



NEPEAN SENIORS RECREATION CENTRE
Nepean Sportsplex, 1701 Woodroffe Avenue

September and October 2011

Information: 580-2828 Ext. 2 or www.nepeanseniorscentre.ca



WORD FROM THE CHAIR

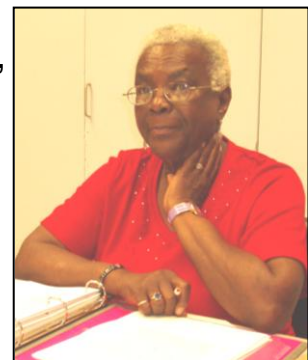
By Sheila Pitt - As I write this, the grass has turned burnt orange, and I am chanting: 'rain, glorious rain'. Welcome back to all of you from the experience of an unusually warm and enjoyable summer.

You will recall that the Centre was closed for a two-week period to allow for the upgrading of the electrical system. We thank you for your patience during that period.

Our fall programs have begun, and I encourage you to consult the *What's Up and Coming* section of the Hub to assist you in selecting the programs that are right for you.

We also encourage you to renew your membership for the coming year at the annual Open House. On a directive from City Council, commencing January 1st 2012, membership fees may be increased by 2%, so please be aware of this.

We are still seeking members to join the Volunteer Management Board. Please speak to any Board member or Leslie Dondale to obtain a copy of the job descriptions for the vacant positions.



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PROGRAM COORDINATOR'S CORNER

By Leslie Dondale 613 580 2828 Ex 2

WHAT'S UP AND COMING

ACTIVITY REPS MEETING - The annual Activity Reps meeting will now be held at **10.30 a.m.** on **Tuesday, September 13th**.



All Reps should have received a detailed letter. If not, please see Leslie.

HEARING CLINIC - Your hearing is one of the most important senses you have in order to communicate with your family and friends. One in four Canadians has a hearing loss. Are you one of them? Delia Clouthier, clinical audiologist from the Barrhaven Hearing Clinic, will be available to answer questions regarding your hearing, communication strategies, the latest in hearing aid technology and assistive listening devices on **Wednesday September 14 from 9:30 a.m. to 10:30 a.m.** Hearing screenings and on-site repairs are also available on site at no charge. To arrange a complete evaluation, please contact the Barrhaven Hearing Clinic at 613-825-3242 to arrange an appointment.

MILITARY WHIST - The next Military Whist will be held on **Friday, September 16th at 7:00 p.m.** The cost is \$6.00 and includes cash prizes and delicious refreshments. There might still be some tickets available. The following one will be held on **October 14th at 7 p.m.** Tickets for that one will go on sale on September 16th.

OPEN HOUSE - Another date to mark on your calendars is **Friday, October 3rd** for our Annual Open House. Please see the enclosed flyer for more details. Remember that you can renew your membership for \$24.00 at this event. This will save you money if City Council decides to increase the fees in January.

REMINDER - New Board Members needed. At the Open House, the Volunteer Management Board will be looking to replace four of the Board members whose terms will be over as of December. If you are interested and would like further information, please do not hesitate to contact a current Board member or Leslie Dondale.

SLOTS TRIP - The next Slots Trip will be on **Tuesday, October 4th**. The bus will be leaving the **Seniors Centre at 4:00 p.m. and returning around 9:00 p.m.** Cost is \$12 for members, \$15 for non-members and it includes transportation, \$10 token voucher and a \$5 food voucher. **In order to get these incentives you need to have a valid Government issue Photo ID with you.** If you need to take your own car, you must clear it with Leslie first. Also, they are asking us to use our Winner's Circle cards when we use the machines as they keep tabs on how much a group is spending. They are looking closely at all of the groups and are starting to withdraw some of their incentives. Please see enclosed flyer for more details.

LUNCHES AT SIR GUY ARLETON SECONDARY SCHOOL - As of the new school season, the cost of the lunch is going up to \$10.50. The school has been covering the loss over the past two years, but they can no longer do this. This is still an amazing price for the wonderful three course lunch, including homemade rolls and coffee and tea. There is a possibility of a sponsorship deal with Revera, which may lower the price however no specific details are available yet. Updates will be posted on the bulletin board in the Heritage room in late September.

The first lunch of the season will be on **October 20th, at 11.30 a.m.** The tickets will go on sale as early as possible in October, once the menu is received.

OACAO CONFERENCE – The Nepean Seniors Recreation Centre is a member of the Older Adults Centres Association of Ontario (OACAO). Every year a Conference is held where seniors and staff who are members of the OACAO get together and learn from each other through various workshops and networking sessions. This year the theme of the conference is Together/Ensemble and it will be held in **Ottawa at the Southway Hotel & Conference Centre on October 23, 24 & 25.** The Board is willing to pay for a few members to attend on a daily basis. For information on the workshops and guest speakers, please visit www.oacao.org or ask Leslie.

This is a great opportunity to network with other seniors from across Ontario and to learn new things at no cost to you. Please let Leslie know if you are interested in attending. Spaces will be allotted on a first come basis.

CHRISTMAS DINNER - It's never too early to start booking your Christmas events so get out your agendas and reserve **Thursday December 1st** for a wonderful evening with your friends from the Seniors Centre. The cost will be approximately \$43 for members and will include a 3-course meal, musical entertainment and door prizes. **The event will be held at Capone's at the Nepean Sportsplex.** Tickets will go on sale

near the beginning of October. There will be an enclosed flyer with all of the details in the Nov/Dec issue of the Hub.

OUTDOOR WALKING CLUB - The group walks Mondays, Tuesdays and Thursdays at 9:30 am on the trails behind the Sportsplex. Although there is no charge to walk with the group, you must be a member of the Seniors Centre.



CYCLING CLUB - The group meets on Tuesdays at 9:30 am, weather permitting. We meet at Britannia Beach and cycle along the Ottawa River Parkway. This club is for cyclists who would like to bike 15 to 20 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.

NEWS AND VIEWS

ATTENDANCE DRAW - The draw takes place every two weeks on a Friday (unless there is a statutory holiday). All you have to do is put in a Loonie in the attendance draw box on the table outside of my office during the two-week period and register your name in the book beside it. Then hope your name is drawn from our list of *all* members. If no one wins within 10 draws, then on the 10th draw we will continue to draw numbers until we have a winner.



Please remember to put your dollar in before signing your name.

The results of the last four draws are:

Jun 24	Dorothy Knowles	– not registered
Jul 15	Marilyn Ryan	– not registered
Jul 29	David Binder	– not registered
Aug 12	Anne Selby	– not registered

Remember you have to play to win!

BLOOD GLUCOSE SCREENING CLINIC - Do you have, or are at risk of, Type 2 Diabetes? Come to a screening and information session on **Wednesday September**

7th presented by the Ottawa South Diabetes Education Program and Support team. This clinic is free and you can drop in between **10 a.m. and 11 a.m.**

NEW DIRECTION - For those of you who have been away over the summer, you may not know that **the one-way road that runs at the back of the Sportsplex has changed directions. It now runs north to south.** This is to better accommodate *Para Transpo* and cars that are dropping off Seniors to our Centre. Please make sure you go the correct way.

FALL / WINTER PROGRAMS

Chair-ercise:

Sept 12 to December 12, Mondays 10:30 a.m. to 11:30 a.m. \$54.50 Barcode: 665823

Sept 7 to November 30, Wednesdays 9 a.m. to 10 a.m. \$54.50 Barcode: 665849

Sept 9 to December 9, Fridays 9 a.m. to 10 a.m. \$54.50 Barcode: 665867

Tap Dancing Level 1: Sep 12 to Dec 19, Mon

2 p.m. to 3 p.m. \$95.50 Barcode: 665956

Tap Dancing Level 2: Sep 12 to Nov 19, Mondays 1 p.m. to 2 p.m. \$95.50 (must have some previous tap experience) Barcode: 665969

Tap Dancing Level 2: Sep 7 to Dec 14, Wednesdays 1 p.m. to 2 p.m. \$102.25 (must be registered in Monday's class) Barcode: 665976

Tap Dancing Performance Group: Sep 7 to Dec 14, Wednesdays 2 p.m. to 3:30 p.m. \$102.25 Barcode: 665979

Seniors Performance Stage Class: Sep 7 to Dec 14, Wednesdays noon to 1 p.m. \$102.25 Barcode: 665980

Tai Chi: Sep 27 to Nov 29, Tuesdays. **Level 1,**

11 a.m. to noon, **Level 2,** 10 a.m. to 11 a.m. **Level 3,** 9 a.m. to 10 a.m. \$71.00

Barcodes: Level 1 665906, Level 2 665916, Level 3 665925.

Line Dancing: Sep 21 to Nov 21, Mondays 11 a.m. to Noon. \$43.25 Barcode: 665938

Nordic Walking: Sep 16 to Nov 4, Fridays 10 a.m. to 11 a.m. \$51.50 Barcode: 665896

Wellness 101: Oct 5 to Nov 23, Wednesdays 10 a.m. to 11 a.m. FREE, but must sign up at front desk.

Wellness 201: Oct 5 to Nov 23, Wednesdays 11 a.m. to noon. FREE, but must sign up at front desk.

Registration started on August 10 at 10 pm for both fall and winter programs. For dates, costs and barcodes for the winter programs, contact the Centre or check the Nepean Sportsplex Guide or the City of Ottawa Guide online at ottawa.ca. You can

register here at the centre, online or at any Client Service Centre or Community Centre across the City of Ottawa.

WHAT WE HAVE BEEN GETTING UP TO.

CARPET BOWLING - Carpet Bowling will start again on **October 4th** and run to April on **Tuesdays and Thursdays** from **1:00 p.m. to 3 p.m.** on the **Concourse**.

No experience is necessary, just a willingness to try something different, to enjoy yourself and to make new friends.

CONTRACT BRIDGE ♥ ♣ ♦ ♠

By Gopal Kunchur - There was a bit of a slow down in attendance due to people going away on vacation and to summer cottages. However this has been adequately compensated by addition of new members.

Last week we had a discussion about use of yellow convention card and new bridge bidding methods. Yellow convention card will be discussed sometime in future.

Standard bidding methods have severely limited responders, like a bid of 2 no trumps by responder to convey 11 or more high card points. Modern bidding method is called *New Minor Forcing*. This is when the responder has 9 plus points. When the opener bids one no trump to the responder's 4 or 5 card major, the responder bid a minor suit which is forcing and the responder is asking the opener for more information. Based on this the responder will decide about possibility of game. For example: With opener having: ace, queen and small spade; jack and small heart; king, 10, 8, 2 diamond; and queen, 8,7,2 club. Opener bids one diamond and rebids one no trump after the response to one heart. With *New Minor Forcing* the responder bids two clubs. Opener bids 2 no trumps. This denies either three hearts or five diamonds and show minimum values with a stopper in spades.

CREATIVE CRAFT GROUP

By Donna Butler - The group will start meeting on **September 8th** between **9 a.m. and 11 a.m. in Hall F**.

New members are welcome. Coffee is served.



We will be having a sale in October at the Open House. Our wares are for sale every day in the Heritage Room and we make items on commission including unfinished objects

All money earned from our work goes to the Senior Centre.

We hope all members of the Senior Centre had a pleasant summer.

CRIBBAGE

By Ken Hancock - In mid July **Betty Irving** had a very **Memorable Hand of 28**, by holding all four fives, while the following week, **Garry Hearty** also achieved a **Memorable Hand of 28**. During the last session a **Memorable Round of 57 points**.



Also in the last session in June, **Ray Martin** achieved the **eighth Perfect Afternoon** of the year, winning all eight games, followed in July by the **ninth**, achieved by **Sadie Adamson** and in August by the **tenth**, achieved by **Agnes Simpson**.

Ken Hancock is once more the current **Champion Scorer Contender**, taking over from Jake Enns, *but*, will he keep his position over the next two months against Jake and Doris Latour?

We should like to thank *The Court at Barrhaven* for making facilities available to us to continue to play cribbage during the two weeks that the Sportsplex was closed in June and July. We played two tables of cribbage in a very comfortable recreation room and were provided with beverages and cookies on each of the four days we were invited there.

We would be pleased to welcome anyone wishing to join us. Simply show up in the **Heritage room** any **Tuesday or Thursday** afternoon around 12:45 and we will be happy to include you in the fun. We start at **1:00 p.m. and go on to around 3:30 p.m. at the end of eight games.**

CURLING CLUB

By Ross Brown - As summer unfortunately draws to a close, it is time to start thinking of winter activities. If you are looking for exercise, competition and camaraderie, the Curling Club might be right for you.

We curl **Tuesday and Thursday mornings starting on November 1st** and teams are made up each day based on those who are present. You do not need to make a commitment to play regularly and by making up new teams everyday, you get a chance to play with and against the other members.

For those who might like to curl but are concerned about the stress on knees or hips, many of our curlers are now using launchers or sticks to reduce the strain. Also, the scores are not recorded on Thursdays so it is a chance to practice or to curl without being overly competitive. We also run training sessions at the start of the season for those who would like to learn the basics or improve their performance.

For more information, keep an eye on the Hub or contact the office.

EUCHRE NEWS

By Donna Caron - At the Euchre Club we have had a few changes in the past few months. Firstly, you will notice that the by-line has changed; but this is only temporary. By the next issue we hope to have a new, more permanent contributor; I am only filling in for the summer.



It is with sadness that we are bidding farewell to our former contributor, Kathi Kerr and her husband Ross, as they would like to spend more time on other pursuits. As they were such a large part of the Euchre Club, their absence is genuinely noticed.

We all wish them well and look forward to seeing them when they are able to join us for an afternoon.

Secondly, our fearless leader, Judy Wilson has decided to step down because of family matters. All the best to her and husband Bob. Judy promised to return in the months to come as a player, but probably not as a volunteer.

For the time being, Bill Edwards is filling in as Chief. But in September when people return from vacation and spending time at the cottage, Bill plans to have a call for names of people who are interested in taking up the position of Commander-in-Chief and we will have a mini-election. In light of all this, we also have a new statistician and a new banker.

We meet every **Tuesday** in **Hall F** at **12:45 p.m.** for organized Euchre and the card playing starts with the ringing of the bell. We end about **3:15 p.m.** or shortly after. To allow the people who take Para Transpo and other arranged transportation to get their rides and still finish all 9 games before they have to leave, we have been starting 5-10 minutes before 1 o'clock.

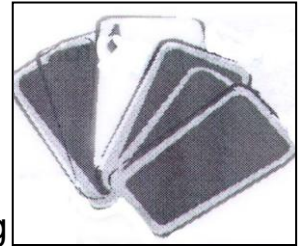
If everyone arrives before 12:45 p.m., this gives Bill (or whoever our new leader is) time to share his weekly info. and still allow for an early start. If you arrive after game 1 has started you are asked to wait and join in Game 2.

We are looking forward to seeing as many of you as possible during the Open House Monday, October 3rd for some fun Euchre; and we are always happy to have new members join us for fun games on Tuesday afternoons.

Looking forward to meeting, greeting and chatting with you then.

500 CLUB

By Lorrie Wilson - The group was still meeting for cards during the summer. For those playing at this time, a B.B.Q. lunch was held at the beginning of June.



Many players contributed to the lunch, with Arnold Baldwin manning the B.B.Q. Salads and desserts were prepared by a number of other members.

A pleasant afternoon of 500 followed.

For anyone wanting an afternoon of entertainment, we meet in the **Heritage Room** on **Thursdays** from **12:45 p.m. to 3 p.m.**

5-PIN BOWLING

By Marsha and Roger Hack - The 5-pin bowling season begins once again on **Monday, September 12th**, at the **Merivale Bowling Centre** (1916 Merivale Road). It is recommended that bowlers arrive by **12:45 p.m.**; **bowling begins at 1:00 p.m.**



The weekly fee will be \$9.00 for 3 games (\$.75 of that fee will go towards individual prizes).

Newcomers are always welcomed. A *Bowling Open House* is being planned for Monday, October 17th. Flyers will be available, confirming details, at the Seniors Centre's Open House on October 3rd, 2011.

Looking forward to renewed friendships, good exercise, and fun times! (Tel. 613-225-1420, email hackrandm@sympatico.ca)

FRIDAY FUN BRIDGE ☺ ♥ ♣ ♦ ♠

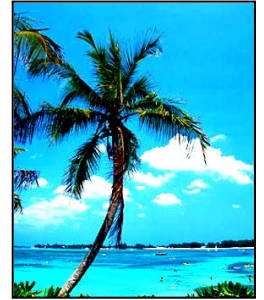
By Wilma Matchett - Congratulations to **John Gillis**, ably aided and abetted by **Harold Chase**, who bid and **made a Grand Slam (7 NT)**. We are all hoping that this bit of good luck (and good bidding) is contagious!

For those interested, the *Ontario Shuffleboard Association* has a web Shuffleboard newsletter called the *Ontario Shuffler* on www.theontarioshuffler.org

Come and play shuffleboard with us at our fun afternoons from **1:00 p.m. to 3:00 p.m.** on **Mondays and Wednesdays on the concourse.**

TRAVEL CLUB NEWS

By John Flook - The Travel Club AGM will be held Sept 12 at 1:00 p.m. in the Heritage Room (see attached flyer). Following the meeting, *sign up* will be held for the winter trip to Punta Cana the Dominican Republic.



Collette was forced to reschedule the California trip to 15 October because of lack of interest across North America. We are presently arranging a new date for the *Meet and Greet* for that trip.

VOLUNTEER HOURS

by Muriel McHaffie - Thank you again volunteers. You continued to do a fine job during this hot, humid summer. Great to keep the Centre going.

Special thanks to those who have sent in your hours. But, there are more than a few who have had a bit of a memory lapse, as our quarterly total for April, May and June is way down this year.

It is vital we record those hours, so I am here, waiting in this very hot weather, to get your hours for April, May and June.

Please send them in while you still remember what they are. You can use the forms in the cupboard in the Heritage Room, or send your hours to Leslie, or to me at: m.s.mchaffie@rogers.com

MEMBER'S MEMORABLE

ACCOMPLISHMENTS - The *Memorable Accomplishment* that we are highlighting in this issue is that of Member

Emily Corrigan Brown.

When Emily retired in 1997 she decided to pursue her long interest in visual arts by joining the Ottawa Arts Society. Since then painting has truly become a *Memorable Accomplishment* for her and a source of great satisfaction. Here are her thoughts about this.

Emily and her watercolour *White Lilies*



“Yes, I have always been interested in the visual arts, sketching and drawing when I had the time and when the passion moved me, but without any training or real knowledge. So when I retired I decided to learn more and joined the *Ottawa Arts Society*, studying down-town under the well known Canadian watercolour artist, Patricia Smith, for several months until I was able to produce a painting suitable for hanging.

Since then I have enjoyed myself producing some scores of paintings, mainly of nature subjects, although a friend’s dog once acted as a model for me and its likeness now hangs in my dining room.

I find that painting is very relaxing and lots of fun. When I feel like painting I start on whatever subject I feel like doing at the time, either from a view of it or just from in my mind. Usually that is just the start. I will add to it or paint out some of it over a period of days, until I’m satisfied. Sometimes I will go back weeks later and make a change as I get a new idea.

As I'm allergic to oils, I work mainly in watercolours and acrylics, with some coloured pencil work.

After the *Ottawa Arts Society* gave me my start, I joined the Visual Arts Group at the Sportsplex, and then the Kanata Art Club but I now belong to the *Ottawa Watercolour Arts Association* (OWAA) in Stittsville.

I now show, and sell, a considerable number of my paintings at a variety of functions, including the frequent OWAA showings, the Arboretum showings at the Experimental Farm, Sportsplex Showings and so on. One unexpected benefit of my painting is that I now have a ready supply of Birthday and Christmas gifts for family and friends, often in response to subtle friendly hints!

Despite all of this I have many of my paintings at home, including my big favourite **Ontario Woods**, shown here.

While I spend a lot of my time painting, I still find time for my other hobbies of cooking and gardening and, of course, for playing Contract Bridge at the Seniors Centre.”

This section of the Hub highlights various accomplishments that Members have achieved and which may be of interest to our readers.

So if you have had a Memorable Accomplishment in your life as a senior that you would like to share with our readers, write it up and mail or email it to Leslie or to our editor, Ken Hancock (613 225 6385), or tell it to Ken who will draft it up for you to review or modify.

