

# THE **hub**

**NEPEAN SENIORS RECREATION CENTRE**  
Nepean Sportsplex, 1701 Woodroffe Avenue  
Information: 580-2828 Ext. 2

Sep/Oct07

## GREETINGS FROM THE CHAIR

By *Wilma Matchett*

I hope everyone has enjoyed the summer and is ready to get back to your regular activities at the NSRC.

"KEEP SAFE" and "KEEP HEALTHY" - we hear these mantras from the police, medical practitioners and the media and they are directed at all generations. It seems that every week we hear of yet another case of elder abuse and scams directed at seniors. Keep yourself informed of what is going on - in your neighbourhood and in the city. It is not rude to hang up on tele-marketers or solicitors - it is prudent. (The credit card scammers are very active in Ottawa this year - I've had my second call a week ago.) Whether you are living in an apartment or a house, do not open your door to unknown persons. It is not hard to get family and friends to call before they drop by.

Have you seen the new Canada's Food Guide? Copies are available at 1-866-225-0709 or on-line at [healthcanada.gc.ca/foodguide](http://healthcanada.gc.ca/foodguide). If you feel the need for more strenuous exercise activities than those offered at the NSRC, look to the new Activity Guide for the Sportsplex, which will be out at the

end of August. If you are unable to participate in an organized exercise program, try walking - it is easy to reach the suggested goal of 10,000 steps a day - particularly when you add at least one 20 minute dedicated walk to the walking you do daily to complete your daily routines. Walking can increase your breathing, your heart rate and your lung capacity while toning your muscles.

Reminder -the Board is looking forward to receiving suggestions from our members on how we should celebrate the NSRC's 20th anniversary next year. We need both "grand" and "fun" suggestions.

## UP AND COMING

**Open House :** Mark your calendars now! The Nepean Seniors Recreation Centre's Open House will take place on **Sunday, November 4 from 1 – 3 p.m.** Please see enclosed flyer for more details.

**Military Whist :** The next one will be held on **Friday September 21<sup>st</sup> at 7:00 p.m.** There are still a few tickets available for sale but they will go fast. The cost is \$6.00 and includes cash prizes and delicious refreshments. The next one will be **Friday October 19<sup>th</sup>**. Tickets will go on sale following the Whist in September.

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## NEWS FROM THE OFFICE

**Canada Day BBQ :** The BBQ was well attended by almost 90 people. The sun was shining, the burgers were cooking and the music was flowing. The food was provided by Capone's Catering and the music was performed by Charles Gregoire and his wife Heidi. Prizes were donated by Lynwood Park Lodge (Bells Corners), Canadian Tire (Carling and Merivale locations), Loblaws (College Square), Ross' Your Independent Grocers (Barrhaven) and Sears (Carlingwood). A good time was had by all.

**Annual Old Fashioned Pot Luck Picnic :** The number of attendees wasn't huge, but all that came had fun. There were games to be played, good food and good company to enjoy. For those that were hardy enough to stay past the lunch, a Canadian Trivia game was played and a "rowdy" game of BINGO ensued with cash prizes. The prizes for the trivia game were donated by Swiss Chalet (Carling and Merivale Road locations), Canadian Tire (Barrhaven) and Loeb (Merivale Road). Check out the photos from the picnic on our website!

**Website :** Check us out on the world-wide-web at [www.nepeanseniorscentre.ca](http://www.nepeanseniorscentre.ca) It is still a work in progress and any suggestions would be greatly appreciated. Please contact Leslie Dondale at the office with your comments.

**Lunches at Sir Guy Carleton Secondary School:**  
When: **Thursday, September 27<sup>th</sup>**. Tickets will go on sale starting Tuesday, September 4<sup>th</sup>. They will sell out fast. Cost: \$6.50 Tipping is optional - the money will go directly to the students, not the school. The menu for this lunch: Pepper squash soup with roasted garlic; Roast loin of pork with an apple mustard sauce, scalloped potatoes and roasted root vegetables; Apple and cranberry crisp for dessert.  
The **next lunch** will be on **October 25<sup>th</sup>**, with tickets going on sale starting October 1<sup>st</sup>.

**Day Trips :** Day trips are being planned for the **Village of Westport** for lunch and shopping, and for a tour of the **Canadian War Museum**. If you've never been to the new Museum, I highly recommend

it, as it is a fabulous place. Keep an eye in the mail for flyers with all of the details.

## FALL PROGRAMS

**Happy Tappers** - September 18 – December 4  
Tuesdays 1 – 2 pm \$56.25 (must have some previous tap experience) Barcode: 317344

**Chair-ercise** – September 12 – December 7  
Wednesdays & Fridays 9 – 10 am \$89.00  
Barcode: 317309

**Tai Chi** – September 25 – November 27 Tuesdays  
Level 1 11 – 12 pm, Level 2 10 – 11 am, Level 3  
9 – 10 am \$65.50 Barcodes: Level 1 317338 Level 2  
317339 Level 3 317340

**Weight & Balance Your Life** – September 18 –  
November 22 Tuesdays & Thursdays 11:30 – 12:30  
pm \$89.00 Barcode: 317335

**Line Dancing** – September 24 – November 19  
Mondays 11 – 12 pm \$ 35.50 Barcode: 317349

There is still space in all of our programs so come on out! You can register here at the centre, online or at any Client Service Centre or Community Centre across the City of Ottawa. Make sure you know the barcode of the program as that makes it easier to register. **Not sure if you would like the course?**

**Come try a class for free.** Just call the centre first to ensure that there is still space available in the course.

## ATTENDANCE DRAW

The draw occurs every two weeks on Friday (except when there is a statutory holiday). All you have to do is put in your Loonie during the two-week period and register your name in the book on top of the attendance draw box, then hope your name is drawn. You can't win if you don't play!

**Remember, if no one wins within 10 draws, on that 10<sup>th</sup> draw we will continue to draw numbers until a winner has been established.** If you have any questions, please speak to Leslie or a Board member.

June 15	Gavin Kempton – not registered
June 29	Bertha Nehme – not registered
July 13	Beryl Arnold – not registered
July 27	Marjorie Sherwin – not registered
August 10	Roslyn Hum – not registered

# Fun & Games

## WEDNESDAY BRIDGE

By *Gopal Kunchur*



As indicated in the last issue, we will talk about bidding methods. There are over a million bridge conventions. You and your partner should come to an understanding as to which are acceptable to you. Standard American

conventions are in vogue and if some other or new conventions are to be employed, your partner should be alerted. Normally, a 'point system' is used. (e.g. Count 4 points for each Ace, 3 points for each King, 2 points for each Queen and one point for each Jack). When opening a bid, 13 or more high card points are standard. To support partner's opener, 6 or more points are necessary. Open with a 5-card major (Hearts or Spades) or a better minor (Clubs or Diamonds). For a Notrump opener, 15 to 17 points are needed. For a 'Weak Two' opening one may have significantly less than the usual 13 or more high-card points, but should have a 6-card suit with two of the top three honors or three of the top 5 honors ( in this case a **10** is considered as an honor). Exception to this rule is 2 Clubs, where that bid is a strong opening bid with 22 or more high card points or 8 and a half tricks. A 3-bid can be made with a weak hand and 7-card suit. Two-Notrump bids will need 20 or 21 points with a balanced hand.

## 500-CLUB

By *Ferd Ortiz*

Well, we are through our summer and starting our fall season. Anyone who would like to join us is welcome to come out on Thursday afternoons at 1:00 pm and join the fun. We will teach you if you do not know how to play so don't be shy. We are easy to get along with and we will make you welcome.

## EUCHRE NEWS

By *Eric Scheuneman*

With the summertime in full swing and autumn approaching, naturally our attendance has dropped. We have been having as many as 38 and as few as 22.

Two couples have celebrated their 60<sup>th</sup> Wedding Anniversaries namely George & Ruth Bretzlaff (former members) and Neil & Janie MacDonald.

Two 50/50 draws were held with the winners Donnie Duval, Lorna Holbrook, Gerry Marling (twice), Emma O'Connor, Alfreda Ritchie and Judy Wilson each receiving \$4.00.

Fall is fast approaching and so are thoughts of voting for the 2007/08 Executive.

## FUN BRIDGE

By *M. Jones*

A regular group of 40 to 50 bridge players cheerfully participate in our Friday afternoon group.

On June 22<sup>nd</sup>, we had two reasons to call it a special day. We enjoyed a big luncheon before we played bridge. Our dessert was an Orange and Poppy Seed Cake with strawberries and whipped cream, topped with some birthday candles!!

This dessert was to help Juliette Viens celebrate her 90<sup>th</sup> birthday. Well, we were one week late but we did want to congratulate her.

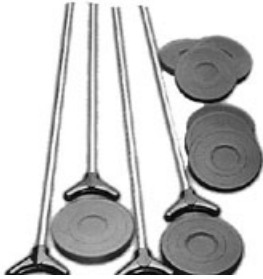
Then, on August 3<sup>rd</sup>, we presented Carl Schlote with a tiny individual birthday cake. It was just for him, to help him celebrate his 91<sup>st</sup> birthday, which was on August 4<sup>th</sup>!

It is really neat!! Joyful! When a person achieves and survives life long enough to reach the ninth decade of their life, recognition is deserved. We are honoured in the Friday Fun Bridge group to have 4 active members in this category. Three years ago, this October, Bert Bridgewater (our 50/50 draw manager)

celebrated his 90<sup>th</sup>. Last year in March, May Aiken, joined the group. Also last year, in August, Carl Schlote became 90 years. This year on June 15<sup>th</sup>, our scribe for 'The Hub' Juliette Viens, became the latest member to join our special group of active players. Congratulations to the 4 of you. You ARE special people.

## FLOOR SHUFFLEBOARD

By *Ron Taylor*



We play Monday and Wednesday at 1 pm. This is a fun time with no statistics. It is a nice gentle way to get some exercise. Come on out. No experience required but please bring a sense of humour with you.

## 5-PIN BOWLING

By *John Kay*

The new season of 5-Pin Bowling will start on Monday September 10, 2007 at 1:00 p.m. at Merivale Bowling Centre. The rate for this year will be \$7.00 per week, shoe rental not included. All bowlers welcome.

## CRIBBAGE CLUB

By *Jeannette Duggan*

Summer is just about over, how fast time flies!! Many of us, in turn, have been off on vacation, but isn't it great to be back home and into our own little routine. We look forward to our get together for a good game of Cribbage and to meet new friends. We would also like to welcome the new players who have joined us over the summer.

If you enjoy the game, and would like to join us, just show up on a Tuesday or Thursday before 1:00pm and we will find you a seat. We play from 1:00pm to 3:30pm.

Looking forward to many fun games.

## CREATIVE CRAFTS

By *Bernice Evans*



Our new Fall Season for Creative Crafts will start on September 6<sup>th</sup>, 2007 at 9:00 a.m. Last year was a very successful year that reflected many of our varied talents at the craft sale

at the Canada Day Barbeque. This year we would like to share these talents with all the members of the NSRC. We will offer Knitting, Crochet and Quilting lessons to anyone that is interested. We will also allot one Thursday a month to the tying of Victoria Quilts. If you are interested in learning any of these crafts or have a special craft that you would like to share, please join us on any Thursday morning. If you are not into crafts and would just like to share some friendship over a cup of coffee, welcome to you all.

## WALKING CLUB

By *John Flook*

The Walking Club was formed last year to promote safe exercise for members of the Seniors Centre. A group of up to eight members walk Monday, Tuesday and Thursday at 9:30 a.m. weekly. To keep us from harm we are well looked after by Leslie, Sarah and Mark. For good exercise and good conversation, join us anytime you are free. There is room for all, whether you walk fast or slow or somewhere in between.

## COMPUTER CLUB

By *Muriel Black*

The computer Club meet the first Tuesday of every month at nine thirty in the morning.

This is a round table discussion of such items as email, searching the internet and any computer problems you may have. Most of the time we can offer solutions and we all can learn more to make our surfing life more effective and enjoyable.

## TRAVEL CLUB NEWS

By *Betty Usher*



Now is the time to start thinking about one of our favorite activities for

2008--travel! To help with your planning, the Travel Club at their Annual General Meeting invites Travel Agencies to present information about trips appropriate for older adults. You are invited to attend on Monday, September 24<sup>th</sup>, 10am in the Heritage Room at the Senior Centre. Trips vary from just a few days to a number of weeks. They are well researched and we hope that they will appeal to you. Among the confirmed agencies are: Congress Travel, Barrhaven Travel and Ottawa Valley Tours. Others will be confirmed by Sept 24<sup>th</sup>. Refreshments will be served!!

In other news, there are a few places available for our ever popular Mystery Trip, Sept 13<sup>th</sup> to 15<sup>th</sup>. The price is \$690, double occupancy, and includes accommodation, transportation, events, and all meals except for one lunch. Travel each mile not knowing what surprise is around the corner! Ottawa Valley Tours is our agency. As well, our three-week trip in November to New Zealand may have some openings. This includes a two week cruise, stopover hotels and

two nights in Honolulu. If you are interested, call K.J. Scoffield directly at Barrhaven Travel, 613-823-4700 for more details.

Look forward to seeing you at our Travel Club AGM on Monday, Sept 24<sup>th</sup>, at 10am.

## MICHIGAN TRIP

Departing early Tuesday morning from the Nepean Seniors Centre, we travelled up the Ottawa Valley en route to Michigan. We crossed into the United States at Sault Ste-Marie and continued to Mackinaw City, where we spent the next two nights.

After breakfast on Wednesday, we had a short walk to the ferry, which took us on a 15 minute ride to charming and historical Mackinaw Island, also known as the "Bermuda of the North". On this 3-1/2 mile island, automobiles are banned, so when we arrived, we boarded horse-drawn carriages for a tour of the island. Our carriage ride ended at the historic and gorgeous Grand Hotel. Once inside the hotel, we were greeted by an information officer who gave us a brief history of the place, mentioning that a few U.S. presidents stayed here and also it was the location where a couple of Hollywood movies were filmed. After meandering around looking at the beautiful paintings and décor, we were escorted into the huge dining room where we had a fabulous buffet luncheon. Later in the afternoon, we took the ferry back to Mackinaw City to freshen up for dinner at the restored 1800's train station.

Thursday morning we boarded the coach for Frankenmuth (Michigan's Little Bavaria). Upon our arrival, we were greeted by a local guide for a 1-hour tour. Afterwards, we browsed through the many quaint shops as well as the world's largest Christmas store.

The evening meal was a delicious chicken dinner with all the trimmings and entertainment at Zehnder's Restaurant. On Friday we had the option of a shopping excursion to Birch Run Outlet Mall, golfing or to finish browsing through the shops in

**CONTINUED on PAGE 6**



## Pot Luck Picnic--Good



## Company & Good Food!

### MICHIGAN TRIP

Continued from PAGE 5

Frankenmuth. Later in the afternoon, we attended the Bavarian Festival where we had dinner and entertainment, which included some wonderful music. Saturday morning, after another hearty breakfast, we boarded our coach for our trip home, making a stop at the Duty Free store before crossing into Canada at Sarnia.

There were many wonderful memories of our holiday, starting with the enchanting and historic Grand Hotel; Frankenmuth's Little Bavaria; Mary Pearson our Tour Director and not to be forgotten, the very congenial and fun loving travellers. Thanks to Judy and Vera for organizing this great trip.

### NEPEAN SONGSTERS

By Vera Collier



Hope you all had a wonderful summer and are looking forward to a great season of singing and socializing. We look

forward to Sandra, Helen and Barb getting us ready for sing-outs, of which we already have some in place. The Show Committee had a meeting in June and set up a wonderful program for the concert, which also includes "Special Guests". In case you missed the information in the last Hub, the concert will be held at Centrepointe in the Chambers, Sunday, October 14, 2007 at 2 PM, (a nice way to spend a Sunday afternoon). Tickets are \$ 10.00 with door prizes and refreshments. Tickets have been available since mid-August and may still be purchased from any Member of the Choir, or at the front desk of the Senior Centre. Seating is limited at the Chambers. May I suggest that you purchase your tickets as soon as you are able to. Choir resumed regular rehearsal sessions August 30th at 9 AM. I could tell that we were all anxious to get together. And as always, new Members are most welcome. Singing is not only good for the mind, it is also good for the soul.

#### THINGS MY MOTHER TAUGHT ME

My Mother taught me LOGIC...

"If you fall off that swing and break your neck, you can't go to the store with me."

My Mother taught me ESP...

"Put your sweater on; don't you think I know when you're cold?"