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WDRA

WESTMEATH & DISTRICT RECREATION ASSOCIATION

JANUARY 2014 NEWSLETTER

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COMING EVENTS

- Jan. 6th WDR Meeting @7pm
- Jan. 8th Wellness Clinic/Foot Care WDR Hall @ 130pm
- Jan. 9th Winter Carnival Planning Meeting @7pm
- Jan. 11th Midget Hockey Tournament
- Jan. 15th RVSC Soup & Sandwich WDR Hall @ 12pm
- Jan. 21st RVSC BINGO LaPasse Hall @7pm
- Jan. 24th Tween Dance 7pm-10pm
- Jan. 25th Private Dinner and Dance Proceeds to Renfrew Country Mental Health
- Jan. 31st Murder Mystery Dinner WDR Hall @5pm
- Feb. 1st Peewee Hockey Tournament
- Feb. 8th WDR Valentine's Dance WDR Hall

TWEEN DANCE—JAN. 24TH 7-10PM

PAJAMA THEME DANCE!!!
\$5/tween * Ages 8-15
Music by: Abbey Lane DJ !!!



WESTMEATH AND DISTRICT RECREATION ASSOCIATION
PRESENTS: A MURDER MYSTERY SHOW AND 4 COURSE MEAL

"Homicide In the Rock Group"


Friday, January 31 2014
6:00 pm

Tickets \$25.00/person

THIS IS A MURDER MYSTERY DINNER TO INVESTIGATE THE DEATH OF HEAVY METAL ICON "TARANTULA"

WDRA Community Hall


Tickets available at WDR Rink Canteen or any WDR Board Member
For more information please call Amanda Gervais or Rodney Keeping
613.587.4875 / aegervais@gmail.com



*****WINTER CARNIVAL PLANNING MEETING*****

* January 9th @7pm * WDR HALL

Please join us to plan our annual Winter Carnival!!
We are looking for ideas and community members to volunteer during the event in March.
Please call Amanda (587.4875) Brenda (587.4518) for more info!



Monthly Walk n' Talk

Upcoming Events for
(January 2014 – April 2014)
Drop-in, 5:30-7:00 pm



Date	Location
Jan. 28, 2014	Walk: LaPasse over ice bridge (if we can) – details TBD Talk: Pedometers – everything you wanted to know about how to use these handy little devices!
Feb. 18 th , 2014	Walk: Shaw Woods (http://www.shawwoods.ca/ - near Kelly's Corners) – details TBD [If weather is poor we could join the Get W.I.T.H. (Walking in the Halls) It! group at the Cobden Public School] Talk: A tour of Japan – Ray Parchelo
Mar. 25 th , 2014	Walk: Beachburg, meet @ Lara's place on Pappin Rd. – details TBD Talk: Cameron Dube (BORCA – Beachburg Off Road Cycling Association) (to be confirmed)
Apr. 29 th , 2014	Walk: Cobden; Marsh Trail and Astrolabe block Talk: Township of Whitewater Region Municipal Councilor(s) (and/or staff) (to be confirmed)



Warm * Safe
Free * Fun!
EVERYONE is Welcome
Don't forget your walking shoes & water bottle!

Month	Beachburg Public School Every Monday AND Wednesday, 5-7 pm	Cobden Public School Every Tuesday AND Thursday, 5-7 pm
January	Jan. 6, 8, 13, 15, 20, 22, 27, 29	Jan. 7, 9, 14, 16, 21, 23, 28, 30
February	Feb. 3, 5, 10, 12, 19, 24, 26	Feb. 4, 6, 11, 13, 18, 20, 25, 27
March	Mar. 3, 5, 17, 19, 24, 26, 31	Mar. 4, 6, 18, 20, 25, 27



A Community Program
Whitewater Bromley Community Health Centre

A Part of Lanark Renfrew Health & Community Services



Every One Matters.

PUBLIC SKATING

Saturday nights
6:30-9:00pm

Helmets are mandatory for skaters under the age of 16.

Ice Time Rentals

Ice available for rent for birthday parties, Christmas parties, etc.
Contact Brenda at
wdra@nrtco.net or
613-587-4559
or 613-587-4518



Let's start the new year off positively!
WDRA meetings are held on the first Monday evening of every month. They are open to everyone!
If you would like to speak at a meeting please contact Brenda (587.4518) in advance!
We look forward to seeing new faces in 2014!!!

Friendly reminder that the deadline for newsletter submissions in the 15th of the month!! Thank you ~ Amanda

UPDATE FROM RIVERVIEW SENIOR'S SOCIAL CLUB

Happy New Year!

Our first Soup and Sandwich of the New Year will be held on Wed. Jan. 15th upstairs at the Community Centre at 12:00 noon. A great lunch of homemade soups, cold cuts, and great desserts, all for \$8.00. Bring a friend and come and join us.

Our local Food bank needs your support. Please bring an item to fill our basket.

Our next monthly BINGO will be held at 7:00 pm. on Tues. Jan. 21st in LaPasse Hall. You must be 18 to play. Come and Join the fun.

The Wellness Clinic as well as Foot Care will take place after our regular meeting on Jan. 8th at 1:30 pm.

A new Canadian Flag and pole have been obtained for our Community Hall. Sincere thanks to "The Flag Man" for his generous donation. It will be proudly displayed at all events.

Thank You to all committee members, helpers, bartenders, and all who attended our Christmas Dinner Dance, a great time was had by all.

The Riverview Seniors are proud to sponsor Historic Westmeath Township Project. Many local family histories are now on the website. Thank you Gayle Stewart for your many hours of work that you have put into this project. For a very informative peek at Westmeath Township history visit us at: www.hwtproject.ca.

Wishing you Health & Happiness in the New Year. Thank you for your Support.



!!!CONGRATULATIONS!!!!

We have THREE WINNERS for the WDRA Christmas Lottery!

1st Prize (\$1000) - **Eileen deHaan**

2nd Prize (\$500) - **Ian England**

3rd Prize (\$250) - **Mike Gleason**

Thank you to all who bought tickets and a special thank you to Ian England who donated his winnings back to the WDRA!

A Men's night was held at the WDRA Hall on Dec 12th. The evening was a success with 41 men in attendance.

There was a very vigorous discussion on men's health generally, with emphasis on some of the specific issues that were of concern to the audience.

Lee Chantrelle from the Renfrew County Paramedic group facilitated the discussion, however there was a great deal of interaction and comments from the floor..

Feedback indicated that the evening was certainly a success and that it would be worthwhile to repeat it at some time in the future.

Muskrat Hockey Cookbooks!

\$10.00 each!

Recipes from local players, refs, coaches and families!

Available at various local businesses and the local arenas!

Easy to apply, non toxic and lasts for up to 2 weeks, Buy 3 get 1 FREE or host a party and reap the hostess rewards !!!

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RESCHEDULED PRESENTATION ON ELDER ABUSE

By Penny Vaillancourt
from the Renfrew Victoria Hospital
Wednesday, January 29, 2014
At St. Andrew United in BEACHBURG
1:00pm – 2:00pm followed by refreshments.
Admission is free !!

REGULAR SPEAKERS SERIES

Jeremy Bertran, Tax Advisory Specialist from the Ministry of Finance will speak at the Westmeath Hall on January 22 @ 1pm
Money! Understanding Ontario's Tax Credits and Benefits for Seniors (presented by the Ontario Ministry of Finance)

Are you receiving all of the Ontario Tax Credits and Benefits that you are entitled to?

Admission is free! Refreshments after speaker!

*Jeremy will stay after the presentation to assist people to fill out the appropriate forms for potential tax deductions. *

YOGA CLASSES!

Yoga has been a big success in Lapasse! Now we are moving to WEDNESDAY MORNINGS in the Westmeath Hall if there is sufficient interest! Since the grant will no longer subsidize, costs (participation dependent) are as follows:

For a 6 week session: Jan 8—Feb 12
If 20 people register: \$6.78 X 6 weeks = \$40.68
If 15 people register: \$9.04 x 6 weeks = \$54.24
If 12 people register: \$11.30x 6weeks=\$67.80
If 10 people register:
\$13.60 x 6weeks=\$81.36
If fewer than 10, no yoga.

Call Doreen McNair (613 587 4834) to register – no later than Jan. 3



HAPPY NEW YEAR!

WELCOME 2014!!!

The WDRA extends best wishes to our community throughout the year!!!

Hey High School students!!!!

Are you looking for great ways to get your volunteer hours????

Sherry, Kitchen Manager (582.3409) and Bryan, Facilities Manager (587.4897) have lots of great things for YOU to do!

Hydro One presented the WDRA with \$7,500 towards new lighting for the ball field (in background). From left, Bob Grylls -Grants Coordinator, Melle de Haan- Maintenance Manager, Bryan Dupuis- Facilities Manger, Brenda Grady-President and Joey Trimm, Whitewater Township Councillor accepting the cheque from Hydro One's Paul Headrick-Customer Operations Manager



UPCOMING HOCKEY TOURNAMENTS



Midget—January 11th
Peewee—February 1



WDRA Kitchen will be open!
Come on out for great food!
Show your support for our local hockey athletes!