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WDRA

WESTMEATH & DISTRICT
RECREATION ASSOCIATION

UPCOMING
EVENTS



Sept 4th	LABOUR DAY
Sept 5th	WDRA Meeting - 7 pm
Sept 10th	OLMC Fall Supper
Sept 13th	RSSC Monthly meeting
Sept 15th	RSSC has booked STONE FENCE THEATRE - 8:00 pm "Stick Out Your Tongue And Say Moo"
Sept 20th	RSSC Soup and Sandwich
Sept 29	Tween Dance
Sept 30th	Festival of Small Halls Hosting "The Abrams"

NOTE CHANGE IN ICE RENTAL BOOKINGS

Please contact:

Hugh Martin
Whitewater Region Supervisor of Arenas and Parks
hmartin@whitewaterregion.ca

...notes from WDRA Executive Meeting August 7th

- Randy Fletcher provided an update on the success of the drop-in pickleball program that we have been offering during the day on Wed and in the evening on Mons. We confirmed that it will continue until the third week of Sep and we will be adding a third court as well as net. Thanks very much Randy and Shelia for taking this on for Westmeath and Area!
- We are going to be creating a "Chair and Table Labour Pool" that will be coordinated by Bob Gyllis. We are looking for volunteers who might be able to help out once or twice a month to set up or put chairs and tables away and Bob will coordinate, make calls, and pass details. If you are interested in putting your name on the list please contact Bob or Neil.
- Our Youth Ambassador, Sherry Ethier will be stepping down as of Sep 1st to focus all her efforts on her Grade 12 year so we are looking for another community member interested in filling this position. Your role is to ensure we have input from our youth, ideas for activities the youth are looking for and all that is required is attendance at our monthly meetings. Contact Brenda or Neil for more information.

A big thank you to Mike Wendorff and his team of volunteers for the Tour de Whitewater on Jul 8. Thanks to their efforts, the kitchen and the bar staff the WDRA generated almost \$2000 in funds that we can put back into our facilities and programming for our community.

- We still have Westmeath Warrior jersey available for sale. Please contact Neil for more details.
- WDRA is giving away its fuzeball table, used for two summers and selling four person air hockey table \$100..contact Neil for information

SEPTEMBER 2017 NEWSLETTER

To rent Community Centre Hall :
613-587-4559 or email wdra@nrtco.net
Ice bookings: hmartin@whitewaterregion.ca;
cell 613.635.2358 ;office 613.656.2282
www.westmeathtoday.ca

For Newsletter inquiries:
Email: wdranewsletter@nrtco.net or call 613-587-4438
DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH



Stone Fence Theatre

Is coming to the
Westmeath Rec. Centre Hall,
119 Synton Street,
Village of Westmeath,
sponsored by

the Riverview Seniors Social Club.

FRIDAY, SEPT. 15, 2017 AT 8 P.M.

BAR OPENS AT 7 P.M.

TICKETS STILL AVAILABLE AT \$25.00 each

(Show only - no meal included)

Tickets for Sale at Kenny's Store, Westmeath Village
or call Doreen at (613) 587-4834

A new original musical comedy (2017).

What happens when a young male veterinarian from the city gets his first job in the Ottawa Valley and encounters lonely middle-aged farm women, resentful colleagues, skeptical farmers and a profession going through lots of changes?

Our Lady of Mount Carmel Parish

FALL SUPPER

Take Out Meals
Available

Bazaar &
Bake Table

Country Style Home Cooking

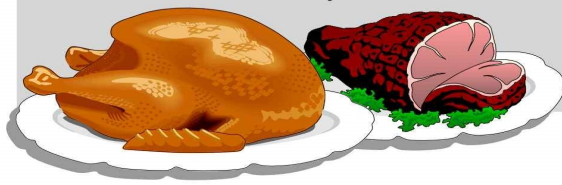
Turkey & Ham Dinner

Sunday, September 10, 2017

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



Come Join Us !

THANK YOU!

The WDRA wishes to extend thanks to Behm Contracting for providing transportation for our Zamboni to and from Rainbow Restoration for its new paint job.

Fit,
Fun &
Fully
Alive

Group Fitness Classes For Older Adults



Our classes are scent-free.

Thank you for leaving
perfume, cologne, after
shave and other strongly
scented products at
home.

Most classes start
week of Sept. 4th!

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!



A Community Program
Whitewater Bromley Community Health Centre

A Part of Lanark Renfrew Health & Community Services



Every One Matters.

FESTIVAL OF SMALL HALLS



The WDRA was selected again this year to host the Festival of Small Halls here in our community hall. It will take place September 30th. We are so pleased to announce that we will be hosting The Abrams, an up and coming country music duo!! Check out thefestivalofsmallhalls.com for more info on this great group. Tickets will be available online as well as locally through our volunteer group.

Contact Lue (613.587.4726) or Lynda (613.587.4781) to book your seats today, they will not last long!

TWEEN DANCES



FRIDAY SEPTEMBER 29TH & OCTOBER 27th

7 PM - 10 PM - Ages 8-15 years, \$5.00/person

Music by : Abbey Lane DJ Entertainment Canada

"WHAT'S HAPPENING"

September 2017 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:



The club's monthly business meeting will be Wednesday, September 13th at 11a.m. at the Westmeath Rec Centre. All club members are welcome.



Riverview Seniors Social Club has booked STONE FENCE THEATRE for 8p.m. on Friday, September 15th, 2017, in Westmeath Rec. Centre Hall to present the new musical romantic-comedy "Stick Out Your Tongue and Say Moo". What happens when a young male veterinarian from the city gets his first job in the Ottawa Valley and encounters lonely middle-aged farm women, resentful colleagues, skeptical farmers and a profession going through lots of changes? This play is based on interviews with vets and veterinarian workers about the ups and downs of their work. All reports say it is a "barrel of laughs". Remember "laughter is the best medicine"; get your tickets now so you don't miss out on this easy dose! Ticket are only \$25:00 each. Call 613-587-4834 or any member of RSSC or buy them at Kenny's Store in Westmeath. As well as enjoying the play, come early and enjoy from the bar that opens at 7p.m.



Plan to attend the Noon Soup and Sandwich Luncheon, Wednesday, Sept. 20th at the Westmeath Rec Centre. Good food and good social time! Luncheon cost is \$8. There will also be tickets sold for a 50/50 draw. Non perishable items are welcomed for the Food Bank.

Copies of "My Wishes Workbook" are still available for purchase at \$15.00. Order by email to: mywishesworkbook@gmail.com. Or

phone 587-4502. They make great presents.



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: Thanks to our new President Gayle, this Riverview monthly column will now also appear on the Club's website.

<http://hwtproject.ca/riverviewclubevents/>



Do you have burning questions that you never seem to have time to ask during your regular appointments with your Care Provider? If the answer is Yes, then join us for Health Talk.

This is an informal gathering with one of our very own Physicians, Dr. Katie Forfar. Discussions will be generated from the questions you ask. Enjoy a coffee and gain information and added knowledge at the same time.

Our Health Talk sessions will be given 4 times per year- the first Mondays of designated months.

Join us for our next session:

Monday September 11th, 1:30pm-3pm

Whitewater Bromley CHC Program Room

For information: Call Margaret Cliche RN @ WBCHC, 613-582-3685

NEW



A Community Program
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TAKING CHARGE OF

Your own

HEALTH AND WELL-BEING



Come join restorative mobility expert Hilary Shuttleworth (RMT, Neurofunctional Sport based Acupuncture) for a one hour introductory class that will start you on the path to better health. During this 4 week session you will learn about and participate in classes that will improve your mobility, increase your joint strength, and improve body control and balance.

Where: Westmeath Hall

When: Begins Friday, Sep. 22

(4 consecutive weeks until Fri. Oct. 13)

Time: 9:00 - 10:00a.m.

Who: Anyone who is interested

Cost: \$60 for the 4 sessions
(cash or cheque on the first day.)

To register:

Call (613 504-1011) and leave a message. You will be contacted before the start date.



A Community Program
Whitewater Bromley Community Health Centre

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Every One Matters.