

\$25.00

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

Payment Method: Cash ___ Cheque ___

E-transfer ___ (uovsfc55@gmail.com)

Fill out a one-time application to tell us what your interests are:

Workshops, Out-of-town Trips, Movie Nights, 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

Club Contacts:

President (Rolland Kelly) 613-584-3819

Membership (Ann Serdula)
613-584-2238



Email: uovsfc55@gmail.com

Facebook: Sfc Uov

Website: seniorsfriendshipclub.ca

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





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.***

SFC Organizes

*Guest Speakers and
Presentations*

Travelogues

*Health and Safety
Sessions*

Hobby Shows

Fitness & Exercise Classes

Ottawa River Boat Cruises

Winter Indoor Walking

Snowshoeing

Billiards and Darts

Luncheons and Pot-lucks

Dances

Movie Showings

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

Computer Workshops

“Try It” Sports Days

Driving Workshops

Picnics



***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?***

