many diseases.. heart disease, stroke, diabetes, depression, dementia....there's more @
- Adults spend most of their day sitting—approximately 9.5 hours/day;
- Not enough activity = poor health and greater risk of losing independence;
- Getting your heart working at a moderate to vigorous intensity in bouts of at least 10 minutes will help you reach the MINIMUM 150 minutes per week of heart healthy activity;

Walking feels great! It's even more fun with friends!



A Community Program
Whitewater Bromley Community Health Centre

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Every One Matters.

INTERESTED IN COACHING?

MUSKRAT MINOR HOCKEY

will be starting no later than Oct 1st and the teams
will be confirmed soon

Anyone interested in coaching please submit your
name to Neil Nicholson.



WDRA FUNDRAISER FOR ARENA NEEDS

SATURDAY, OCTOBER 22nd—4:00—1:00

Westmeath Community Hall

Dinner at 6:00 followed by

Live Entertainment, Dancing, Silent Auction

\$25.00 per person

More info to follow—for more information contact

Marie McMullen @ 613.587.4436