Osgoode Community Newsletter

Fall 2025

Message from the OVCA Chair – Welcome to Autumn!

What a summer we've had in Osgoode!

We kicked things off with **PorchFest** , which saw record attendance, a record number of porches and performers, and—thanks to the beautiful weather—an expanded three-day celebration. Even the police stopped by (and we learned something new: golf carts are not street legal, so our people-mover multi-passenger golf cart had to come off the road! We're already thinking about a different solution for next year 😆).

Canada Day was held at the Legion this year, creating a cozy and welcoming community atmosphere. Feedback was very positive, and once again, we were blessed with a beautiful day. After some uncertainty about funding, we were thrilled to move forward with fireworks, thanks to a surprise grant and community support. Fireworks are a major expense though—$10,000 for just 15 minutes—so we'll be asking for your input on whether and how to continue them in the future. **Please take a moment to fill out the simple survey at the end of this newsletter.**

We also welcomed **new businesses** to Main Street this summer. **Al's Diner** opened to a buzzing crowd, bringing fresh energy to the village core. **The Friendly Fork** has beautifully revived the old Riverbend site at Main and River Road and is quickly becoming a local favourite. Congratulations as well to the **new ownership and management at the Red Dot** , and to **Osgoode Pharmacy** on its successful move to the plaza. These businesses are vital to our village—please support them whenever you can!

Another exciting highlight was the long-awaited opening of **Southcreek Park** , with Councillor Isabelle Skalski joining the community to cut the ribbon. It's already a hit with local families.

Continued on next page...

OVCA Osgoode Village Community Association

Osgoode Community Newsletter

Fall 2025

Message from the OVCA Chair – Welcome to Autumn! Continued

Of course, not everything was smooth sailing. This summer's **extreme heat and lack of rain** posed challenges for farmers, gardeners, those relying on shallow wells, and residents without air conditioning. We also faced some troubling safety concerns, including hate literature, thefts, and vandalism. OVCA is taking these issues seriously—we've begun working with the police, Councillor Skalski, and neighbouring associations to strengthen **community safety and emergency preparedness** .

Looking ahead, we're excited to share that a **preteen dance** is scheduled for November, and planning is already underway for our annual **Parade of Lights** and **Christmas in the Village** celebrations. We're also arranging **free community skating** at the arena this winter.

Behind the scenes, OVCA continues to build connections with local partners, including **O-YA, the library, the United and Anglican churches, Girl Guides and Scouts, and the Legion** . We're also advocating for Osgoode at both the municipal and provincial levels and strengthening ties with neighbouring community associations. If you or your organization would like to collaborate with us, we'd love to hear from you.

We are incredibly fortunate to call Osgoode home. Our village is more than just a place—it's a community of people and businesses that make it a truly special place to live, raise a family, operate a business, and grow old.

Thank you for your continued support, and here's to a vibrant autumn in Osgoode!

Rob

OVCA Osgoode Village Community Association

Upcoming Community Events

BINGO at Osgoode Legion Every Thursday; 6:00 pm – 10:00 pm
Join us every Thursday at 6 pm for some classic BINGO fun! No experience needed—just show up, grab a seat, and get ready to play. 3284 Sunstrum St

Saturday Breakfasts; 2nd Saturday of the month 8:00 am – 10:00 am
All ages community breakfast once a month at the Osgoode Kars United Church (5540 Osgoode Main St)

Open Mic at No Go Coffee Co; Every 2nd Friday of the month 7:00 pm
Located at 5488 Osgoode Main St No Go Coffee has an open mic in partnership with Vibration Studios, every 2nd friday. Sign ups begin at 6:30 pm, Music begins at 7 pm. Come by and perform or watch the local talent!

Live Music at No Go Coffee Co; Various Fridays & Sundays
Swing by 5488 Osgoode Main St to get their current music schedule!

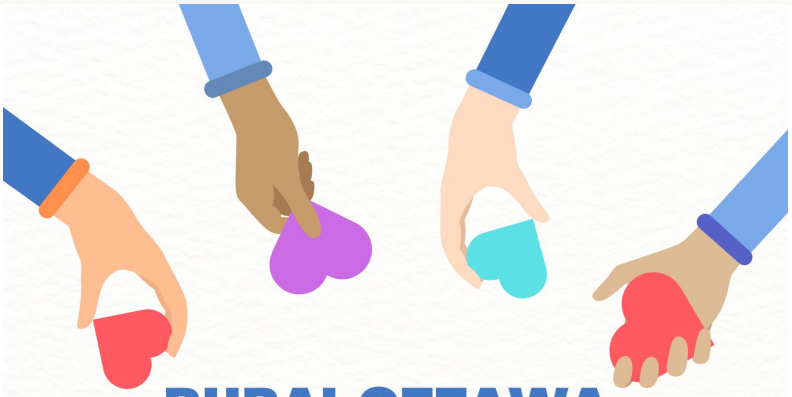
That's What She Said Concert October 10, 2025 7:00 pm – 11:00 pm
Free concert at Osgoode Legion (3284 Sunstrum st)

Remembrance Day Ceremony November 11; Osgoode Legion (3284 Sunstrum st)
Mark your calendars, the Osgoode Legion will be hosting a Remembrance Day Ceremony on November 11, details to come. Follow the Legion for more information or visit them in person!

Osgoode Library 100 year anniversary party!
Save the date! Saturday November 22, 10am-2pm
Did you know that there has been a library in Osgoode for 100 years! Join us as we celebrate with activities and performers for the whole family. Check our website for more details.

Christmas in the Village Weekend; Friday December 5 & Saturday December 6
Save the date! As always Christmas in the village is the first full weekend in December! Visit www.osgoodevillage.org in the upcoming weeks for details.

OVCA
Osgoode Village
Community Association



RURAL OTTAWA YOUTH MENTAL HEALTH COLLECTIVE

Established in 2018, The ROYMHC is a partnership of 11 rural youth serving agencies invested in the mental health of rural Ottawa youth. Visit our website for youth mental health resources.

Rural Ottawa Youth Mental Health Collective

FOR MORE INFORMATION:

@RuralOttawaYouth www.ruralottawayouth.ca

Osgoode Food Cupboard

The Osgoode Food Cupboard is available for any Osgoode Ward resident in need.

Address: 2450 Stagecoach Rd Catholic Church St.John the Evangelist
Enter through back door to the basement

Contact: 613-821-1481
Hours: Saturday 10:00 am - 12:00 pm
** Delivery available

theVillage Storehouse

theVillage Storehouse is an independent food pantry. Funded and operated by the generosity of the Greely residents and the surrounding communities

You can find us at the corner of Bank Street and Parkway Road, in Greely at 7275 Parkway Rd

Being located inside Parkway Church provides the Village Storehouse with access to washrooms, wifi, wheel chair accessibility, and parking.

When entering the building look for signs directing you to the Storehouse Food Pantry.

Hours:
Sunday (10-1), Tuesday-Thursday (10-3)

For more information visit:
www.villagestorehouse.ca

OVCA Osgoode Village Community Association

Lots to do at the library this Fall!

Ottawa Public Library
Bibliothèque publique d'Ottawa
InfoService@BiblioOttawaLibrary.ca
BiblioOttawaLibrary.ca
613-580-2940

Osgoode Library 100 year anniversary party!
Save the date! Saturday November 22, 10am-2pm
Did you know that there has been a library in Osgoode for 100 years! Join us as we celebrate with activities and performers for the whole family. Check our website for more details.

The current hours of the library are:

Monday 10:00 am – 5:00 pm
Tuesday: 10:00 am – 8:00 pm
Wednesday: 1:00 pm – 5:00 pm
Thursday: 1:00 pm – 8:00 pm
Saturday: 10:00 am – 2:00 pm

For adults:

Adult Crafternoons : Join us for seasonal crafts! All supplies provided, please register on our website, no experience necessary.
Thursday October 23, Thursday November 27, Thursday December 11, 2:30-3:30pm

Coffee and Cards: Mondays from 12-1:30pm : drop in for some social time with your neighbours, Euchre, coffee and more!

Library Book Club: meets Mondays October 20, November 10, December 8 from 1:30-2:30pm: Drop by the library and pick up this month's book selection.

Library Tutorial 1:1:
Need computer help? Meet 1:1 with one of our staff for an hour of help. Stop in and make an appointment.

For Kids :

Storytime and Stay'n'Play : Tuesdays at 10:30am at the Library.

STEM at the Library: Thursday Oct 9, 2025 at 3:30pm. Let's celebrate Science Literacy Week! Join us for a sea adventure with Cubetto! Learn some cool science facts about creatures that live in the sea.

Halloween Storytime: Tuesday October 28th at 10:30 – wear your costume!

I am Grateful for ...Let's celebrate things we are grateful for and craft some amazing colourful creations! Thursday November 6, 3-7pm
New Year crafts! Let's celebrate the New Year with crafts! Tuesday Dec 30, 2025 at 10:30am. For children 4 yrs +. Drop-in.

OVCA Osgoode Village Community Association

Osgoode Outreach: A Fun Get-Together for Adults Aged 55+!

Osgoode Outreach is back for another fun and engaging year!

Osgoode Outreach is a volunteer-run organization offering a weekly social drop-in for independent adults aged 55+ living in Osgoode and the surrounding communities. Each week, between 30 and 40 people get together for refreshments, games, crafts, and friendly conversation.

The group meets every Tuesday from 10:00 am – 12:30 pm at the Osgoode Legion. We ask for a small donation (up to $5) to help cover some of the costs. Once a month, we enjoy a low-cost light lunch. Outreach often holds optional discussion groups, led by interesting guest speakers from the community, and a few times each year, we organize excursions for the group.

Coming Up This Fall:

Date	Program
October 7	10 am: Coffee and Cards 11:30 am: Presentation and discussion with Osgoode Pharmacy
October 14	Special post-Thanksgiving program at Friendly Fork Bar & Grill Advanced tickets must be purchased through Outreach by October 7 10:30 am: Coffee and Cards at Friendly Fork 11:45 am: Lunch Buffet at Friendly Fork - $15
October 21	10 am: Coffee and Cards 11:30 am: Discussion – Emergency Preparedness with Rob McLellan from OVCA
October 28	10 am: Hallowe'en Party, Coffee and Cards 12 pm: Chair yoga with Georgia Morrisette
November 4	10 am: Coffee and Cards 1 pm: Workshop – "Thriving Solo"
November 11	No Outreach program Join us instead for Remembrance Day at the Legion
November 18	10 am: Coffee and Cards 11:30 am: Discussion – Eating Well As We Age with NROCRC dietician
November 25	10 am: Coffee and Cards 10:15 am Christmas Décor Workshop
December 2	10 am: Coffee and Cards 10:15 am: Therapeutic Art with Beth Donovan Hospice
December 9	Christmas Party and Lunch – details will be shared in November on Facebook and at Outreach

Osgoode Outreach is a program of the Osgoode Village Community Association and is funded, in part, through the Ontario Ministry of Seniors and Accessibility.

For more information about Osgoode Outreach, please email OsgoodeOutreach@gmail.com, visit Osgoode Community Outreach on Facebook, or call Elizabeth at 613-826-4695.

OVCA & O-YA PRESENT

GLOW Dance

FRIDAY | NOV 14, 2025

ST. PAULS CHURCH
5462 OSGOODE MAIN ST

NEW GRADES
GRADES 1 - 3; 6:00 PM - 7:00 PM
GRADES 4 - 6; 7:30 PM - 9:30 PM

$10/YOUTH
TICKETS AVAILABLE ON ZEFFY

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
O-YA runs an After School Homework Club (Grades 1 - 6) and O-YA has an in-person youth mental health counsellor for ages 12 - 17! Visit www.o-ya.ca for details			1	2 **Teen Drop In** Grades 7 - 12 5:30 pm - 9 pm	3 **Teen Drop In** Grades 7 - 12 5:30 pm - 10 pm	4
5	6 **O-YA is in Greely!** Grades 7 - 12 6:30 pm - 8:30 pm	7 **Teen Drop In** Grades 7 - 12 5:30 pm - 9 pm	8	9 **Teen Drop In** Grades 7 - 12 5:30 pm - 9 pm	10 **Teen Drop In** Grades 7 - 12 5:30 pm - 10 pm	11
12	13	14 **O-YA Closed for Staff Training**	15	16 **Board Game Night** Grades 5 - 8 5:30 pm - 9 pm	17 **Teen Drop In** Grades 7 - 12 5:30 pm - 10 pm	18 **Paint Party with Bonnie*** All Ages 2pm - 3:30pm
19	20 **Pens & Paint (Greely)*** Grades 7 - 12 6 pm - 8 pm	21 **Happy Minds*** Grades 7 - 12 5:30 pm - 9 pm	22 **Friendship Club**** Grades 4 - 6 5:30 pm - 7:30 pm	23 **Teen Drop In** Grades 7 - 12 5:30 pm - 9 pm	24 **Teen Drop In Carley's in the Kitchen** Grades 7 - 12 5:30 pm - 10 pm	25
26	27 **Pens & Paint (Greely)*** Grades 7 - 12 6 pm - 8 pm	28 **Happy Minds*** Grades 7 - 12 5:30 pm - 9 pm	29 **Friendship Club**** Grades 4 - 6 5:30 pm - 7:30 pm	30 **Book Club*** Grades 5 - 8 6 pm - 7 pm **Teen Drop In** Grades 7 - 12 7 pm - 9 pm	31 Trick or Treat at O-YA's patio! Fire bowl with 'Smores & candy	

Visit www.o-ya.ca for details & to subscribe to our newsletter!

@oyacentre on Facebook & Instagram

Program requires online registration on www.o-ya.ca. **Program has a fee.

OVCA
Osgoode Village Community Association

Osgoode Girl Guides – Fall Update:

Guiding is alive and thriving in the village of Osgoode with over 50 youth and 15 adult members registered this fall, there is still room to grow! The dedication of our volunteer Guiding team allows more girls between the ages of 5 and 11, over 3 branches: Sparks, Embers and Guides the opportunity to experience guiding and participate in a program that is designed just for them!

The fall means.... chocolate minty cookies are here! Watch out for our members going door to door in the month of October. Girl Guide Cookies are $6/box. There are pop up sales events within the community over the next month, you will see Girl Guides at the Community Center and at Foodland selling cookies to support funding unique adventures and bringing in special guests throughout the Guiding year.

The Osgoode Girl Guides are always looking to lend a hand. If you have an opportunity for our youth to volunteer with your organization, we would be happy to hear from you!

Email Contact for the Osgoode Girl Guide Units:
Sparks (ages 5-6): 1stosgoodesparks@gmail.com
Embers (ages 7-8): 3rdosgoodeembers@gmail.com
2nd Osgoode Guides (ages 9 – 11): 2ndosgoodeguides@gmail.com
3rd Osgoode Guides (ages 9-11): osgoodegirlguides@gmail.com

Osgoode Pharmacy

We have a **new** location! Come visit us in the Foodland Plaza where Scotiabank used to be!

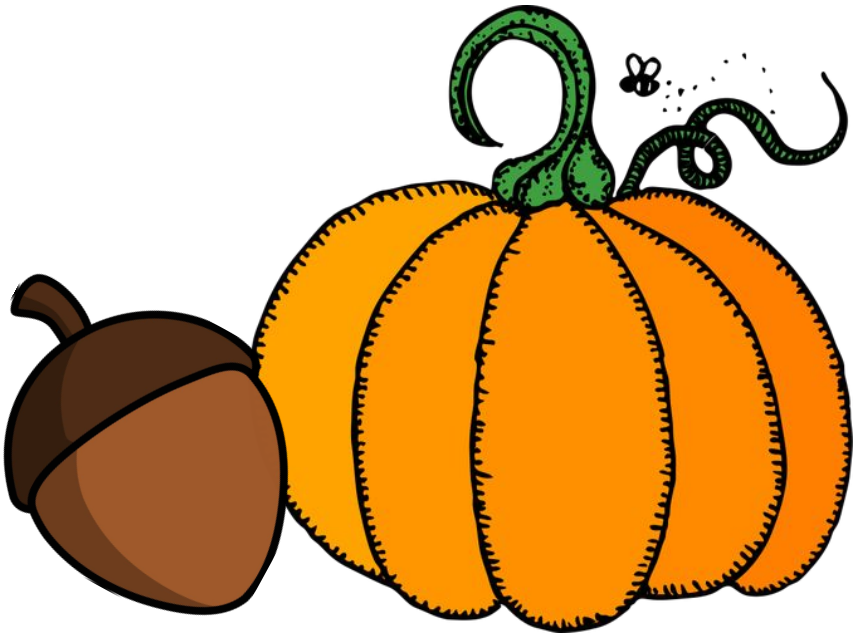
Hours:
Monday – Thursday 9:00 am – 6:30 pm
Friday: 9:00 am – 6:00 pm
Saturday: 9:00 am – 12:00 pm
Sunday Closed

FREE Delivery program for prescriptions, inquire at pharmacy or by calling: 613-826-0667

OVCA Osgoode Village Community Association

Osgoode-Kars United Church

Osgoode-Kars United Church weekly services are held at the Osgoode location at 5540 Osgoode Main on Sunday at 10 am. Every third week of the month they will be held at our Kars location at 6656 Rideau Valley Drive South, in Kars at 10am.



Osgoode Township Museum

The summer 2025 season may be winding down, but we certainly aren't stopping! We had a lovely four months with two very accomplished summer students and we are sad to see them go, thank you Ashley and Gabannette for your work at the museum this summer. Our Collections Officer has been busy re-organizing and re-classifying our image and object database to make it easier for us (and researchers!) to locate information. Our Programs Coordinator is wrapping up a busy summer with Discovery Days, two summer camp drop-sessions, and a redeveloped barn tour and is looking forward to the busy Fall/Winter programs cycle.

Our Museum Talks series is starting up again, with the first on October 16th on the Knitted History of Osgoode Township, 1827-1976 – **Registration is now open on Eventbrite** . Our November speaker is a PhD Candidate at Western University who will be presenting her research on Canadians in the First World War with her talk From Petawawa to Passchendaele: Artillery Training on Canadian Soil, 1905-1918. **Both of these talks are free and online.** More information can be found on our website under Events.

We have a few great workshops coming up as well you won't want to miss. **On October 18th we will be hosting Rachael Martin of Sweeping Willows for an afternoon workshop** (with TWO make-and-takes) on broommaking. Registration is now open on our website. Our **last tea of the year will be on November 15th** , themed around the Gothic and Victorian mourning rituals. We are partnering with the Vernon Library Branch to bring out some books, and the tea will be accompanied by a talk featuring artifacts from the museums collection. Registration is opening soon.

For more information, follow us on Instagram (@osgoodemuseum), Facebook (/Osgoode Township Museum), and keep up to date with our events and registrations on our website (www.osgoodemuseum.ca)

OVCA

Osgoode Village Community Association

Wake Up your Joints!?

Did you know there are 350 joints, 640 to 850 muscles, and 206 bones in the human body? You've probably heard that sitting is the new smoking. In other words, lack of sufficient exercise is as detrimental to your health as is smoking. Currently the minimum standard throughout the world for health benefit is 150 minutes moderate-intensity aerobic activity per week along with muscle strengthening activities at least twice a week and balance challenge activities. Cardio as simple as a brisk walk, 10, 20, 30 minutes at a time – enough times to get a total of 150 minutes per week.

But what about those joints you haven't used in.....decades?
When joints are quiet for long periods (like aging) synovial fluid decreases. This thick fluid with egg like consistency is the grease for joints to keep down friction between joints. With age and lack of use, the fluid can get low which can result in stiffness and other age related issues like osteoarthritis. Synovial joints are the most common joints in the human body. Examples of synovial joints include wrists, shoulders, knees, hips elbows, thumb, fingers, neck, toes.

What about the other joints?
"An active life style keeps joints healthy. Healthy joints also play an important role in preventing early-onset of pain and joint replacement surgeries – especially hip and knee arthroplasties" according to Dr. Robert Molloy, of Cleveland Clinic. Physical therapist Gary Calabrese, PT, DPT, also from Cleveland Clinic, proposes flexibility (like yoga, tai chi), stretching, cardiovascular, weight training exercises. The Best Exercises To Keep Your Joints

What about arthritic joints?
Believe it or not, exercise can be good for arthritic joints. Although painful, exercise can lower pain and make moving easier by increasing muscle strength around joints. Appropriate exercise like walking and swimming can improve joint movement. Even moderate exercisecan make movement easier. It also can improve bone strength – bone and muscles strength prevent stress on joints. Before beginning exercise, you should check with your doctor.

Osgoode Fitness for Positive Aging Group can help! (See more details on the next page)

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Fitness for Positive Aging

What is Fitness for Positive Aging?
Fitness for Positive Aging program (formerly Walking Club) is comprised of exercise routines that meet almost all of the requirements cited in the previous text and more. It also includes core exercises that promotes good posture and less pressure on joints. The program begins with warming up joints in the hands, wrists, ankles, knees, hips, back, fingers, thumbs, shoulders, elbows, back, toes and, of course, all the muscles connected to the joints! Warm- up is followed by standing low impact cardio, cool-down, strength/endurance, balance challenge, and flexibility/stretching routines.

The senior fitness program from the Canadian Centre for Activity and Aging (CCAA) from the University of Western Ontario provides guidance for the routines. Routines share a common objective to engage large muscles groups plus some less commonly exercised muscles (and of course, joints!) and also routines for balance and flexibility. The program's goal is to provide seniors with the ability to live a long life independently. Canadian Centre for Activity and Aging – Western University Every person should confirm that their doctor approves beginning any exercise program especially if they've been a long time couch potato!

Fitness for Positive Aging: Monday and Thursday, large hall, Osgoode arena, 9:00 to 10:00am. For more information and/or attending, email fitpositiveaging@rogers.com.

Legion

Branch

After you join through the Veteran Welcome Program, you can transfer your membership to your local Legion Branch at no additional cost. Joining your local Branch gives you access to even more exclusive benefits, including member sports, Branch activities and the chance to add your voice to local and national Legion efforts. **To join your local Branch, simply visit with your membership number and request a transfer.**

Join the Legion for free today

OVCA Osgoode Village Community Association

NROCRC
Community Resource Centre
Nepean • Rideau • Osgoode

Counselling Services

Our counsellors are here to support you to cope with:

- Depression/low mood
- Anxiety/worry
- Stress
- Relationship difficulties
- Sexuality
- Assertiveness
- Life transitions
- Body image
- Self-esteem
- And more...

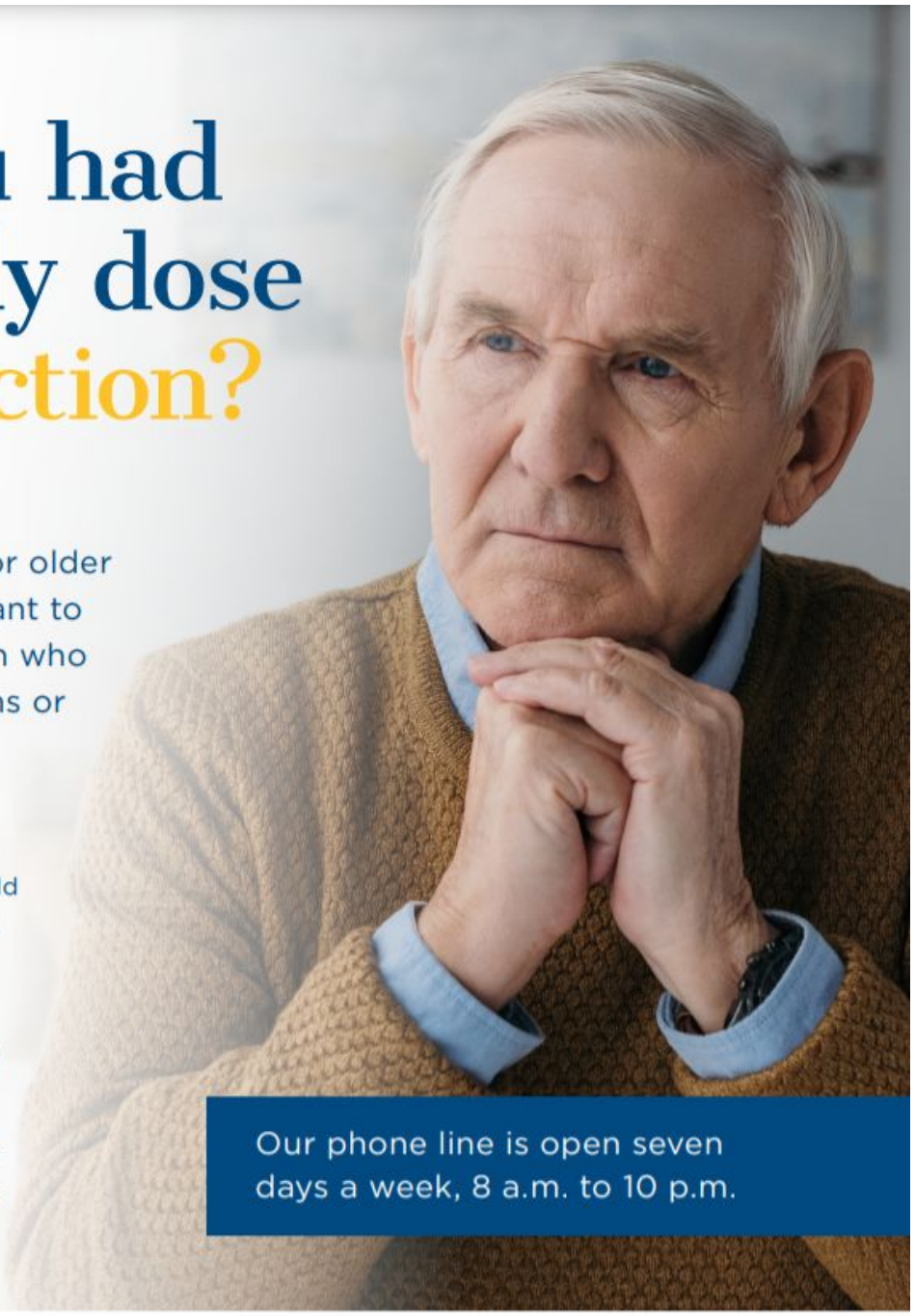
NROCRC offers short-term counselling as well as information and referral services to individuals, couples, and youth aged 12-17 years old living in the NROCRC catchment area. Support is provided by telephone, video and in person.

NROCRC provides counselling services that are offered by Registered Social Workers and Registered Psychotherapists.

Adult Counselling: Contact our intake at 613-596-5626, ext. 249 or email intake@nrocrc.org

Youth Counselling: Contact our intake at 613-596-5626, ext. 308 or email youthintake@nrocrc.org

Have you had your daily dose of connection?



A Friendly Voice is a free, confidential "warm line" for older Ontarians 55+ who just want to chat with a friendly person who cares, without expectations or judgement.

Whether you're struggling with loneliness or simply looking to add some connection to your routine, we offer an empathetic ear and good conversation.

Maybe it's been a while since you talked to someone, or maybe you're grieving a loss, or maybe you just want to gush about your new grandbaby, A Friendly Voice is here to listen.

Our phone line is open seven days a week, 8 a.m. to 10 p.m.

a friendly voice
Just a phone call away

A Friendly Voice is provided by Rural Ottawa South Support Services and made possible by a Provincial Impact Grant from the Ontario Trillium Foundation.

ROSSS
Rural Ottawa South Support Services
Connecting People

Ontario Trillium Foundation
Fondation Trillium de l'Ontario

Ottawa area: (613) 692-9992 | Toll-free: 1 (855) 892-9992 | aFriendlyVoice.ca

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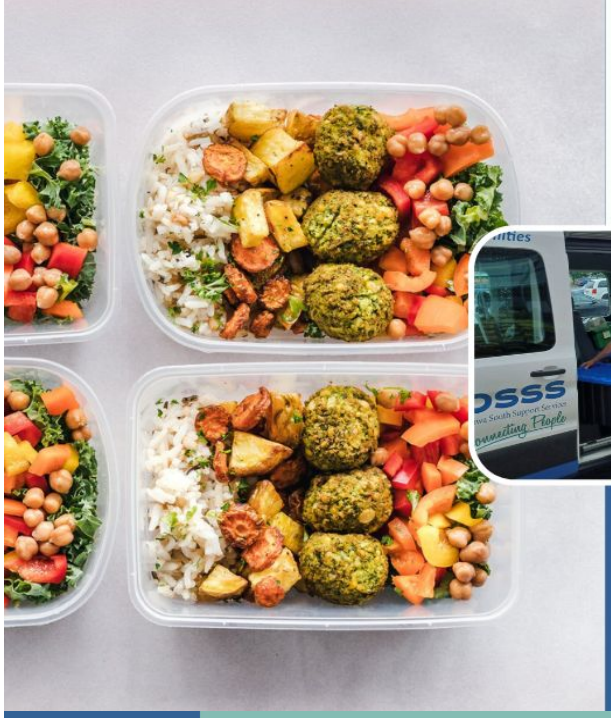

Did you know ROSSS provides Meals on Wheels?

They're nutritious and delicious!
Fresh meals delivered daily.
Frozen meals delivered once per week.
Walk-ins welcome

GIVE US A CALL!

613-692-4697

ext. 241

NEED A RIDE?

Give ROSSS a Call!

613-692-4697
ext. 237

We'll gladly take you where you need to be!

Home Support Services

Let us take care of that for you!

ROSSS offers home support services to help you with everything from light housekeeping and laundry to meal preparation.

Our services are offered at an hourly rate for a minimum of 2 hours. The frequency of service is up to you: one time, weekly, monthly, daily... your choice!

All our home support workers have their vulnerable sector police check and caring hardworking individuals.

Give us a call today to find out how we can help you!

613-692-4697 ext. 223

Community Groups and Resources

Osgoode Youth Association (O-YA)
613-826-0726 info@o-ya.ca

Metcalfe & District Ringette Association
president@mdra.ca

Osgoode Township Museum
(613) 821-4062 manager@osgoodemuseum.ca

Osgoode Library
613-580-2940

Osgoode Outreach
osgoodeoutreach@gmail.com

Garden Club
Sheila at beichler@rogers.com

Salvation Army
Gay Pratt 613 601 3116

Nepean Rideau Osgoode Community Resource Centre (NROCRC)
613-596-5626

Trinity Bible Church
613-826-2444 office@trinitybiblechurch.ca

St.James United Church
613-826-1154 okpc_minister@teksavvy.com

St.Paul's Anglican Church
613-489-0998 office.parishofsouthcarleton@bell.net

The Catholic Communities of St.Brigid & St.John the Evangelist
613-821-0761 stbrigid.stjohn@gmail.com

Girl Guides of Canada, Osgoode Sparks, Embers and Guides
Deb Cross or Jackie Allan at osgoodegirlguides@gmail.com

Osgoode Legion
(613) 826-2777

Osgoode Village Community Association
www.osgoodevillage.org

Ward 20 Councillor Office
Isabelle.skalski@ottawa.ca
613-580-2490

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