

Connections

... created by and for members of the eQ Resident Club

Photo credit: Boris Pross

March 2024

Springing into the Community Spirit

As we say goodbye to the chilly days of winter and eagerly anticipate the arrival of an early spring, there's an undeniable sense of excitement in the air. With the changing of the season, we await the return of our snowbirds, longer days, warmer temperatures, and community events/activities that brings us together.

Just as the weather changes, so too does the dynamics within the eQ Resident Club. We bid farewell to Courtney Miller, a mainstay and familiar liaison for our club members. Courtney has decided to pursue her dream of opening a women's boutique in honor of her late mother. We extend our heartfelt best wishes to Courtney for success and fulfillment in her new endeavor.

On a brighter note, we are thrilled that Rick Milks has hired a new director of Food & Beverage to enhance our club experience. Please join us in extending a warm welcome to Laurie O'Brien, who brings a wealth of experience from her previous role as director of operations at the Camelot Golf & Country Club for 9.5 years. Laurie's expertise and enthusiasm will undoubtedly contribute to the growth and excellence of our dining experiences.

Join us on Saturday, April 20th for an unforgettable April Potluck & Live Music event! Save the date and get ready to savor mouthwatering homemade dishes prepared by your neighbors and friends. Then, kickback and enjoy an

evening of live entertainment courtesy of Healy & Orr, a dynamic 3-piece band blending country and rock influences. Stay tuned and keep an eye on your inbox for more details.

The Advisory Board is in the process of developing and installing two electronic bulletin boards in the Resident Club with the first one operational by mid-April outside the Exercise Room, with plans for a second one in the Lobby. A rotating display of upcoming events and activities will provide another opportunity for the Board to communicate what is going on in the Club.

Many thanks to our volunteers who led and support activities and events. You are critical to the success of the Club.

... Equinelle Resident Club Advisory Board



Here is the complete image of the photo used in the masthead. Thanks to Boris Pross, member of the EQ Photo club



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Volunteers Needed for April 20th Potluck!

Are you someone who loves to bring people together over delicious food? Do you enjoy the idea of sharing a meal with friends and neighbors? If so, we have an exciting opportunity for you to get involved and make a difference!

Plans are underway for a potluck event, and we need your help to make it a success. Whether you're a culinary mastermind, a logistics wizard, or just someone who loves to lend a hand, there's a role for you in organizing this fun and festive gathering.



Volunteers Needed:

- 1. Meal Organizers:** we are looking for volunteers to coordinate the meal portion of the potluck. This includes deciding on dishes, creating a sign-up sheet for dishes, and ensuring a delicious spread for everyone to enjoy.
- 2. Set-up Crew:** we need volunteers to help set up tables and chairs.
- 3. Tear-down & Clean-up Crew:** we need volunteers to assist with cleanup up and make sure the space is left clean and tidy for the next event.

Thank you to members who have already stepped up to volunteer for roles 2 and 3.

Volunteering is an excellent opportunity to expand your social circle and cultivate meaningful connections within our community.

If you are interested in volunteering for any of the roles mentioned above, please reach out to:

Ellen Brayton at erabellenb@gmail.com
or Mike Labrecque at erabmikel@gmail.com.

... submitted by Ellen Brayton

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Melodies of Winter: A Night of Music, Celebration and Community

On January 26th, Resident Club members gathered for “Chase Away the Winter Chill,” an evening filled with music and friendship. Ottawa’s own Zachary Martin, a talented acoustic guitarist and singer, provided the perfect soundtrack, as members enjoyed each other’s company, toasted to birthdays, and danced the night away.



Zachary’s music seemed to work its magic, driving away the winter chill and hinting at an early spring. Accompanied by delicious fare from the Fireside Grill, the night was a celebration of life’s simple pleasures: good food, soothing music and lively conversation with cherished friends and neighbors.

As winter gives away to spring, we look forward to more events where we can gather as a community, create new memories, form friendships, and extend a warm welcome to new members.

... submitted by Ellen Brayton

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Women Who Lunch

Women Who Lunch (WWL) – 2024 Planned Events from April to August

Apr 18, 2024

Luncheon - 'Spring Fling 2.0' – Guest Speaker
Yvonne Latta, 'A walk through a State Penitentiary

May 25, 2024 (rain date May 26th)

Community Event - 'Give a Plant, Receive a Plant'

May 28, 2024

'Appy Hour'

June 2024

... watch for future announcement

Aug 6, 2024

'Appy Hour'

If you have any ideas for an event or are interested in volunteering contact:

Karen Bellamy at wwlkaren6@gmail.com
Cell: 613-805-1454

OR Marianne Phillips at
wwlmarianne@gmail.com Cell: 613-325-6832

... submitted by Karen Bellamy



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Community Support Initiative - House of Lazarus

The Women Who Lunch (WWL) held their second 'Community Support Initiative' the first week of March.



The charity chosen was the House of Lazarus (HOL) which is situated in Mountain ON. The House of Lazarus 'Starting Over Program' helps individuals and families who have experienced the loss of their home due to fire, domestic violence, or other tragic life circumstance by giving them clothes, household goods, furniture, and food.

On March 5th, 6th, and 7th, residents dropped off gently used clothing and accessories at the Clubhouse. We filled an SUV of beautiful clothing and accessories, which was delivered to the HOL on March 7th



On behalf of the WWL, thank you to those who donated items and to the volunteers: Kim Godin, Joanne Lincoln, Mary MacQuaig, Susan Reid, Brenda Colebrook, and Sandy Richmond.


... submitted by Karen Bellamy and Marianne Phillips

INTERESTED IN JOINING 'WOMEN WHO LUNCH' ?

A GROUP OF WOMEN COMING TOGETHER TO SOCIALIZE, HAVE FUN, BE ACTIVE, VOLUNTEER, AND SUPPORT EACH OTHER.


CONTACT: KAREN BELLAMY AT [WWLKAREN6@GMAIL.COM](mailto:wwlkaren6@gmail.com) OR MARIANNE PHILLIPS AT [WWLMARIANNE@GMAIL.COM](mailto:wwlmarianne@gmail.com)

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Celebrating St Patrick's Day at the Resident Club



Friends, neighbours and family gathered on Saturday, March 16th at the club to revel in that auspicious time of year when everyone is Irish.

To set the mood, the club was adorned with things green and shamrocks. Our chef, Nakul and his team set out a tasty buffet for all to enjoy with Cass and crew taking magnificent care of us. Wayne and Stephen Carle: the Elderly Brothers serenaded us with music, motivating many to dance and listen to some great music.

Prizes were awarded through games, raffles and a special one for the best costume (congratulations, Geraldine!).

Many, many thanks to the team of volunteers who made this happen: Sheila Majid, Paddy and Doug Taylor, Brenda Colebrook, Leanne Armstrong, Madeline Barry and Francine Boyce.

... submitted by Joe Barry

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Resident Club Member Honoured by North Grenville Civic Awards

The municipality of North Grenville recently announced its Civic awards. **Among the honorees is Mitch Barsalou.** A Past Chair of our Resident Club Advisory Board, Mitch was recognised for his outstanding contribution to the community in the Recreation, Sport and Leisure; Senior category.

Mitch is the third eQuinelle member to be recognised by the North Grenville Civic Awards. Bo Lapointe was recognised in 2022, and Sarah Herring was recognised in 2021.

These awards celebrate the outstanding contributions and achievements by individuals and groups that have significantly impacted our community. Council will be hosting the Civic Awards ceremony and reception on Thursday, March 28, 2024, from 6:30 – 8:30 pm at the North Grenville Municipal Centre.

Whiskey Fans . . .

For those of you that enjoy ‘a wee dram’ every now and then, keep your eyes open for the next Whisky Tasting announcement. Mac Campbell has agreed to organize another event in the Spring time frame.



By popular demand he has agreed to a presentation on Irish Whiskies.

The format will be similar to past events - one session with a limit of 24 tickets available. The date has yet to be confirmed but probably in April.

Stay tuned.

... submitted by Mac Campbell



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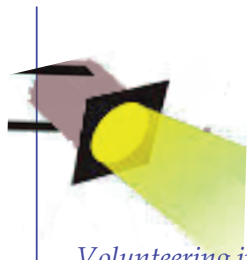
Proud of our eQ Pickleball shirts, which have travelled far to Indonesian Isles and high to Sicilian skies

... Madeline Barry; eQ Pickleball Coordinator



*Watch for e-blasts about our
Feature nights in the grill*





Spotlight on Volunteering in the Community

Volunteering in the community can be a good way to give something back; to make a difference in someone else's life. It's also a good way to make a difference in our own lives; to feel more positive, socialise and get to know new people, and learn about our community. For those looking to join a volunteer organisation in the Kemptville community, the Resident Club Board would like to spotlight local opportunities. If you are aware of a local organisation looking for volunteers, and would like to put them in the spotlight; please reach out to any Board member.

eQ Resident Club Advisory Board 2023 - 24

Chair - Joe Barry

erabjoe@gmail.com

Liaison for Veterans Club, catering kitchen, Whisky tasting, and playgroup

Vice Chair - Mike Labrecque

erabmikel@gmail.com

Liaison for gym, exercise studio, and swimming pool

Treasurer - Jen Wilson

erabjen@gmail.com

Liaison for book club, photography, Improv and Women Who Lunch

Secretary - Ellen Brayton

erabellen@gmail.com

Liaison for pickleball, tennis

Director - Darryl Boyce

erabdarrylb@gmail.com

Liaison for billiards and cards

Director - Frank Meijer

erabfrank@gmail.com

Liaison for the website

Director - Lynn Whitty

erablynn@gmail.com

Liaison for arts & crafts, women's meditation circle and social events

Seniors' Community Services, a registered charity, is committed to assisting seniors and individuals with physical disabilities in maintaining their independence. This organization offers programs and services to residents in North Grenville and the surrounding rural areas, including Medical Transportation, Diner's Club, Meals on Wheels, Telephone Checks, Footcare, Friendly Visiting, Social & Recreational Programming, and more.

Volunteers play a pivotal role in the programs. If you have your own vehicle, enjoy driving, and have some availability, we have an ideal volunteer opportunity for you. Volunteers assist by picking up clients from their homes and transporting them to crucial medical appointments, both locally and out of town (e.g., Ottawa, Smiths Falls, Kingston). We reimburse at a rate of \$0.50 per kilometer and are flexible in accommodating your schedule.

For further details, please visit our website at www.seniorscs.ca, reach out to us by email at hello@seniorscs.ca or by phone at 613-258-3203.

If you are interested in volunteering, please get in touch with Jill Woodley, Volunteer Coordinator, at jill.woodley@seniorscs.ca

Graphic Design: Joan Beauregard

To submit something for inclusion or inquire about content, please email jbeau36@bell.net or any Board member