

Annual Membership Fee

\$25.00

Membership Year (13 months): Sept 1 to Sept 30

Payment Method: Cash ___ Cheque ___
into the SFC Drop Box at the DR Town Office.

E-transfer ___ (23uovsfc55@gmail.com)

Fill out an application to tell us what your interests are: Workshops, Out-of-town Trips, Games, Crafts, Art, Other Leisure Activities

Application forms can be found on the SFC website, or request by email.



For more information and current events, check out:

our regular column in the North Renfrew Times

our website:
seniorsfriendshipclub.ca

our Facebook page: Sfc Uov

Email: 23uovsfc55@gmail.com

Facebook: Sfc Uov

Website: seniorsfriendshipclub.ca

or drop a note into the Seniors Friendship Club Box at the Deep River Town Hall

Club Contacts:

President (Wanda Harvey) 289-684-6847

Membership (Lynn Hanson)
613-297-2116





SFC Organizes

Guest Speakers and Presentations

Travelogues

Health and Safety Sessions

Weekly Coffee & Conversation

Fitness & Exercise Classes

Monthly Bowling & Dinner

Wednesday Woodsy Walks

Snowshoeing

Billiards, Pool, Darts and Shuffleboard

Luncheons and Pot-lucks

Dances

*Out-of-Town Trips
(Cultural, Shopping)*

Computer Workshops

"Try It" Sports Days

Art Classes

Craft Workshops

***A few things we are planning are:
more out-of-town trips
more travelogues
more guest speakers
more outdoor activities
more exercise programs
more lunches
Any suggestions?***

COME AND JOIN US

***The purpose of the Seniors
Friendship Club is:***

***To arrange for or to offer
educational, cultural,
recreational, and social programs,
and to advocate for services
which will enhance the quality of
life and provide fellowship for
seniors in the upper Ottawa
Valley.***

