

## Happenings

**Outdoor Skating at Rideau Hall.** Bring your skates and glide on this historic rink established in 1872. Saturdays and Sundays until March 14, weather permitting. Info: (613) 991-4422

**Comhaltas (Ottawa) Irish Ceili Dance.** On Jan. 16 from 8 p.m. to 11:30 p.m. dance or just listen to live traditional Irish music by the Ottawa Ceili Band. Special guests Sons of Scotland Pipe Major, Bethany Bisailion and the Comhaltas adult dancers. Door prizes and refreshments. Blessed Sacrament Church Hall, 194 Fourth Ave. Info: (819) 684-3567

**Orleans Writing Group.** Budding or published authors can join their local writers' community network. Drop in to get or give support to those on their journey to write, publish and market their ideas. Bring your work to share. Jan. 19, 10 a.m., Ottawa Public Library, Orleans Branch, 1795 Orleans Blvd., Info: 824-1962

**Computer Tutorial.** Gain basic computer skills and get answers to your questions. This one-on-one session on Jan. 19 at 2 p.m. will help you learn how to use the library catalogue, access the Internet, send e-mail and use databases. Registration. Ottawa Public Library, Greenboro Branch, 363 Lorry Greenberg Dr. Info: (613) 580-2957

**Genealogy Appointments.** Receive one-on-one help to get started in genealogy or in resolving a research roadblock. Please register one week in advance and provide details regarding your research on Jan. 19 at 2 p.m. (613) 580-2424 ext. 32139 to register. Ottawa Public Library, Main Branch, 120 Metcalfe. Info: 236-0301

**Computer Basics for Seniors.** Learn how to use a computer, operate a mouse, use word processing programs and save and organize files. (Four-week course). No experience is needed. Registration. Jan. 20, 2:30 p.m. Registration Required Ottawa Public Library, CentrepoinTE Branch, 101 CentrepoinTE Dr. Info: (613) 580-2710

**Women's Friendship Circle.** Meet new friends in a relaxed setting. Offered in partnership with the Ottawa Chinese Community Services Centre (OCCSC). Jan. 20 at 10:30 a.m. (613) 899-3128 to register. Ottawa Public Library, Beaverbrook Branch, 2500 Campeau Dr. Info: (613) 592-2712

**Heritage Porches: Sow's Ear or Buried Treasure.** Heritage Ottawa Free Public Lecture. On Jan. 20 at 7 p.m. Paul Denys, designer and renovator, will celebrate some of the styles of porches and how they transform a home's curb appeal. He will demonstrate porch composition, tools and techniques and will be showing some of his favourite porch styles. Ottawa Public Library Auditorium, 120 Metcalfe St. Info: (613) 230-8841 or [www.heritageottawa.org](http://www.heritageottawa.org)

**Bible Basics – An Introductory Course to the Bible.** Topics include: Old Testament stories, scripture, lectionary texts, sermons, hymns, and sacraments for teens and adults with little or no Bible experience. Wednesdays, beginning Jan. 20 for five weeks. 9 a.m. to 11 a.m. or 7 p.m. to 9 p.m. at Barrhaven United Church, 3013 Jockvale Rd. Free. Info: (613) 825-1707

**Vegetable Gardening In Small Residential Gardens.** This Nepean Horticultural Society event on Jan. 21 at 7:30 p.m., features Bill Bitz, owner of an organic lawn care company. City View United Church, 6 Epworth Avenue, Nepean. Nonmembers \$4. Light refreshments. Info: (613) 829-7563

**An Evening of India.** Enjoy Colin McGregor's photos featuring the people, cities, highways, and byways of Northern India on Jan. 25 at 7 p.m. Registration. Ottawa Public Library, Carlingwood Branch, 281 Woodroffe. Info: (613) 725-2449

**Life Insurance and Related Products.** Learn the ins and outs of these complicated products and services on Jan. 26 at 11 a.m. Call (613) 796-7221 to register. Ottawa Public Library, Main Branch, 120 Metcalfe. Info: (613) 236-0301

**Advanced Spanish Conversation Class.** On Jan. 27 at 6:30 p.m. practice your conversational Spanish with other advanced learners. Registration. Ottawa Public Library, Alta Vista Branch, 2516 Alta Vista Dr. Info: (613) 737-2837

**Retirement Planning and Investing.** Learn investment ideas, get tips, and have your questions answered by bestselling author Derek Foster. Registration required. Jan. 28 at 7 p.m. Ottawa Public Library, Greenboro Branch, 363 Lorry Greenberg Dr. Info: (613) 580-2957

**Writing for Periodicals and Magazines.** On Jan. 28 at 7 p.m., veteran freelance writers Alex Binkley, Sheila MacLeod and Mark Bourrie will speak about where they get their ideas, potential markets, compensation and the many avenues freelancers can take advantage of to earn money. They will also share experiences about life as a freelancer. Sponsored by Ottawa Independent Writers. Library and Archives Canada Building, 395 Wellington, Room 156. \$10 for non-members. Info: (613) 731-3873

**The Heney Family in Ottawa's Heritage.** Join the Historical Society of Ottawa at the Routhier Community Centre, 172 Guigues St., near Cumberland, to hear John Heney, President of the Friends of the City of Ottawa Archives, speak about this fascinating family. January 29 at 1 p.m. Free. Info: <http://hsottawa.ncf.ca> or (613) 234-4570

**Protecting your Computer.** On Jan. 30 at 2 p.m., join Chris Taylor from the Ottawa PC Users' Group and learn some simple steps to prevent your computer from being hacked. Registration. Ottawa Public Library, Greenboro Branch, 363 Lorry Greenberg Dr. Info: (613) 580-2957

**Manulife Walk for Memories.** On Jan. 31 from 10:30 a.m. to 12:30 p.m. take part in fun, exercise, and a great opportunity to support people with Alzheimer's disease and related dementias, as well as their families. Enter a team or try one of our Walking Challenges of 1 km, 3 km, 5 km, 8 km, or 10 km. Carleton University Fieldhouse. Info: [www.walkformemories.ca](http://www.walkformemories.ca) or (613) 523-4004 ext. 26

**Rideau Evening Reading Club.** Share the enjoyment of good books in a relaxed atmosphere on Feb. 1 at 7 p.m. Join a discussion of Gilead by Marilynne Robinson. Ottawa Public Library, Rideau Branch, 377 Rideau St. Info: (613) 241-6954

**Internet Tutorials for Seniors.** Learn the basics of the Internet during this one-on-one session on Feb. 2 at 2 p.m. Registration. Ottawa Public Library, Carlingwood Branch, 281 Woodroffe. Info: (613) 725-2449

**Carlingwood Bridge Club.** Get together with your neighbours and meet new people for a game of bridge and conversation. Feb. 3 at 1 p.m. Ottawa Public Library, Carlingwood Branch, 281 Woodroffe. Info: (613) 725-2449

**Using the Ancestry Library.** On Feb. 3 at 10 a.m., receive tips on how to use this popular genealogy database. Registration. Ottawa Public Library, Alta Vista Branch, 2516 Alta Vista Dr. Info: (613) 737-2837

**Services for Seniors.** Meet a community health worker from the South-East Ottawa Community Health Care Centre and find out about the services available to seniors. Feb. 3 at 2 p.m. Call (613) 668-5594 to register. Ottawa Public Library, Elmvale Branch, 1910 St-Laurent Blvd. Info: (613) 738-0619

**Introduction to Computers: Using a Mouse and Keyboard.** A basic introduction to computers and the effective use of a mouse and keyboard. Registration. Feb. 4 at 1:25 p.m. Registration required. Ottawa Public Library, Main Branch, 120 Metcalfe. Info: (613) 236-0301

**Travelling for Seniors.** Come and enjoy a slideshow about various travel destinations and get answers to all your travel questions. Presented by Senior Tours Canada. Drop in and bring your lunch on Feb. 4 at 12:30 p.m. Ottawa Public Library, St-Laurent Branch, 515 Côté. Info: (613) 748-1531

**Knit 2 Together.** Love to knit? Bring your needles, yarn and good cheer. We knit for the pleasure of it. Feb. 6 at 10:30 a.m. Registration Required. Ottawa Public Library, Alta Vista Branch, 2516 Alta Vista Dr. Info: (613) 737-2837

**Shopping with a Conscience.** On Feb. 8 at 7 p.m., explore the world of fair trade foods and crafts with Ian Brown, manager of the Ten Thousand Villages stores who will answer your questions and provide free samples of fair trade foods. Registration required. Ottawa Public Library, Carlingwood Branch, 281 Woodroffe. Info: (613) 725-2449

**Retirement Planning and Investing.** Learn investment ideas, get tips, and have your questions answered by bestselling author Derek Foster. Feb. 9 at 7 p.m. Registration Required. Ottawa Public Library, Carlingwood Branch, 281 Woodroffe. Info: (613) 725-2449

**Wills and Estates.** Learn about wills and estates from a lawyer and an insurance specialist on Feb. 10 at 2 p.m.. (613) 668-5594 to register. Ottawa Public Library, Elmvalle Branch, 1910 St-Laurent Blvd. Info: (613) 738-0619

**Gospel According to Saint Mark.** A dramatic production featuring Matthew Gibson in a one-man show. Fancy Valentine deserts and refreshments will be served. Tickets in advance or at the door. 2 p.m. on Feb. 14 at Bells Corners United Church, Richmond Road at Moodie Drive. Info (613) 820-8103

**Evenings With the National Film Board.** Enjoy watching feature films from the NFB on Feb. 16 at 6:30 p.m. Registration. Ottawa Public Library, Ruth E. Dickinson Branch, 100 Malvern. Info (613) 580-2796

Hotel Heliconia, a High-definition nature movie. Free with Museum admission. The remarkable heliconia is a tropical jungle plant with some of the most beautiful flowers on Earth. Both a rain forest hotel and supermarket, it provides a home and food for many fascinating creatures, all of which seem to be using the plant for their own gain - but just who is pulling the strings? Weekends: 11:30 a.m., 1:30 p.m. and 3:30 p.m. Thursdays: 6 p.m. Fridays: 3 p.m. Canadian Museum of Nature, 240 McLeod St. Info: [www.nature.ca](http://www.nature.ca)

**Wanted by the Capital Chordettes.** Women who love to sing, perform, learn and have fun! Join a dynamic group of women singers and experience the thrill of a cappella harmony! Guest nights are on Tuesday, January 12 and 19, 6:30 pm, City

View United Church, 6 Epworth Avenue Nepean. Contact Aileen Murray (613)837-7704 aileen.murray1@sympatico.ca www.capitalchordettes.ca

## **Clubs and Services**

**Alzheimer Society Orleans Caregiver Discussion Group.** Are you caring for someone with Alzheimer's disease or another dementia? This group meets on the fourth Wednesday of every month except December at Orleans United Church, 1111 Orleans Blvd., from 1 p.m. to 3 p.m. Info: 613-523- 4004 or [www.alzheimer-ottawa-rc.org](http://www.alzheimer-ottawa-rc.org)

**A Time For Me Group:** For adults 60+ who would like to reflect on their lives, rebuild their self-confidence, reconnect with others and share a laugh, in a gentle, inclusive group atmosphere in which diversity is celebrated. Tuesday mornings for 7 weeks. \$35 total fee. Info: Family Services Ottawa, (613) 725-3601 ext. 102

**The Bartonian Metaphysical Society.** Free information sessions on the third Friday of each month. s discussed are gaining insights through writing; dream analysis; meditation; perfect health; extra sensory perception (ESP); guides and guidance and living in balance. 2 pm. The Bronson Center, 211 Bronson Ave., in the Rideau Room. Refreshments served. Info: [www.metaphysics.meetup.com/254/](http://www.metaphysics.meetup.com/254/) or (613) 843-1671

**Carleton Place Sunset Club.** Meets Wednesdays at 1 p.m. at the Carleton Place Legion for cards, darts, games and socializing. On the third Wednesday of each month, there is a potluck dinner at 12:30, a general meeting and speaker, followed by activities. Join this active group for an interesting afternoon. Info: (613) 257-7483

**Centrepointhe House Celebrates 20 Years in the Community.** This inclusive adult education centre welcomes those seeking personal and professional growth, healing or renewal through public workshops, workplace training and support groups. Qualified professionals provide core programs based on attitudinal studies and healing; Wellness programs aimed at enhancing the mind, body and spirit; also training programs. Info: (613) 224-8688, [info@centrepointhehouse.ca](mailto:info@centrepointhehouse.ca) or [www.centrepointhehouse.ca](http://www.centrepointhehouse.ca)

**Champlain Seniors:** Tuesdays, 12:30, RCAF wing, Argyle St., Renfrew. Shuffleboard and euchre. New members welcome. Info: (613) 432-4485 or (613) 432-9666

**Community Diabetes Education Program:** Learn how to take charge of your diabetes at no cost. Classes are taught by nurse and dietitian educator teams in multiple languages and at different times of the day, including evenings, at

locations across Ottawa. A new series of classes begins each month. Info: (613) 233-6655.

**Cultural Centre/Centre Culturel 50+:** 192 Laurier Ave., E. on the University of Ottawa campus. Membership activities include: discussion groups; language studies; opera (on videos); art appreciation; memoir writing; book club; computer and Internet access; monthly social. Annual membership, \$55. Info: (613) 562-5800 x 3456

**DivorceCare.** Seminar/support group meets monthly at churches in Almonte, Perth, Stittsville and Smiths Falls for discussions about depression, loneliness, anger, finances, kid care and new relationships. The group welcomes people recently separated or divorced and those who have been on their own for years. Info: Darlene Monette, (613) 257-1669 ext. 229; email: darlenem@rentalvillage.ca; Web site: [www.rentalvillage.ca](http://www.rentalvillage.ca)

**Good Companions:** Drop by for a variety of activities including Coffee Corner, Thursdays from 10:15 a.m. to 11:15 a.m. Volunteers are needed to drive clients to medical appointments and to visit with seniors. 670 Albert St., Ottawa. Info: (613) 236-0428 or [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)

**Gloucester Handicaps Association:** Adult group meets Mondays, 9:30 a.m. to noon, Orleans Recreation Centre, 1490 Youville Dr. Social inter-action, aqua fitness games, crafts and outings. Info: Roy Octeau, (613) 748-0185

**Gloucester Legion Seniors Club:** 8021 Mitch Owens Road, Gloucester. Meets Wednesdays, 10:30 a.m. to 3 p.m. Lunch \$2. Potlucks alternate Wednesdays are free. Annual membership \$10. Table games, in-house raffles, bus trips (including Hull Casino), dinners-out. New members welcome. Sponsor: Gloucester Legion 627. Info: (613) 830-8420

**Gloucester Senior Adults Centre:** 2020 Ogilvie Road, Gloucester above the Earl Armstrong arena. Activities include carpet bowling, darts, bridge, shuffleboard, and card games. Hours: 9 a.m. to 4 p.m., Mon. to Fri. Info: (613) 749-1974 and website: [www.storm.ca/~gsac](http://www.storm.ca/~gsac)

**Gloucester South Seniors:** 4550 Bank St., Leitrim, offers a full schedule of activities every week, including contract bridge, carpet bowling, euchre, five hundred, shuffleboard and chess, plus day trips and regular potlucks. Membership is \$15 per year. Free parking, Info: (613) 821-2666 or (613) 739-0242

**Golden Age Kids:** Lunch Tuesdays, 11:30 a.m., downstairs, Royal Canadian Legion, 391 Richmond Road. Euchre, bridge, darts, 12:15 p.m. Info: (613) 725-3475 or (613) 828-3365 GRAND: Grandparents Requesting Access and Dignity;

for grandparents denied access to their grandchildren through divorce, death or other circumstances. 1516 Bourcier Dr., Orleans. K1E 3J5. Info: (613) 837-8371

**High Horizons Physically Challenged Group.** Meets every Tuesday from 10 a.m. to 2 p.m. MacKay United Church on Dufferin Road. Schedule of special events, wheelchair accessible and Para Transpo service available. Info: (613) 828-3839 or (613) 746-9699.

**Meals on Wheels.** Help is needed to brighten someone's day by delivering a hot nutritious meal. All it takes is two hours a week lunchtime as either driver or server. Info: (613) 233-2424

**Neil Squire Society.** Free, small group employment preparation programs for adults. Learn about your employment interests, job search techniques, resume/cover letter writing and interviewing skills, build confidence and increase computer skills in a friendly, barrier-free environment. Services offered in Ottawa and Pembroke. Info: (613) 723-3575, 1-866-939-6345, or [on.info@neilsquire.ca](mailto:on.info@neilsquire.ca)

**The Olde Forge Community Resource Centre:** A day program for frail seniors is offered twice weekly from 9:30 a.m. to 2:30 p.m. 2730 Carling Ave. Lunch and entertainment are provided. Other services for seniors include a foot care clinic, a grocery van, respite, teleInfo: assurance, friendly visiting, home help, home maintenance, transportation to medical appointments and bi-weekly luncheons. The Olde Forge provides service to seniors aged 65 and up who live in the west end. Info: (613) 829-9777.

**Ottawa Chow Qigong Association.** Chow Qigong exercises and meditation to increase energy, enhance healing, improve flexibility and reduce stress. Classes held at McNabb Community Centre, 180 Percy St. Tuesdays 9:15 a.m. to 10:45 a.m. and Wednesdays, 6 p.m. to 7:30 p.m. \$10 drop-in fee, memberships available. Complimentary 1st class. Info: Julia (613) 728-8571

**Ottawa Independent Writers.** A monthly gathering for up and coming and established writers, editors, publishers, publicists and illustrators. Library and Archives of Canada, 395 Wellington St., Room 156. \$10 for non-members. Info: (613) 731-3873 or [www.oiw.ca](http://www.oiw.ca)

**Ottawa Lifelong Learning for Older Adults:** Monthly seminars to inform, entertain and educate. Book clubs, walking clubs, dine-around club and current affairs clubs. Membership is \$15 per year. Info: (613) 225-4229 or <http://ollforoa.ca>

**Ottawa Newcomers Club:** Women new to Ottawa are invited to the next monthly social event of the Ottawa Newcomers Club, a luncheon or dinner and speaker on

the first Wednesday of each month. A great way to make new friends! Info: (613) 860-0548

**Prostate Cancer Association Ottawa.** Helps men and their families deal with the diagnosis and treatment of prostate cancer. Special orientation led by survivors takes place at 6 p.m. every third Thursday at St. Stephen's Anglican Church, 930 Watson St. Help is available anytime at (613) 828-0762 or at: [www.ncf.ca/pca](http://www.ncf.ca/pca).

**Roy G. Hobbs Seniors' Club des Aînés,** 109 Larch Cres. in Orléans is a great place to meet new friends and to socialize. Daily activities on weekdays from 1 p.m. to 3:30 p.m. include line dancing, Yoga, Tai Chi, carpet bowling, outdoor activities, bridge, bid euchre, cribbage and whist. Also many special events. Info: (613) 841-8664

**Senior Citizens Council.** On Feb. 9 at 2 p.m., Kelly Robinson will discuss the role of the Alzheimer Society. Edinburgh Retirement Residence, 10 Vaughn St. Buses 9, 5 and 7. Everyone welcome. Info: (613) 234-8044 or [www.seniorcouncil.org](http://www.seniorcouncil.org)

**Senior Eaters at The Well:** Bi-weekly discussions over lunch for older women. A nurse facilitates the group. Info: Call Sharon for dates and times: (613) 233-4443 ext. 2149

**Societe des Amis Canada-France:** Monthly luncheons, with guest speakers are open to members and the public to provide opportunities to learn about and discuss Canada- France topics and relations. In French. Annual memberships: \$20. Public Welcome. Info: Aline or Yvette (613) 247-7291 or (613) 824-1557 or check out [www.societe-desamis.ca](http://www.societe-desamis.ca) for updates on upcoming activities.

**Soloway Jewish Community Centre:** 21 Nadolny Sachs Private (Carling & Broadview. Mon. - Thurs, 6 a.m. - 10 p.m.; Fri. 6 a.m. - 4 p.m.; S. 6 - 10 p.m.; Sun., 8 a.m. - 8 p.m. (Friday and Saturday hours vary according to month). 50-plus Vitality & Functional Fitness, free to SJCC Chair members only. Fifty-plus Soft Yoga, \$45 members, \$75 non-members. Fifty-plus Tai Chi, \$55 members, \$80 nonmembers. Info: Anna Silverman, (613) 798-9818 ext 225

**Sunday Brunch Group for singles 50+:** Meets every second Sunday at various Restaurants time 11:30 a.m. Jan. 10, 17 and 31. Info: (613) 825-7083.

**Top Generation Club:** Tuesdays, 11 a.m. to 2:30 p.m., 4373 Generation Ct. in Ramsayville. Games, lunch, bus trips and fun. Euchre tournament every second Saturday. Info: Dorothy Durham (613) 822-2281 or [eds55@hotmail.com](mailto:eds55@hotmail.com)

**Volunteers Needed.** Help assist seniors with memory impairment and/or depression by taking part in crafts, cards, billiards, baking and music. Training,

orientation and parking are provided. Carefor Carling Day Program. Info: (613) 721-6496.

**Family Services Canada** is seeking volunteers to supervise visits for children and non-custodial parents. A commitment of two hours every two weeks is required. Training provided. Info: Kevin Pickles, (613) 725-3601

**Elwood Treatment Centre needs your help.** This residential substance abuse and addiction facility near Carleton Place serves youth, 16 to 22. The board is seeking volunteers for governance of a dedicated staff. Meetings are monthly with light committee work required. To make a real difference in the life of a young person, please contact Brian Turner (613) 253-2144 or Pauline Sawyer (613) 257-2813

**Directory of Seniors Resources.** This 2007 bilingual directory from the Senior Citizens Council of Ottawa has everything seniors and their families need to know about services for the aged in the Ottawa area. \$5. Info (613) 234-8044

**More Volunteers Wanted.** Roger's House pediatric palliative care hospice is looking for compassionate and energetic people to join its volunteer care team. Info: Lise Beauchemin, (613) 523-6300 ext 605 or lbeauchemin@cheo.on.ca.

**Family Outreach a program offered by the Vanier Community Service Centre needs volunteers.** If you are 18-yearsof- age or older and reside in the Ottawa/Gatineau region, your help is needed to give respite to a deserving parent of low-income children, by offering your time and sharing your interests with his/her child, one weekend every six weeks. Info: (613) 744-2892 or lgroulx@cscvanier.com

**Volunteers are needed** for three to four-hour shifts weekdays in the coffee and used clothing shops of the New Royal Ottawa Mental Health Centre, Carling Merivale. Info: (613) 722-6521 Ext. 6530. Proceeds directly benefit patients.

**Speaking of Canada:** If your retirement home or service club is looking for interesting guest speakers, contact Randy Ray, a regular Forever Young contributor and co-author of nine books about Canada. He will give an interesting and entertaining 30-minute presentation that will reveal all kinds of facts you may not know about Canada. The fee is the purchase of Randy's books for your library or lounge areas. Info: Randy Ray (613) 731-3873 or rocket@intranet.ca

*Notices in Out and About are printed as a public service to our readers. Notices must be typed and include a teleInfo: number for additional information. Submit by e-mail to [rocket@intranet.ca](mailto:rocket@intranet.ca) or mail to 1881 Louisiana Ave., Ottawa, ON K1H 6T8. All submissions are subject to editing and space availability. Please submit items a month to six weeks before the date of the event.*

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