



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

Jan/Feb09

GREETINGS FROM THE CHAIR

By *Steve McIntyre*

I hope all of you survived the holiday season and that you are planning to enjoy the many activities offered by the Nepean Seniors Recreation Centre. This is my first article as the incoming Chair of the Volunteer Management Board. First of all, I want to thank Betty Usher for her work and dedication as the outgoing Chair. I also want to welcome the following volunteers who have agreed to join the Board, namely: Sheila Pitt, Ron Lassenba, Tony Ravenda, Peter Warner, and Muriel McHaffie. We currently have one vacancy on the Board. Please see Leslie Dondale or myself if you have any interest in joining the Board. It is my hope, along with the Board, to make your activities as pleasant as possible.

UP AND COMING

Military Whist: The next one will be held on **Friday, January 23rd at 7:00 p.m.** The cost is \$6.00 and includes cash prizes and delicious refreshments. There might still be some tickets available. Check with the office. The following one will be held at the Blahs Bash on February 27th.

Blahs Bash: The Blahs Bash will be held on **Friday, February 27th**. What better way to beat the winter blahs than to spend the day with your friends. This is a fun-filled day where you can play all kinds of activities in the morning, enjoy Tim Horton's soup and sandwich for lunch and then play Military Whist, Indoor Bocce or Scrabble in the afternoon. Tim Horton's has had to increase their price for the second year in a row, so for the first time, we are increasing our prices by 25 cents. Please see the enclosed flyer with all of the details. Note: All regular activities are cancelled that day.

Lunches at Sir Guy Carleton Secondary School:
When: Thursday, January 29th. Tickets will go on sale starting January 5th. They will sell out fast. **Cost: \$6.50.** Tipping is optional - the money will go directly to the students, not the school. The menu will be available shortly before the tickets go on sale. The next one will be **Thursday February 19th**. Tickets will go on sale starting February 2nd.

Winter Programs

Winter registration is ongoing with most programs set to start the second week of January. Some of the programs are already full, so check with the Centre before coming down to register. Programs offered are: **Tai Chi, Chair-ercise, Tap Dancing –**

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Beginners, Intermediate and Performance Group, Line Dancing and Weight & Balance Your Life.

*****NEW*** The Intermediate Tap Dance Class will be offered on Thursdays as well at 1 pm. You must be registered in Tuesday’s class to sign up for Thursdays, or you can just register for Tuesdays. Also, there will be a Performance class offered on Thursdays at 2 pm. This class will work towards a polished routine in order to perform for other seniors around the city.**

NEWS FROM THE OFFICE

Membership Renewal

Just a friendly reminder that your membership fees for 2009, are now due. If you have not already done so, please drop by the front desk to take care of payment. The fee remains the same at \$21.75. We accept cash, cheque, debit and credit as methods of payment.

Christmas Dinner

On Thursday November 27th, 73 of us enjoyed a delicious dinner prepared by Capones Catering served in the Richmond Room at the Sportsplex. The dinner was followed by wonderful entertainment by Margaret Egan where there was singing and dancing...even a Conga line! Some lucky people won door prizes, but everyone got to meet the man in red who handed out Christmas gifts to all who attended. A good time was had by all!

Holiday Breakfast

Over 140 people came by to enjoy a continental breakfast provided by the Volunteer Management Board. Thanks to the members of the Nepean Songsters for leading us in a joyful sing-a-long following the meal.

Food Bank Week / Snowsuit Fund

Thanks to everyone who donated food and/or knitted items this year. I know that they will be greatly appreciated by the Ottawa community that needs it the most.

Indoor Walking Club

Due to the frost and snow outside, the walking club has moved indoors. It takes place at the Ben Franklin Superdome, located at the corner of Hunt Club and Greenbank. It will be offered Mondays, Wednesdays and Fridays between the hours of 7:30 and 10 am and Tuesdays and Thursdays between the hours of 2 and 4 pm. A \$1 drop-in fee applies. So no more excuses get out and get healthy!

Snowshoeing / X-Country Skiing

A meeting is scheduled for January 5 at 10 am in the Heritage room at the seniors centre. Whether you can make it the meeting or not, please contact the office at 613-580-2424 ext 46657 if you are interested in participating this winter.

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 10th draw we will continue to draw numbers until a winner has been established.

Oct 17	Muriel Black – not registered
Oct 31	Anna-Claire Brownrigg – not registered
Nov 14	Norma Sagan - not registered
Nov 28	Anne Heilman – not registered

Scents Can Have no Sense

Some words of wisdom for our readers.

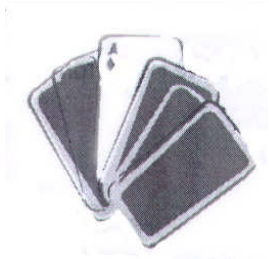
We are now seeing more and more advertising signs similar to this in public places. Why?...because so many of our families are being told that the allergies & asthma-like symptoms one of the family may be suffering are caused by continued exposure to chemicals like colognes, after-shaves, perfumes & so on. Why can’t we just stop using them, especially in public places, like theatres, sports arenas... even churches?

Fun & Games

FUN BRIDGE

By *Wilma Matchett*

HAPPY NEW YEAR EVERYONE FROM THE FUN BRIDGE GROUP!



If you are looking for a relaxing but interesting afternoon, please come and join us from 1:00 p.m. to 3:30 p.m. each Friday. You don't need to bring a partner. We don't keep score and no one gets too annoyed if we

over- or under-bid.

Attendance has been good this fall with the return to the city of cottagers and summer travellers. Now we are saying "hasta la vista" to the snowbirds heading south for the winter - have a safe journey.

We enjoyed our Christmas lunch on December 5th and wish to thank Maxine for organizing this and for all the volunteers who helped out.

Thanks too to Juliette Viens who has retired as our Hub contributor and to Maureen and Mike Roach for looking after the weekly catering these past few months.

DUPLICATE BRIDGE

By *Peter Warner*

Where it is played and by whom:

In our case, sometimes the Heritage Room and sometimes in Hall 'F'. Before the creation of Hall 'F' we subsisted in a variety of rooms:

- The pottery room, much too small and smelled of "altar of clay"
- Room 'C', still "cosy" but having one wall lined with mirrors, ostensibly for ballet but

really so that well placed practitioners could see their opponents' 'hands'.

- The lounge beside the bar, adjoining the curling rink was very, very cosy; and on occasion we had tables in the corridor, no complaints about that location though.

Eventually a new ice rink was added to the north end of the Sportsplex &, as a bonus, Hall 'F' was added only a glass partition away. Now we had a real space and our Gypsy Days were over.

Space adjoining an ice rink comes with its own set of temperature control problems. The Mechanical Engineers for Hall 'F' were not fazed by this, they said 'to H... with it, we won't provide any' and winter has never been the same since.

Miniature Niagaras pour down the glass partition, stalactites & stalagmites are sprouting, and standard garb for the ladies is now Parka, over Fisherman's knit sweater, over fleece-lined unmentionables. The guys, being a more stoic breed profess not to notice, but keep their Muk Luks on anyway. Rebellion is stayed because, once a month, the temperature rises to 50F & one layer can be shed.

All this preamble brings us to a recent Wednesday evening when the distaff side took matters into their own hands. In the Heritage Room unit heaters are accessible (!) so busy fingers turned up the temperature & by 8pm the "stoics" were crying "uncle" & disrobing was being discussed...we had finally come full circle.

WEDNESDAY BRIDGE

By *Gopal Kunchur*

This year we had a very good attendance. At times there was nearly an overflow, a good and welcome sign indicating growing popularity of this game. If you are interested to play bridge and do not have a partner, please phone Dorothy, our new president, at 825 5687 or Bruce at 737 3687. Some regular members, like Diane, Ferd and Bertha, have not been with us for some time. We wish them well and hope in the near future they will rejoin us.

Our annual Christmas Luncheon will be on December 10th. Bridge session on December 17th will be 12:45 p.m. onwards due to space availability. Merry Christmas and a Happy New Year.

CRIBBAGE

By *Jeannette Duggan*

HAPPY NEW YEAR!!

By the time you read this, the Holiday season will be over. Hopefully you all had a very Merry Christmas and here's wishing everyone the very best for the New Year!!

Attendance at Cribbage has increased in the past year and we are enjoying the company of new friends as well as our "old ones".

Our doors remain open though, so, if you think you would like to give Cribbage a try, come and join us. We play on Tuesday and Thursday afternoons from 1:00 to 3:30. Just show up 15 minutes before 1PM and we will find you a seat.

5-PIN BOWLING

By *John Kay*

Our club held a great Christmas party on Monday December 15/08. Anyone interested in bowling is welcome to come to our events on Monday afternoons at 1 pm at **Merivale Bowling Lanes**.



The following players have obtained these scores:

- High Single Female - Karen Leach 258
- High Single Male - Tony Mariados 283
- High Cross Female - Karen Leach 628
- High Cross Male - Gerry Cotter 647

We will resume bowling on January 5/09.

THE HUB

CURLING

By *David Goff*



The 2008/09 curling season is well under way. The draw time changed to 9:15am on Tuesdays and Thursdays, commencing Tuesday December 9th.

Curling will now start at 9:30am. PLEASE BE ON TIME FOR THE 9:15AM DRAW so that the Draw master has time to put the teams together before play begins.

At the time of writing, many curlers were looking forward to the Christmas Luncheon on Tuesday, December 16th, following curling. The luncheon, organized by Social Convener, Ron Gibbins, features a scrumptious buffet, prepared by A.J.s Catering and the exchange of, some more than others, 'tacky' gifts. Special Christmas Refreshments (courtesy of Jim Burton) will be served in the Hall E cloakroom following curling on Thursday, December 18th! Curling will end, for the Christmas Break, following play and refreshments on Thursday December 18th and will resume on Tuesday, January 6th with the 9:15 am draw and 9:30am play.

As always, new and former curlers are welcome to join us! The 'Pay as you Play' fee is \$3.50 per day and equipment, including brooms and launching poles as well as refreshments, are provided free of charge by the Club.

Have a Great Holiday Season!

VOLUNTEER REPORT

By *Dianne Berryman*

THANKS to all the volunteers who have helped to make 2008 a great year for the Centre. With your help and participation we are able to offer a variety of activities and events to our members.

The operation of our centre relies on the support of volunteers. Again this year, we are asking you to keep a record of your time. It is very important that we receive your recorded hours as this information is collected and reported to the city. We collect the information four times a year; the end of March, June, September and December.

Volunteer Hour sheets are found in the cupboard in the Heritage Room. If you are a new volunteer please be sure to sign a VOLUNTEER INFORMATION WAIVER FORM.

Many thanks to Mary Pearson for all her dedication and hard work, She and Margery Harper have been instrumental in the volunteers submitting their hours in a timely manner.

I look forward to being your Volunteer Coordinator in the New Year.

TRAVEL CLUB REPORT

By *John Flook*



The Washington Travelers have returned and a full report is available elsewhere in THE HUB.

The information meeting for Exploring Greece and its Islands was held Nov. 17th.

This exciting trip is with Collette Tours. It is part of a scheduled tour and will go regardless of the numbers signing up and will not be cancelled. There is also no cut-off date for going on the trip. For more information, contact Nancy Wallace, 613- 592-6231, Sheila Pitt 613-723-8559, or the Seniors Centre.

The next information session is for Mont Orford-Shades of Magog. The presentation will be held in the Heritage room Jan. 19th at 10:00 am (see enclosed

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flyer). This location is a very popular one so early sign-up is recommended.

The 'Meet and Greet' for the Cuba trip will be Jan.26th in the Heritage room at 10:00am.

The last trip of the year will be to Niagara Falls, Festival of Lights. The exact dates will be advertised later in the year.

For information on any of the trips, contact any member of the Travel Club. However, please note that, according to the new Travel Industry Act of Ontario, the law does not permit private organizations (e.g. Nepean Seniors Centre) to sell trips to non-members. In future, any non-member wishing to go on one of our trips will have to purchase a Seniors Centre membership. The cost is \$21.75. Existing members, or course, are already covered.

WASHINGTON TRIP

By *Loretta Craig Taylor*

Early in the morning of October 17, a friendly group, under the aegis of the Nepean Seniors Travel Club, guided by the indefatigable Mary, of Ottawa Valley Tours and driven by the super-patient and capable Serge, set off for a marvelous trip to Washington DC. After a sunny day of wonderful autumn scenery, we arrived in Washington and with impressive organization, were soon settled in the Crowne Plaza in comfortable, well-appointed rooms.

Washington is a true Capital city, with wide and clean streets, and interesting architecture that shows up the beauty of the vistas by the absence of huge skyscrapers. Among the many delights of the trip were a guided city tour, visits to the Smithsonian buildings, the National Cathedral, the Spy Museum, a cruise on the Potomac and a stirring concert at the J.F. Kennedy Centre for the Performing Arts. The trip ended with a side trip to Amish country, with dinner and a Broadway musical. The weather remained sunny and warm throughout and we can only assume that the Seniors Group have some kind of pull with the Weather Gods? All in all, a perfect six days.

Have a great week...

CREATIVE CRAFTS

By Donna Butler



The fall sale at the 20th Anniversary Party was very successful with the sales mounting up to \$573. We plan another sale at the

Christmas breakfast, along with our draw.

We want to thank Ross and Kathi Kerr along with Kathi's mother for their generous donation of yarn and fabric. The Crafters will certainly put it all to good use.

One of our Crafters has lost a short coat at the Military Whist in Nov. It is mauve with a plaid lining of mauve, white and blue. We believe this coat was taken by mistake and could it please be returned to Leslie so that it may be returned to its owner. Please check your coat closet.

As a Christmas treat the Crafters will enjoy a breakfast together at one of the local restaurants.

Our group meets on Thursdays 9 AM until 11 AM in the craft room. Anyone interested is welcome to join us.

NEPEAN SONGSTERS

By Kevin Smith



The Songsters finished the year on a "high note" with a well-attended luncheon for members and

spouses held at the Sportsplex, Monday, December 15. Entertainment, as always, was generated by the chorus and by individual soloists. During the luncheon a special tribute was offered to chorus director, Sandra Vandenberg and accompanist, Barbara Creech, for their continued support of our musical program.

The Songsters have completed their program for 2008 and will recommence rehearsals at 9:15 AM, Thursday, January 08. Prospective members are always welcome.

In addition to the weekly practices, sing-outs at senior residences and retirement homes are scheduled approximately every second week and for the past several years the Songsters have performed annual concerts at the Chambers, Ben Franklin Place, to sold out audiences. These concerts provide an important opportunity for all our members to continue participation in choral music and to share that experience throughout the community at large.

It's never too late to sing!

Have You Heard this One?

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed him to hear 100%. The new style of aids were barely visible when worn.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Or this One?

And then there was the person who emailed ten different puns to friends, with the hope that at least one of the puns would make them laugh. Unfortunately.... No pun in ten did.