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WDRA

WESTMEATH & DISTRICT
 RECREATION ASSOCIATION

SEPTEMBER 2013 NEWSLETTER

To rent the Community Centre Hall or Ice Rink Facilities:
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www.westmeathtoday.ca

Upcoming Events

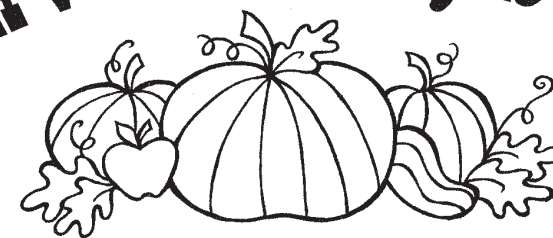


- Sept. 4 – Soup and Sandwich LaPasse Parish Hall
- Sept. 12 – Euchre, WDRA Hall
- Sept. 13 – Tween Dance, WDRA Hall
- Sept. 13 – BINGO, Bingo Country, Pembroke
- Sept. 14 – Country Dance, WDRA Hall
- Sept. 18 – Soup and Sandwich, WDRA Hall
- Sept. 21 – First Public Skate, WDRA Arena
- Sept. 24 – Seniors' Information and Activity Fair, WDRA Hall
- Sept. 25 – Laugh More, Live Longer, WDRA Hall

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- 548A Westmeath road
 - Smoke/pet free house
 - Healthy food
 - Outdoor/Educational activities every day
 - Flexible hours
- For more information, call me!
 Cindy 582-3790 cell 717-6790

Harvest Country Dance



Saturday, Sept. 14th 2013, 8pm-12am
 at the Westmeath Rec Centre Hall
 \$15.00 per person. Light Lunch provided.


Featuring music by
Buck 50 - Traditional Country

For tickets or more information
 contact Eileen de Haan @ 613-587-4462



Come one, come all!

HAPPY BACK TO SCHOOL STUDENTS!
 Drivers, please take extra care with our little ones and buses on the roads again!



TWEEN DANCE

Friday, Sept 13, 7 – 10 pm
 Westmeath Rec. Centre Hall
 Ages 8-15, \$5 per person
 Music by Abbey Lane DJ
 Entertainment Canada

GOLF TOURNAMENT

Everyone had a fun day playing 'Best Ball', and enjoyed a wonderful dinner.

I would like to thank everyone who came out to support our golf tournament and auction. A special thanks to our Sponsors – BeachWest Pharmacy, Rocky Lacroix, Tony & Margaret Mercier, Indian River Golf Course, and Molson Results::

1st Place Best Ball
'Love the One Your Whiff'
Laurie Couturier
Renee Couturier
Ron Groskleg
Judy Groskleg
2nd Place Best Ball
'Hennessy Five Star Brandy'
Bill Hennessy
Loretta Hennessy
Gary Milford
Martin Bruneau
Ladies Longest Drive
Loretta Hennessy
Men's Longest Drive
Rene Couturier
Ladies Closest to the Pin
Judy Groskley
Men's Closest to the Pin
Ken Collins

Most Honest Team
'Snoopy & the 4 Musketeers'
Rocky Lacroix
Ralph Lacroix
Renee Buccino
Ken Collins

On behalf of the WDRA I would like to Thank Eileen deHann for organizing the Golf Tournament. – WDRA President, Brenda Grady

WINTER CARNIVAL COMMITTEE

Please contact
Amanda 613.587.4875
or Brenda 613.587.4518
if you would like to be a part of the Winter Carnival Planning Committee in the fall.

FITNESS CLASSES FOR OLDER ADULTS

Starting September 9th

for Whitewater and Admaston-Bromley Regions



We have fitness classes for all ability levels. They are offered at 8 different locations including: Westmeath, La Passe, Cobden, Beachburg, and Foresters Falls.

Ten 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 in group classes that include 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/fffa.htm>, or at the Beachburg Office of the Community Health Centre, 20 Robertson Dr., or call 613-582-3685.



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



Every One Matters.

SENIORS' INFORMATION AND ACTIVITY FAIR

Come on out! A Seniors' Activity and Information Fair is planned for Tuesday, September 24th at the Westmeath Recreation Centre.

This event will include a variety of community displays, group workshops (such as Ontario tax credits for seniors), and healthy living activities. Light snacks and refreshments will be served. Be sure to enter our draws for great door prizes!

When: Tuesday, Sept. 24

Time: 10am-2pm

Where: Westmeath Recreation Centre, 119 Synton Rd, Westmeath

Cost: Free of charge!

If you have any questions or would like more information please contact the Women's Sexual Assault Centre at 613-735-5551. This event is hosted by the Women's Sexual Assault Centre of Renfrew County in partnership with the Older Adult Centres' Association of Ontario and by the Ontario Seniors' Secretariat.

UPDATE FROM RIVERVIEW SENIOR'S SOCIAL CLUB

Hopefully everyone has had a great summer.

Our first Soup and Sandwich of the fall season will be held on Sept. 18th upstairs at the Community Centre at 12:00 noon. Homemade soups, cold cuts, and great desserts, all for \$8.00. and please remember a donation for the food bank.

The Wellness Clinic as well as Foot Care clinic are cancelled for this month and will resume again in October.

PLEASE NOTE CHANGE OF DATE:

Our monthly meeting will be held on Sept 4th at 2:00 pm. this is due to many of our Social Club members being away on the Agawa Canyon tour on our regular Meeting day. So for this month only, our meeting will be a week earlier. Membership remains at \$10.00 again this year and is now due for the upcoming year... Our Membership convener is Sheila O'Brien and she can be reached at 582-7028. We encourage new members.

WATCH FOR THE SENORS' PROGRAM sponsored by the New Horizons Grant which will begin in September. The program will be offered to all seniors in Whitewater Region. There'll be something for all! Yoga /meditation, cycling, cards, art classes, walking, a Speakers Series to keep our minds alert and an opportunity for drama.

The program is responds to the notion that: ACTIVE SENIORS are HEALTHY SENIORS; HEALTHY SENIORS are HAPPY SENIORS; HAPPY SENIORS LIVE LONGER!

MARK YOUR CALENDAR! Don't miss humourist MIKE MOORE who will begin the Speakers' Series on WED. SEP. 25 at 1:00. Come out and hear about the connection between laughter and health!

Hope we'll all make a choice to be social and healthy.

SENIORS FAIR: Don't miss this year's SENIORS FAIR, TUESDAY, September 24 In the Westmeath Community Centre. 10:00 -2:00. There will be displays from Local Agencies/ businesses that offer services to Seniors. There will be a seminar: Get Your Money! Understanding Ontario's tax credits and benefits for Seniors. Healthy Activities. There will be light refreshments and an opportunity to meet Seniors

Thank you for your continued support and have a happy and safe summer!!

Laugh More, Live Longer

If it feels
good to laugh
then
laugh to,
feel good.

Mike Moore

Program funded by the Federal Government:
New Horizons for Seniors Grant

Join Whitewater Seniors on

**Wed. Sept. 25,
2013**

1:00 pm

@ Westmeath Rec Centre Hall



with
**Mike
Moore**

**humorist
cartoonist
motivational speaker**

**Mike will help us
discover the power of
humour and laughter to
improve human health.**



VOLUNTEERS NEEDED

It is that time of the year again! We are looking for help to put the ice in on September 10th. Please contact Mel deHann, 587-4462, if you are able to lend a hand.



OOPS! We made a spelling error in the August edition! 1st Place Prize for the Kids 10 and under went to Dawson Zadorozny! Sorry Dawson and great job taking first place!



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