THE hub

NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Avenue **Fall 2010**

Information: 613 580 2828 Ex 2 or nepeanseniorscentre.ca

SPECIAL INFORMATION ISSUE

What the Nepean Seniors Recreation Centre is all about

As part of its services to its citizens, the City of Ottawa provides the facilities and staff for the Nepean Seniors Recreation Centre. Although the staff includes a dedicated and very active Program Coordinator, Leslie Dondale and her administrative assistants, many of the seniors' activities, plus their management, are organized and run by the Members themselves.

The big thing to remember is that the Members of the Centre, from the age of 55 to 90 plus, do NOT consider themselves OLD, but just people who enjoy keeping mentally and or physically active in the company of others and who use the Centre to do that.

Their interests, whether they are year round or seasonal, can usually be provided by one or more of the Centre's Activities, Events, Programs or Services. The Centre's newsletter is normally distributed to Members every two months. However this special *additional issue* **(Updated to October 2010)** is organized to give you a full picture of what you can currently participate in. **If you can think of anything else that you and others might be interested in, give our Program Coordinator, Leslie Dondale, a call at 613 580 2828 ex 2 or an email at leslie.dondale@ottawa.ca**

To get to the Nepean Seniors Recreation Centre, turn into the Nepean Sportsplex (on Woodroffe, one set of lights South of Hunt Club), and drive to the back parking lot (plenty of handicap parking), go in Entrance #3 and the Seniors Recreation Centre is on the right.

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MEMBERSHIP: Membership of the Nepean Seniors Recreation Centre is annual (January to December) and costs $24.00 per person including HST. Thus a couple of dollars a month gives Members the opportunity to participate in any or all of the Centre's Activities, Events and Programs and to use its Services. The Open House or the Christmas breakfast, are good times to sign on (again).

OUR ACTIVITIES: Activities are generally organized and run by volunteers from the membership. Guests are welcome, but after attending twice, a membership is required. As well, there is a $1.00 drop-in fee for most activities. Some groups collect an extra 25 or 50 cents to cover the cost of refreshments, cards for the sick or bereaved, a Christmas dinner or an occasional luncheon.

Activities			
Activity	**HUB Contact**	**Time Frame**	**Day(s), Time and Location**
Bocce	Front Desk 613 580 2828 ex 2.	May to mid September	Tuesdays in good weather between 6:30 p.m. and dusk on the grass behind arena 2.
Carpet Bowling	Lois Gonyer	October to the end of April	Tuesdays and Thursdays between 1 p.m. and 3 p.m. on the Sportsplex Concourse.
Computer Club	Muriel Black	Year around except July and August.	First Tuesday of the month from 9:30 a.m. to 11:30 a.m. in Hall F.
Contract Bridge	Dorothy Peck	Year around	Wednesdays between 1 p.m. and 3:30 p.m. in the Heritage room.
Creative Crafts	Bernice Evans	Year around except July and August.	Thursdays between 9 a.m. and 11 a.m. in the patio room.
Cribbage	Ken Hancock 613 225 6385	Year around	Tuesdays and Thursdays between 1 p.m. and 3:30 p.m. in the Heritage Room.
Cross-country skiing and snow shoeing.	Leslie Dondale (No drop-in fee) 613 580 2828 ex 2.	From the start of good snow to final thaw.	Mondays at 10:30 a.m. and Fridays at 1 p.m. Meet at the Seniors Centre for the trails behind the Sportsplex.
Curling	Doug Mackechnie	October to March	Tuesdays and Thursdays between 9 a.m. and 11:30 a.m. in Hall E / Curling rinks.
Cycling Club	Leslie Dondale (No drop-in fee) 613 580 2828 ex 2.	June to Sep. (weather permitting)	Tuesdays at 9:30 a.m. We meet at Britannia Beach. Helmets are required.
Duplicate Bridge	Peter Warner 613 825 1724	Year around	Sundays between 12:30 p.m. and 3:30 p.m. in the Heritage Room. Wednesdays between 6:30 p. m and 9:30 p.m. in the Heritage Room. Thurs between 1 p.m. and 4 p.m. in Hall F. Fridays between 1 p.m. and 4 p.m. in Hall F.
Euchre	Judy Wilson	Year around	Tuesdays 1 p.m. and 3:30 p.m. in Hall F.
Five Hundred	Donnie Duval	Year around	Thursdays between 1 p.m. and 3:30 p.m. in the Heritage Room.
Five Pin Bowling	John Kay 613 596 9768	September to end of April.	Mondays between 1 p.m. and 3 p.m. at the Merivale bowling lanes.
Floor Shuffleboard	Annie Smith	Year around	Mondays and Wednesdays between 1 p.m. and 3 p.m. on the Sportsplex Concourse.
Fun Bridge	Evie Snarr	Year around	Fridays between 1 p.m. and 3:30 p.m. in the Heritage room.
Nepean Songsters	Betty Usher	September to the end of May	Thursdays between 9:15 a.m. and 10:45 a.m. in the Heritage room.
Walking Club	Front Desk (No drop- in fee)	May to October (weather permitting)	Mondays, Tuesdays and Thursdays at 9:30 a.m. on the trails behind the Sportsplex.

EVENTS: The Centre, through its Fundraising Committee, puts on a number of events each year to help raise funds for activities and free events. Members may purchase tickets for these events at the front desk. Given below is a list of the regular events. In addition dances, variety shows, mystery dinners and similar events are occasionally organized.

Year-round Events		
Event	**Contact and Cost**	**Frequency, Time and Location**
Military Whist	Front Desk Cost $6.00.	Monthly except July and Aug. Usually third or fourth Friday in the month, between 7:00 p.m. and 9:30 p.m. in the Heritage Room of the Centre. Fee includes sandwiches, dessert and beverage, cash prizes.
Rideau Carleton Slots Trip	Front Desk Cost is $12 for members, $15 for non-members.	Three times a year, in March, June and October. A hired bus leaves the Seniors Centre at 4:00 p.m. for the Rideau Carleton Raceway slots and restaurant and returns around 9:00 p.m. Cost includes transportation, a $10 slots token voucher and a $5 food voucher. In order to receive these vouchers, you must bring your Winners Circle card AND a valid Government Issue photo ID.
Lunches	Front Desk Cost: approx. $7.50 Tipping is optional - the money will go directly to the students involved.	Monthly except during the school summer vacation of June to September inclusive. Usually on the third Thursday in the month from 11:30 a.m. to 12:30 p.m. at the Sir Guy Carleton Secondary School. The lunch is a superb three-course meal plus homemade bread, rolls and beverage. Tickets go on sale the 1st of the month.
Attendance Draw	Front desk foyer. Cost $1.00.	The draw takes place every two weeks on Friday, unless it's a statutory holiday. Just put in your Loonie 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 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. The winner gets 50% of all money collected and the rest goes to help pay for the free events and program supplies.
Travel Club	John Flook	All members of the Seniors Centre are members of the Travel Club. In 2010 the seniors went to Arizona and Prince Edward Island, while the first trip in 2011 will be to Holguin, Cuba, in January. Other trips for 2011 include Mont Orford and California.
Annual Events		
Event	**Contact and Cost**	**When, Time and Location**
Winter Blahs Bash	Front Desk Cost: $8.50.	All-day event in February at the Centre. The cost includes activities, lunch and prizes.
Volunteer Appreciation	By invitation. No charge.	April at the Centre. A special lunch to recognize the work done by our many volunteers
Canada Day BBQ	Front Desk Cost: $8.75.	Late June at the Centre. The cost includes burger, salad, drink, dessert, entertainment and prizes
Open House	No charge, just come.	Early October, 12:30 p.m. to 4:00 p.m. at the Centre. Check out everything the Centre has to offer.
Christmas Breakfast	Members sign up in the Heritage room. No charge	Mid December, 9:30 a.m. to 11:30 a.m. in the Heritage room. A great hot and cold buffet and beverage with your friends, followed by carols with the *Nepean Songsters*
Christmas Dinner	Front Desk. Cost: Approx. **$43.00**	Thursday November 25th, 2010 at **Capone's at the Nepean Sportsplex.** Cost includes dinner, entertainment and prizes.

CENTRE PROGRAMS The Centre organizes a wide range of specific Programs over given time frames throughout the year. There is a fixed charge for most Programs. Registration and payment can be made at the front desk, online, via automated phone or any City of Ottawa client service centre. Members pay a lower fee than Non-members. Prices listed are Member costs.

Winter Programs			
Programme	**Contact and Cost**	**Time frame**	**Day(s)Time and Location**
Chair-ercise Drop-in fee $4.30	Front Desk Mon $54.50 Wed/Fri $108.50	January to March	Mondays, 10:30 to11:30; Wednesdays and Fridays, 9 a.m. to 10 a.m. in the Heritage Room.
Line Dancing	Front Desk $43.25	January to March	Mondays between 11 a.m. and noon in Hall F.
Tai Chi Level 1	Front Desk $71.00	January to March	Tuesdays between 11 a.m. and noon in the Heritage Room.
Tai Chi Level 2	Front Desk $71.00	January to March	Tuesdays between 10 a.m. and 11 a.m. in the Heritage Room.
Tai Chi Level 3	Front Desk $71.00	January to March	Tuesdays between 9 a.m. and 10 a.m. in the Heritage Room.
Tap Dancing Level 1	Front Desk $95.50	February to June	Mondays between 2 p.m. and 3 p.m. at the Creative Arts Centre
Tap Dancing Level 2	Front Desk Mon $95.50 Wed $102.25	March to June	Wed (must be in Mon class in order to register for Wed.) 1 p.m. to 2 p.m. at the Creative Arts Centre
Tap Dancing Performance Group	Front Desk $102.25	March to June	Wed between 2 p.m. and 3 p.m. at the Creative Arts Centre
Spanish Conversational Level 1	Front Desk $71.50	February to April	Tuesdays between 9:30 and 11 a.m. in Studio # 3.
Spring and Fall Programs			
All of the Winter Programs given above are also offered in the Spring and Fall	Front Desk Price: Subject to change from those shown above	April to June & September to November	As given in the Winter Programs Above
Nordic Walking	Front Desk $45.25	April to June	Fridays between 10 a.m. and 11 a.m. Meet at the Centre.
Summer Programs			
Programs	**Contact and Cost**	**Time frame**	**Day(s)Time and Location**
During the Summer the Chair-ercise and Tai Chi Studio programs are available for those who wish to continue these exercises	To be determined	To be determined	Chair-ercise;Mondays, 10:30 – 11:30; Wednesdays and Fridays, 9 a.m. to 10 a.m. in the Heritage Room.Tai- Chi; Practice time for students who already have a good knowledge. No instruction provided. Tuesdays 9 a.m. to 10 a.m. in the Heritage Room

Our Program Coordinator: Leslie Dondale

SPECIAL SERVICES

In addition to the activities, events and programs listed above, the Nepean Seniors Recreation Centre provides two more services to its members.

Foot Care Clinic

In partnership with West Ottawa Community Resource Centre, the Centre has a foot care clinic on the first and last Wednesday of each month. For more information or to book an appointment, please call Dee at 613-591-3686.

Informal Library

Provided and organized by volunteers and members, a small library of popular novels and mysteries is available to members. Located in the small alcove in the Heritage room, it is run on the *honour system*. Borrow what books you wish, any reasonable number, and return them when you have read them. It's as simple as that. New donations of popular books are always welcome.

VOLUNTEER MANAGEMENT BOARD

Much of the organization and planning of the Centre is carried out by the Volunteer Management Board. This Board is made up of eight members elected annually at the Centre's Annual General Meeting held at the Open House, with the term beginning on the following January 1st. Most Board Members serve three-year terms and may vary their responsibilities during their term. In addition there are four e*x-officio* members. Board meetings are held the second Wednesday of each month from September to June.

Currently the full Board Members are:

CHAIR: Sheila Pitt

- TREASURER: Tony Ravenda
- ASSISTANT TREASURER: Ron Lassenba
- PUBLIC RELATIONS COORDINATOR: Peter Warner
- ASSISTANT PUBLIC RELATIONS COORDINATOR: Pat Duggan
- VOLUNTEER COORDINATOR: Muriel McHaffie

Ex Officio Members are:

- PROGRAM COORDINATOR: Leslie Dondale; 613 580 2828 Ex 2
- RECORDING SECRETARY: Patricia Hancock
- *HUB* NEWSLETTER EDITOR: Ken Hancock
- *HUB* PHONE CALL COORDINATOR: Margery Harper

CITY OF OTTAWA STAFF

The City of Ottawa provides a number of full and part time staff for the Centre. They provide support and assistance to members from 8:30 a.m. to 4:30 p.m., Monday to Friday and, during the winter, whenever there are evening or weekend activities, events or programs. The staff team is made up of the:

PROGRAM COORDINATOR:

Leslie Dondale

THE PERMANENT FRONT DESK STAFF:

Karen Borrens

THE PART TIME FRONT DESK TEAM:

Angi, Meagan, Carmal and Liz

The Number To Call Is 613 580 2828 Ex 2

SPECIAL INFORMATION ISSUE

BRIDGE

Contract:♥ ♣ ♦ ♠
Duplicate:
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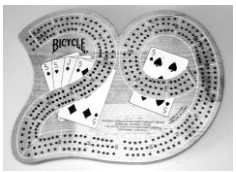
CREATIVE CRAFTS

CRIBBAGE



EUCHRE

FIVE PIN BOWLING

FIVE HUNDRED

NEPEAN SONGSTERS

SHUFFLEBOARD

TRAVEL CLUB

WALKING CLUB

AND LOTS LOTS MORE

Inside this *Special Information Issue* of the HUB are given details of all of the Centre's Activities, Events, Programs and Services that Members can participate in or use. If you are already a Member, take a look; there could well be additional things that you can use the Centre for, that you would enjoy in the company of friends.

If you are not a member, again take a look, the Centre's Activities, Events, Programs and Services are designed to be attractive to all over 55, and the cost to join is just two dollars a month.

The big thing to remember is that the Members of the Centre, from the age of 55 to 90 plus, do NOT consider themselves OLD, but just people who enjoy keeping mentally and or physically active in the company of others and who use the Centre to do that.

Feel free to come along at any time and try out the activity(ies) of your choice as our guest before deciding if you would like to become a member. We look forward to welcoming you.