

February 2009

Thank you to those who came to hear Linda Osmond from Catholic Family Services talk to us about where to find free things in Ottawa. There was a great discussion about the many bargains that can be found in the Nation's Capital for items such as clothing and bus passes. The Ottawa Public Library has more than books. Be on the look out for CDs, DVDs, movies and YES: passes for the Museums! Do not forget to head out to the best entertainment this time of year: *Winterlude!* There is lots to see and do even if you do not skate. If you need services such as eye wear dental work please contact your Social-Worker for assistance. If you would like a membership to any synagogue, attend a Friday Night Dinner or a program at the SJCC please contact Karen Beutel at 613-722-2225 ext. 350 for assistance.

We are lucky to live in Ottawa where there are many low cost and no cost things to see and do.

Tu BiShvat

Tu BiShvat, the 15th day of the Jewish month of Shevat, is a holiday also known as the New Year for Trees.

We mark the day of Tu Bishvat by eating fruit, particularly from the kinds that are singled out by the Torah in it's praise of the bounty of the Holy Land: grapes, figs, pomegranates, olives and dates. On this day we remember that "Man is a tree of the field" (Deuteronomy 20:19). There are a few customs and observances related to this holiday. One custom is to eat a new fruit on this day. Another custom is to plant a tree, and others collect money to plant trees in Israel.

**Please join the Tikvah Unit
Wednesday February 11 at 2pm
To celebrate Tu Bishvat**

FRIDAY NIGHT DINNER DATES

February 20 @ 5:15pm
Friday April 3 @6pm
May 1 @ 6pm

KOSHER FOOD BANK

February 8 or 22
March 8 or 22
April 5 or 26

MIRIAM'S WELL 2 - 6 pm.

February 23
March 30
April 27

The above programs require reservations

This newsletter can be found at
www.jfsottawa.com

For information on Tikvah assistance, programming, and events please contact Karen Beutel at 613-722-2225 ext. 350

Looking for something free to do this winter in Ottawa? Winterlude is on the way!

Winterlude is an annual event in the City of Ottawa featuring the world's longest skating rink. For more than 35 years people of all ages have enjoyed the Rideau Canal skateway on sled, on foot, and of course on skates! During Winterlude, the Rideau Canal skateway is the site of the Winterlude Triathlon, the Bedzzz Annual Bed Race, skating demonstrations, workshops, ice sculptures, and much more.

You can either skate the 7.8 kilometer skateway or join in on any of the featured activities.

This year Winterlude will take place February 2 - 22, 2009.

Highlights:

Weekend 1 February 6 - 8

Go and see the ice sculptures

Ice carving competition

Sound and Light Show

Weekend 2 February 13 - 15

Ice Fishing for All

Sound and Light Show

Weekend 3 February 20 - 22

Public Ice-Carving Challenge

Sun Life Snowflake Kingdom

Jacques-Cartier Park, Gatineau

The largest snow playground on the continent, where kids of all ages can have fun sliding on more than 30 giant snow slides. **Sun Life Snowflake Kingdom** offers a variety of shows, performances and cooperative games.

Rogers Crystal Garden

Confederation Park

Discover an icy world of wonder! Come admire masterpieces at **Rogers Crystal Garden** and witness a fusion of art and ice. Be sure to stop by at night when lighting turns ice carving masterpieces into a breathtaking sight.

Starting Sunday February 8 with the International Ice Carving Competition. Followed by the Ice Masters Showcase and Veterans Affairs Canada Memorial - Special Ice Carving Exhibit.



OTTAWA NEIGHBOURHOOD SERVICES

GOOD WILL AND GOOD PEOPLE SINCE 1932

250 City Centre Ave., Unit 124.

Off of Albert St, 1 block west of Preston St

ottawaneighbourhoodservices@hotmail.com



February 2009 Events at ONS

BABY BONANZA DAZE - February 26, 27, 28

Everything you need for baby: toys, blankets, clothing, shoes, accessories, story books, strollers, stuffed toys, more.

Saturday, February 7

- **BAG SALE**
- Adult Clothes: \$20.00 / bag
- Kids Clothes: \$10.00 / bag
- Books: \$5.00 / bag
- Jeans: \$3.00
- Shoes & boots: \$3.00 to \$5.00
- Skis: \$5.00 to \$10.00
- Furniture Clearance: 25% off all furniture



Saturday, February 21

- Jeans: \$3.00 / pair
- Shoes: \$3.00 - \$5.00
- Movies Clearance
- Entertainment units: 50% off
- Credenza Sale: \$30 - \$35 each
- Skates: \$5.00 to \$10.00
- Winter Coat Clearance
- Seniors Day: 30% off everything, with ID



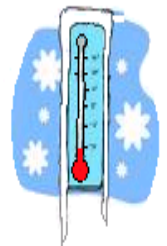
Saturday, February 14

- Books: \$5.00 / bag
- Shoes: \$3.00 to \$5.00
- Linen: \$10.00 / bag
- Dishes Clearance
- Sweaters & coats: 50% off
- DISCOUNT DAY: 10 - 50% off clothing
- Instore Auction 11: 00 A.M.
- Valentine's Day: FREE treats all day



Saturday February 28

- **BAG SALE**
- Adult Clothes: \$20.00 / bag
- Kids Clothes: \$10.00 / bag
- Books: \$5.00 / bag
- Stuffed Toys: \$1.00 / Bag
- Jeans: 2 pairs for \$5.00
- Shoes & Boots: \$3.00 - \$5.00
- Boutique Clearance: 50% off all tagged clothing
- Instore Auction 11: 00 A.M.



**Valentine's Day
Sweetheart Draw
Basket of goodies
Tickets: \$1.00
Draw: Feb. 14th**



**CUSTOMER
APPRECIATION DAY
Every Saturday
FREE coffee and treats.**



So much to see. - 250 City Centre Ave., Unit 124. See you there!
KEEP A LOOKOUT FOR OUR INSTORE SPECIALS



Ottawa Neighbourhood Services (ONS) is celebrating 76 years of service in the community.
Come and spend some time with us.
Call 728-3737 to arrange for donations pickups.

