

THE HUB

NEPEAN SENIORS RECREATION CENTRE
Nepean Sportsplex, 1701 Woodroffe Avenue
Information: 580-2828 Ext. 2 or our web site at www.nepeanseniorscentre.ca

July and August, 2009.

WORD FROM THE CHAIR

By Steve McIntyre

Well it has finally arrived – the lazy, hazy days of summer. Whether you have a garden you enjoy, a cottage to relax in or just enjoy the fact that you no longer have coats and boots to put on, I hope you enjoy the outdoors this summer.

The Sportsplex has many programs that will be available this summer. Please consult your Special Information Issue of the HUB or talk with the Nepean Seniors Recreation Centre staff to find an activity that will meet your needs. Have a safe summer.

PROGRAMME COORDINATOR'S CORNER

By Leslie Dondale 613 580 2828 Ex 2

What's up and Coming

MILITARY WHIST-The next Military Whist will be held on Friday September 25th at 7:00 p.m. The cost is \$6.00 and includes cash prizes and delicious refreshments. Tickets go on sale following the June 19th Military Whist.

We will be looking for volunteers to assist with the making of sandwiches and helping out with the coffee and tea. If you are willing to help out one evening, please let Leslie know.

Winners of the May Military Whist receiving their cash prize from Leslie. (Starting from the centre and going left) Audrey Fitzpatrick, Doreen Bond, Marg Milne and John Fancy.



CANADA DAY BBQ-Don't forget our annual Canada Day BBQ will take place on Tuesday June 30th at 11:30 am. Come and enjoy a burger, salad, drink, dessert, entertainment and prizes all for the low price of \$8.75! Tickets can be purchased at the Seniors Centre.

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OUTDOOR WALKING CLUB - The walking club walks on Mondays, Tuesdays and Thursdays at 9:30 am on the trails behind the Sportsplex. There is no charge, but you must be a member of the Seniors Centre.

CYCLING CLUB - The group meets at Britannia Beach on Tuesdays at 9:30 am and cycle along the Ottawa River parkway. This club is for cyclists who would like to bike 10 to 15 kms in a social setting. All cyclists are required to wear a helmet. If you are interested, please call the office for more information. There is no charge, but you must be a member of the Seniors Centre.

BOCCE - We play on **Tuesday nights at 6:30 pm** to dusk, on the grass behind arena 2, weather permitting. Please call the centre if you are unsure whether we will be playing or not. A dollar drop-in fee applies. No experience is necessary so come on out and give it a try!

FALL/WINTER PROGRAMS

Registration starts on August 13 for both the fall and winter programs. You can register here at the centre, online or at any Client Service Centre or Community Centre across the city of Ottawa.

Tap Dancing Level 1 - Sept 15. to November 17, Tuesdays 2 p.m. to 3 p.m. \$60.00 Barcode: 404115

Tap Dancing Level 2 – Sept. 15 to November 17, Tuesdays 1 p.m. to 2 p.m. \$60.00 (must have some previous tap experience) Barcode: 404121

Tap Dancing Level 2 - September 17 to November 19, Thursdays 1 p.m. to 2 p.m. \$60.00 (must be registered in Tuesday's class) Barcode: 404125

Tap Dancing Performance Group – Sept. 17 to Nov. 19, Thursdays 2 p.m. to 3 pm, \$60.00 Barcode: 404131

Chair-ercise – Sept. 9 to December 4, Wednesdays & Fridays 9 a.m. to 10 a.m. \$95.75, Barcode: 404078

Tai Chi – Sept. 22 to Nov. 24, Tuesdays, \$65.00 **Level 1**, 11 a.m. to 12 noon. Barcode: 404099

Level 2, 10 a.m. to 11 a.m. Barcode: 404105

Level 3, 9 a.m. to 10 a.m. Barcode: 404110

Weight & Balance Your Life – September 15 to November 19, Tuesdays & Thursdays 11:30 a.m. to 12:30 p.m. \$95.75. Barcode: 404091

Line Dancing – Sept. 21 to November 16, Mondays 11 a.m. to 12 noon. \$ 38.00 Barcode: 404143

DAY TRIPS

Once again we have reserved seats with Ottawa Valley Tours. If we get 10 or more participants on a trip they will pick up at the Centre. If there are less than 10, the pick up will be at Lincoln Fields Shopping Centre, Wal-Mart entrance. Register at the Centre for these trips by cheque, payable to Ottawa Valley Tours.

On Golden Pond- July 16, \$122 (includes Transportation, Buffet lunch and Theatre). The bus will take you to the historical village of Stirling located in the Bay of Quinte Country. Upon arrival you'll enjoy a delicious buffet lunch in the Festival Theatre Hall. Following that, you'll claim your seats for the lovely and timeless story of "On Golden Pond" with just the right mix of bittersweet humour.

Rockport Cruise & Charming Merrickville- July 23, \$89 (includes Transportation & Luncheon Cruise). Upon arrival at the quaint waterside village of Rockport, you will board Rockport Boat Lines for a two-hour luncheon cruise on the waters of the St. Lawrence Seaway into the Heart of the 1000 Islands where you can view Boldt Castle and the palatial homes of the rich and famous of the bygone era. In the afternoon you can enjoy browsing in wonderful shops that line the streets of the beautiful village of Merrickville.

Daniel O'Donnell Concert- August 6, \$230 (includes Transportation, Dinner & Concert Ticket) The bus will head to Montreal and to the Place Des Arts. You'll enjoy dinner before claiming your reserved seats for the Daniel O'Donnell concert. Daniel has captivated audiences all over the world with Irish melodies and song. Don't delay in reserving for this spectacular performance.

The Grand Finale Casino Sound & Lights- August 15, \$118 (includes Transportation, Buffet dinner, Reserved Bleacher Seating and a Wildcat Instant Scratch Ticket) You will depart in the afternoon for Lac Leamy Casino to experience one of the most spectacular fireworks displays you have ever seen. Enjoy the slots, table games and savour a wonderful buffet dinner, excluding beverages. You'll claim your seats for the grand finale as the sound shakes the skies and brilliant colours light up against the backdrop of the casino. A Wildcard Instant Scratch Ticket will be included, but is subject to change by the casino. This is going to be an evening you will not want to miss!

News and Views

ATTENDANCE DRAW.

The draw takes place every two weeks on Friday, unless it's a statutory holiday. Just put your Loonie in the box in the Heritage Room, and register your name in the book provided. Then cross your fingers and hope that your name gets drawn from our list of **all** members. If you don't register and put in your Loonie, you don't win even if your name is drawn. The money then stays in the kitty. If no one wins within ten draws we will continue to draw until we get a registered winner.

April 24	Gord Neilson – not registered
May 8	Marion Eadie – registered, won- \$158.50!!!
May 22	Doug MacKechnie - not registered
June 5	Mike Roach – not registered

SUMMER HOURS

Effective for July and August, the Seniors Centre will close on Fridays at 4 pm and will be closed all day Saturdays.

ACTIVITY REPS MEETING

Mark your calendars! The annual Activity Reps meeting will be held **Monday September 14th**. More details will be given closer to the date.

OPEN HOUSE

Another date to mark on your calendars is **Monday October 5th** for our Annual Open House. A detailed flyer will accompany the Sep/Oct issue of the Hub.

NEW BOARD MEMBERS NEEDED

At the Open House, the Volunteer Management Board will be looking to replace two of the Board members whose terms will be over as of December. The positions available will be Assistant Volunteer Coordinator and Assistant Public Relations. If you are interested and would like further information, please do not hesitate to contact a current Board member (whose names are listed in the Special Edition of the Hub that was sent out recently) or Leslie Dondale.

MAH-JONGG

In the past there were a fair number of people who played Mah-Jongg here at the Centre. Interest waned and the activity had to be dropped. Some members have expressed a wish to start it up again, if there is sufficient interest. Please call the Centre if you would like to play.

WHAT WE'VE BEEN GETTING UP TO



CONTRACT BRIDGE

By Gopal Kunchur 613 825 2535

Our members are enjoying bridge afternoons together with the prevailing warm weather. Some are away visiting friends and relatives or are at their summer cottages. We wish everybody a very happy and healthy summer. During this period we do not keep a log of scored points. This practice will however continue later. Bruce Warner is now a record keeper and he wants someone else to take over this duty. He has assured us of his further assistance to avoid any interruption. Dorothy Peck wishes to thank all volunteers for their assistance in buying and preparing weekly snacks and special lunches, drinks, keeping scores, selling tickets for 50/50 draws and a lot of other chores. We had a delicious lunch on May 20th. Pizza, fresh fruit, veggies, cake, punch, tea, coffee and lot of other items were served.

Like Mathematics, contract bridge is a game of abstract reasoning and critical thinking. Please do not be disappointed because, in spite of your good bidding and play, the lie of cards may work against you. Good communication with your partner, close attention to bids and the consistency of your play will help you to win and get high scores. There is not a crystal ball to help you, but you can make an educated guess.



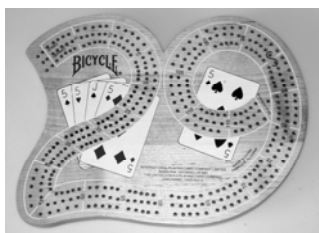
CREATIVE CRAFT GROUP

by Donna Butler

We will be having a sale at the Canada Day Barbeque. Do have a peek to see what you would like to buy.

The group has been busy tying Victoria Quilts. Another new item for sale are the beaded bracelets which everyone has enjoyed making. They may be seen in the showcase. Knitting lessons have been given and more than one person has learned to knit.

We will be off enjoying our summer for the next two months, but will be looking forward to continuing our productive work in the fall.



CRIBBAGE

By Jeannette Duggan

Summer is just about upon us and where better to keep cool on a hot muggy day than here in an air conditioned room at the Sportsplex, playing Cribbage with a group of friends. Fun is what it's all about and we do have a lot of laughs.

We have welcomed back a few snowbirds and will be losing others to cottages and summer vacations, so as always, we have room for new players. If you enjoy the game and /or are willing to give it a try, come and join us on Tuesdays and/or Thursdays afternoons. We play from 1:00 p.m. to 3:30 p.m. so, if you are interested, just show up a few minutes earlier and we will always find you a seat.

EUCHRE NEWS

By Kathi Kerr

Well, as I write this newsletter (June 10th), I wonder if our real summer will ever start. Our furnace came on again during the night last night and it is a cloudy, overcast day again!! We even had some "golfers" at the last Euchre day and guess what that means?!?

In May we celebrated our end-of-euchre-year with a delicious buffet and presentation of our Achievement Awards. There were 64 members in attendance. We presented certificates and gift vouchers to the following members in recognition of their achievements for the year.

Overall High Average Score – Frank Rosen
Men's High Average Score- Angus Macdonald
Women's High Average – Muriel Wilson

Frank's name was also added to our High Average Trophy. Congratulations to the winners and good luck to everyone for the coming year. Remember, the more games you play during the year, the higher your average. As I mentioned before, next year there will be a fourth category – Most Lone Hands.

Just a note in regards to the last game of the regular day – some people need to leave at 3:30 p.m. or a little before, to catch their rides home (and other reasons). Therefore it is requested that everyone who is staying please DO NOT start playing until the bell rings. This lets the organizers see if they need to shift people between tables to make sure that everyone has a chance to finish the last game of the day. This issue was discussed a few weeks ago – one of the options was to start playing cards at 12:45 p.m. with an arrival time at 12:30 p.m. but this was vetoed by the majority and the rearranging of players prior to the last game was accepted instead.

We play organized Euchre every Tuesday in Hall F and hope everyone can be there by 12:45 p.m. to hear the announcements, etc. before the card playing starts (with Dorothy ringing her bell) sharp at 1:00 p.m. We are looking forward in meeting, greeting and talking with you then.



FLOOR SHUFFLEBOARD

By Ron Taylor 613 226 5590

Need some gentle exercise with a friendly bunch? Come along to shuffleboard. You will have a different partner for each game. Our object is to have **Fun**. We play Monday and Wednesday on the Upper Concourse at 12:50 pm. Come early for instruction (if needed). Hope to see you soon on either or both days.

FRIDAY FUN BRIDGE

By Wilma Matchett

The Fun Bridge group is just one of the Activity Groups in the Centre that is encouraging its participants to bring (and then take home to wash) their own mugs. As we are sure you have heard many times, the Styrofoam cups that we have been using are expensive and they take a lot of room in the City's landfill as they never disintegrate into compost.

Fun Bridge will continue meeting on Friday afternoons throughout the summer and, as usual, we welcome all those who wish to play a relaxed game of bridge - scores are not kept and friendly coaching is available for the asking from your table-mates, but if the "advice" is too confusing, ignore it.

Our thanks to Joyce and John Kobzey for keeping us supplied with snack treats in May and to Margot Calagoure and Jan Wright for looking after the treats in June. We do appreciate the assistance of so many of our members who help make our Friday afternoons so pleasant.



NEPEAN SONGSTERS

By Betty Usher

It's been an exciting year for nearly 70 singers! We've enjoyed a number of sing-outs at residences and nursing homes; we were proud to participate in the Centre's anniversary event last October; and we had

another successful concert "Memories", also last fall. It's been a challenge and a lot of fun to learn and sing new music, especially when it's among good friends.

Our first rehearsal of next season is Sept 3rd at 9:15 a.m. in the Heritage Room at the Sportsplex. Come and try us out. Barbara Creech, our pianist and Sandra Vandenberg, our Director, keep us in time and in tune. For your advanced notice, our fall concert, "From Leicester Square to old Broadway" is on Sunday, October 25th in *The Chambers* at Ben Franklin Place. We're pleased to have Garth Hampson as our guest. Tickets will be available starting September 4th from any choir member. The cost is \$10, but the tickets will go fast!

Our thanks to Kevin Smith for leading the Songsters last year as President. As well, our heartfelt thanks go to Audrey Edwards who as our Treasurer kept our finances in order for many years. Our new executive includes Nellie Gervais, bookings for sing-outs; Elizabeth Morrow and Barbara Smith, registration; Inge Meir, librarian; Yvonne Ackerman, treasurer; Mary Williams, social; Norma Mallette, telephone committee; and yours truly, president. Have a great summer and see you all in the fall!



TRAVEL CLUB NEWS

By John Flook

In May, six members of the Travel Club and friends returned from a trip to Greece and the Islands where they enjoyed the scenery and excellent weather. After an overnight flight we arrived in Athens and joined a group of 30 Americans and 2 Canadians. We toured the Acropolis and other sites in the City including the changing of the Guard in front of Parliament. From here the next morning we took a high-speed ferry to the Island of Mykonos for a two days visit. Mykonos is the summer home of many "Jetsetters". From here we took another ferry to the Isle of Santorini, who some feel is the site of the legendary City of Atlantis. From Santorini we returned to the mainland and to

Kalambaka where many Monasteries sit atop 500-foot sheer rock pinnacles and where one James Bond movie took place. From there we traveled down the centre of Greece viewing Temples to the Sun God Apollo, Olympus where the original Olympic Games were held. The Olympic torch is still lit here. From Olympus we returned to Athens, viewing more Historic sites and from there, home.

The **Travel Club's AGM** will be held in the Heritage

room **September 21, 2009 at 9:30 a.m.** We will outline the following proposed trips for 2010, Arizona - winter, Philadelphia - spring, Prince Edward Island - summer, New York - fall. After the AGM will be the signup for The Parade of Lights in Niagara Falls, November 18-20, 2009.

The executive would urge you all to attend this meeting with your ideas for future trips

TWO SPECIAL SUMMER PRESENTATIONS FOR YOU

LONG-TERM CARE INSURANCE SEMINAR

Presented by Don Taylor - long term care specialist and integrated planner

Come to the **Seniors Centre on July 13 at 10:30 a.m.** in the Heritage room to get answers to the following questions and determine what options are best for you

What is Long Term Care? How much does care cost? How do I qualify?
Will the government take care of me? Could I use all of my life savings to pay for care?

Note: In order to qualify for this Insurance you must be 80 years of age or under, however the benefit can be paid out at any age.

Please call the Centre at 613-580-2828 ext 2 if you are planning to attend, so that we have an idea of numbers. Light refreshments will be served. A detailed flyer is on the bulletin board in the Heritage room

MERCHANTS AGAINST FINANCIAL CRIME PROGRAM

The Merchants Against Financial Crime program was developed by and is run by the RCMP, as a tool to combat financial crime. This free presentation at the **Nepean Seniors Center on July 20th at 10:30 a.m.** gives interactive advice on subjects ranging from counterfeit currency detection, credit and debit card fraud, identification theft, and mass marketing fraud, to name but a few. We look forward to meeting with you to help protect you against these types of crime.

Please call the Centre at 613-580-2828 ext 2 if you are planning to attend, so that we have an idea of numbers. A detailed flyer is on the bulletin board in the Heritage room