



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

APPLICATION FORM and FITNESS PROGRAM DISCLAIMER
FOR THE SENIORS FRIENDSHIP CLUB

First Name: _____ Last Name: _____

Street Address: _____ PO Box: _____

City: _____ Postal Code: _____

Phone: _____ - _____ - _____ E-mail: _____

YEAR of Birth: _____

Do you have any health issues (allergies, heart conditions, seizures, etc.) that the club should be aware of: _____

Emergency Contact: _____ Phone: _____ - _____ - _____

Membership fee: \$25.00 for the year Sept 1, 2026 to Sept 30, 2027

Payment method: Cash Cheque Can be dropped in SFC dropbox at Deep River town hall.
E-transfer (23uovsfc55@gmail.com)

Interests: Workshops Out of town Trips Movie Nights Other Leisure activities

Please suggest others:

Do you have any skills that you could share with others?

Are you willing to help run or organize an activity?

Would you be willing to volunteer to assist with one or more activities/events?

Signature: _____ Date: _____

I consent to SFC activity photos, in which I may appear, to be publicized on the SFC Facebook page, SFC website, and SFC brochure.

Club contacts: President – Wanda Harvey 289-684-6847; Membership – Lynn Hanson 613-297-2116, SFC Email: 23uovsfc55@gmail.com



SFC FITNESS PROGRAM DISCLAIMER

For the purposes of this disclaimer, "fitness program" includes, but is not limited to, walking, hiking, stretch classes, exercise classes, and yoga. To reduce and avoid injury, the Seniors Friendship Club (SFC) requests that you check with your doctor before beginning any fitness program. By participating in any SFC fitness programs, you are performing them at your own risk. The SFC will not be responsible or liable for any injury or harm you sustain as a result of participating in any of our in-person, online, teleconference, or virtual fitness programs or information shared on our website, social media page, or via email. This includes, but is not limited to, emails, videos and text.

You should understand that when participating in any fitness program, there is the possibility of physical injury. If you engage in this fitness program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and forever discharge the SFC from any and all claims or causes of action, known or unknown, arising out of your participation in the SFC fitness program.

Thanks for your understanding.

Name (please print) _____

Signature _____

Date _____