



THE **hub**

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

January/February 2010.

WORD FROM THE CHAIR

By Steve McIntyre

Welcome to 2010 – our year of the Winter Olympics. Not all of us have the stamina of Olympic athletes but in our small way we can adapt our lifestyles to do more and to watch our diets.

I hope all of you had a joyful holiday season and that your New Years' resolutions will last well into the New Year.

Please see in our *What's up and Coming* section below for information concerning our annual Blahs Bash activities taking place on February the 19th.

PROGRAM COORDINATOR'S CORNER

By Leslie Dondale 613 580 2828 Ex 2

What's up and Coming

SIR GUY CARLETON LUNCHESES-When:
Thursday, January 21st at 11:30 am to 12:30 pm. Tickets will go on sale starting January 4th, 2010. They will sell out fast. Cost: \$7.50. 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 following one will be on **Thursday, Feb. 18th, 2010.**

MILITARY WHIST - The next one will be held on **Friday, January 15th, 2010 at 7:00 pm.** The cost is \$6.00 and includes cash prizes and delicious refreshments. There might be some tickets still available from the front desk. The following one will be held at the Blahs Bash on **Friday, February 19th, 2010.**

FREE HEARING CLINIC – Monday, February 8th, 2010 between 9:00 am and 10:00 am. Your hearing is one of the most important senses you have in order to communicate with your family and friends. Any decrease in hearing can result in social isolation and frustration. One in four Canadians has a hearing loss. Are you one of them?

The Barrhaven Hearing Clinic would like to provide a chance for you to ask questions regarding your hearing and discuss your options, communication strategies, hearing aids and assistive listening devices. On-site repairs are also available at no charge.

BLAHS BASH - The Blahs Bash will be held on **Friday, February 19th.** Registration is from 9:00 am to 9:30 am with the activities running from 9:30 am to 3:30 pm, but you must buy your ticket at the front desk **BEFORE** the 12th. 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

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Horton's soup and sandwich for lunch and then participate in different activities in the afternoon. All for your \$8.25 ticket! (\$9.25 for non-members!). Some activities have a maximum number that can participate, so buy your ticket early. The enclosed flyer has all the details. Note: All regular activities are cancelled that day.

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 (3 levels), Chair-ercise, Tap Dancing – Beginners, Intermediate and Performance Group and Line Dancing.

SNOWSHOEING AND CROSS COUNTRY SKIING- Last year there was much interest in these great winter sports. We will use the trails located behind the Sportsplex on Mondays at 10:30 am and Fridays at 1:00 pm. We are planning to start the week on January 11th 2010, weather permitting. If you are interested, please contact Leslie at the office at 613-580-2424 ext 46657. Note, if you are going to try cross-country skiing, start with a small country! :-)

News and Views

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. The results of the last five draws are:

Oct 9	Barbara Herland – not registered
Oct 23	Cora Hinds – not registered
Nov 6	Lonnie Sarazin – not registered
Nov 20	Charlene Percival – not registered
Dec 4	James Devine – not registered

So DO register to WIN!

SPANISH CONVERSATION: LEVEL 1 - The Seniors Centre is considering offering Spanish lessons in the spring. In order to know whether to go ahead with them or not, we'd like to know your

interest level. If after reading the course description below you are interested, please let the office know. The two-hour long, weekday classes, would run for about 10 to 12 weeks.

Using a fun and interactive method, this course provides the basic tools to begin the study of the Spanish language and to learn more about the diverse and rich culture of the Spanish-speaking world.

The course will offer an introduction to basic grammar with an emphasis on vocabulary and conversation skills using videos, audiotapes and worksheets. Students will learn how to interact with locals when traveling to Spanish speaking countries and will practice their conversation skills in small groups using tools such as role-playing. The teacher of the class would be Carmen Gaeckel.

SENIORS CENTRE CHRISTMAS DINNER – The Greenery room at the Travelodge hotel was a lovely setting for the annual Christmas dinner where our members enjoyed great food, company and atmosphere. Our thanks go to Margaret Egan for being able to fill in at the last moment as the entertainer.

If anyone has suggestions for the next one (location, etc), please let a Board member or Leslie know. We need to start booking as soon as possible.

MEMBERSHIP RENEWAL - Just a friendly reminder that your membership fees for 2010 are now due. If you have not already renewed, please drop by the front desk to take care of it. The fee will most likely be \$22.75, however if you are planning to mail a cheque, please call the office first to confirm. The City Council won't approve any possible increases until the end of January. We accept cash, cheque, debit and credit as payment.

HOLIDAY BREAKFAST - Over 150 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 those who need them most.



The Nepean and Kanata locations of Boston Pizza have come up with a plan that is mutually beneficial to our Seniors Centre and their restaurants. Every time a member or their family and friends order (takeout, delivery and dine in) at one of those two locations, the restaurant will donate 10% back to the Centre. All you have to do is drop off your receipt (or we can make a photocopy) here at the Centre. They are also offering Seniority Cards (buy 5 meals and get the 6th free), which are included with this Hub, and they will be donating gift certificates and other prizes for our special events as well as providing the opportunity for other fundraising opportunities.

Separate from those offers, if your Activity group wants to place an order to be delivered to the Centre, you will get a 15% discount. It's nice to see a business willing to help us, so by supporting them you are also supporting the Centre.

WHAT WE'VE BEEN GETTING UP TO

CARPET BOWLING

By Lois Gonyer

I am pleased to report that we welcomed several new people to our group during October. We are hopeful that they will continue to enjoy the game and will bring their friends. Carpet Bowling takes place on **Tuesday and Thursday afternoons starting at 1:00 pm**. No experience necessary!

CONTRACT BRIDGE

By Gopal Kunchur

Like most of the past years, this has been a good year. The number of participants keeps climbing, almost going through the roof.

Dorothy Peck, our efficient and popular co-ordinator wishes to thank all participants and volunteers who keep the show going. In particular Diny and Bert Van den Berg for organizing weekly snacks and Bruce Warner for score sheet and membership list updates. Bruce is now being replaced by Sheila after his many years of help. Bob Cathcart our time-keeper is helpful in player moves. Magrit Quecke and Gilbert Dugas look after setting

up tables every week. Last, but not least we would like to thank our treasurer, Diane Berryman, for the wonderful job she has been doing to keep our financial records in good shape.

We will have our Christmas dinner on December 16th starting at noon, just about the date you will receive this newsletter. A question often asked: What is reverse and Jump reverse? We can bid two suits and conserve bidding space, or reverse the bidding sequence not letting partner pass.

For example: Opener bids one heart after response of 2 diamonds, the responder can pass if he likes diamond suit. However if heart is bid first and after one no-trump if 2 diamonds bid, the responder cannot pass. Reverse shows: The first suit is longer than second suit. The second suit is at least 4 cards, opener has 16 or more points. Jump reverse normally indicates a splinter bid (singleton or void).

CREATIVE CRAFT GROUP

by Donna Butler

First of all the Creative Craft Group would like to thank everyone who had donated supplies for our work. We continue with our charity work helping the needy in the Ottawa area. We tie Victoria's Quilts once a month and currently we are making a quilt for them to give to a cancer patient. We are working on commission making a baby quilt to go to Belgium as a gift. We hope to have it finished in the New Year. This will be our fifth quilt to go aboard.

Our pre-Christmas sale took place at the Christmas Continental Breakfast on December 11th 2009. We hope you had time to come and visit us and were able to do your last minute shopping. A Christmas Breakfast get together was enjoyed by the Craft Group at one of the local restaurants.

If you are interested in working on crafts, please come and join us. We meet **9:00 am to 11:00 am on Thursdays in the Patio Room**.

CRIBBAGE

By Jeannette Duggan

We are having such a great time; the club is growing so therefore we have new friends who ring new stories, new jokes and well... just more laughs.

Congratulations to John Flook for being the top player of the year. OK, so your partners did help you along the way, but somehow you just jumped ahead of us all. How did you do this? Now we also have to congratulate Ron Taylor for acquiring the gift of a cute little skunk for some reason or other. I will leave that one to the reader's imagination! All of us at the Cribbage would like to wish you all a Merry Christmas and a very Happy New Year.

We would be happy to welcome anyone wishing to join. Simply show up in the **Heritage room** any **Tuesday or Thursday** afternoon around 12:45 and we will find you a seat. We start at **1:00 pm** and on **to around 3:30 pm** after we have played eight games, taking a snack break after four games. You do not need a partner and you can choose to play once or twice a week; that is up to you.

CURLING

By Dave Goff

The 2009/2010 curling season is well under way and the quality of rinks has improved greatly thanks to the efforts of Steve Webber, Facilities Superintendent and icemaker, Randy Paquette!

Our season opening, our Open House, was a great success with 22 NEW CURLERS coming out. Many thanks to Gerry Frazer and Gerry LaPorte for providing *Introduction To Curling* lessons to the New Curlers, who had either never curled before or had not curled for some years.

Additional new curlers are very welcome to join us on **Tuesday and Thursday mornings in Hall E (upstairs and to the left inside the rear south entrance) at 9:00 am**. Coaching and equipment are available on Thursday mornings for those new curlers who require them.

Our Christmas Luncheon will be held on Thursday December 17th at 11:30 am following curling. Ron Gibbins, our Social Convener, is busy planning and organizing the buffet with the caterers and the bar with Members. Tickets are \$20 each and well worth the price! Please see Ron prior to curling on Tuesday or Thursday mornings and please don't leave your purchase until the last minute so that Ron can finalize the head-count well in advance of the luncheon. **DON'T FORGET YOUR 'TACKY GIFT'!!**

Curling will break for Christmas and the New Year after Thursday, December 17th 2009 and will resume at 9 am on Tuesday, January 5th, 2010.

The Closing Banquet Luncheon is scheduled for 11:30 am Tuesday, March 23rd, following curling. Please mark the time and date in your 2010 calendar.

DUPLICATE BRIDGE

By Peter Warner

In response to many requests (at least 2), here is another dissertation on scoring. The mechanics are simple and essential if you are going to compete on an equal footing with your opposition.

In a section of eight tables, the top score is 7, with a score of one point for each pair you beat and 1/2 a point for each pair you tie. The full details are printed on the table mats. So the hard job is judgment, eg: Bid One More?; Double?; Preempt?; Are They Vulnerable?; Are You Vulnerable?

The basic numbers are: 140 is the most you can score below game, 50 penalty per trick down, non-vulnerable; 100 penalty per trick vulnerable. Down two vulnerable is a 200 penalty! The dreaded 200.

You must watch the reds, don't double on partner's bids. If you can't see it in your hand, don't do it.

So the math isn't hard, but get used to doing it if you want to compete, and discuss defense with your partner.

Despite some things you may hear from *experts* it is NOT a sin to actually *read* Bridge books.

EUCHRE NEWS

By Kathi Kerr

From the beginning of October to the end of April, the weekly scores and the number of lone hands will be accumulated to determine who in our group will win the four End-Of-Year prizes. Remember, the more games you play the better are your chances of winning, therefore plan to attend on as many weeks as possible.

To allow the people who take Para Transpo or other arranged transportation, to finish all nine games before they have to leave, we have started playing 5 to 10 minutes before 1:00 pm. If everyone arrived

before 12:40 pm this would allot time for Judy to share her weekly information with us and still allow for an early start. If you arrive after game 1 has started you are asked to wait and join in for game 2.

On Tuesday, October 20th the Euchre Club held a pizza lunch before spending the afternoon playing cards. It was well attended by 64 members, and was a great success. Thanks to Judy, Ross, and Bill for all the planning and serving of a delicious treat. Several players brought the "sweets" to finish off the meal and we thank them all.

The Euchre Christmas luncheon is planned for December 15th with an expected attendance of over 80 people. A full Christmas dinner will be served, including: turkey, dressing, gravy, potatoes, vegetables, rolls, assorted desserts, plus tea and coffee. It will be held in Hall F and a *fun time* is planned. I will report more on this activity in the next issue of the Hub.

With Bill and Claire Edwards as our leaders, we are collecting small presents and decorations for a shelter, to be delivered after our Christmas luncheon and we have already received many items. Thank you to all who have participated or plan to do so. I am sure all the donations will be appreciated and welcomed.

We play organized Euchre every **Tuesday in Hall F and hope everyone can be there by 12:40 pm** to hear the announcements, etc. before the card playing starts with the ringing of the bell.

"Looking forward in meeting, greeting and talking with you then."

500

By Lorrie Wilson

We meet each **Thursday at 12:45 pm or earlier to begin play by 1:00 pm**, after our announcements.

Scores are accumulated from the beginning of October to the end of April to determine the high scorer of the season.

Our group started the new season with a Barbeque lunch and socializing followed by a couple of hours of cards, which made a pleasant afternoon.

We've added some new faces to the group and would be happy to have more new members. We're willing to teach anyone not familiar with the game and bidding system. Come and join us for cards, fun and snacks!

FIVE PIN BOWLING

By John Kay

We have been averaging 30 to 35 bowlers in the last several weeks. The following bowlers have achieved the highest scores:

Female High Single - Betty Lyon - 227
Male High Single - Walter Sweetman - 248

Female High Cross - Carole Meincke - 548
Male High Cross - Ray Stewart - 667

Our Christmas Party will be held on Monday December 14th, 2009. We will start back in the New Year on **Monday January 4th, 2010 at 1:00 pm**.

FRIDAY FUN BRIDGE

By Wilma Matchett

"Happy 2010 everyone!" The Fun Bridge Group thoroughly enjoyed their annual Christmas luncheon, which was catered by our friends at Sir Guy Carleton High School. Our bridge games that afternoon were very relaxed. Thanks to everyone who pitched in and helped make this a great event.

Thanks too to Mary James for looking after our hospitality tables these past few weeks. We do appreciate all the extra treats that our members bring in when they want to share the calories or make sure that we have some healthy treats to keep us going throughout the afternoon.

We wish all the snowbirds a safe and happy trip south and we look forward to welcoming them home in the spring.

NEPEAN SONGSTERS

By Betty Usher

Thanks to all those who attended our annual concert From Leicester Square to Old Broadway on Oct 25th at Ben Franklin Place. It was a sell-out!! We had a lot of fun working towards the

performance and from the comments from the audience, it was thoroughly enjoyed by everyone. Our guests Garth Hampson and Eric Smith were very much appreciated.

Our busy season has continued on with a number of sing-outs at both nursing homes and senior residences. Christmas is always a joyful season for singing and we have already started rehearsing for our next concert. Our December plans included singing at Redwoods Seniors Residence; Historical Society; The Centre breakfast, and winding up the holiday time with our own potluck on Dec 14th.

We also welcomed four or five new members in November, bringing our total to 67. Our season begins again after the New Year. Happy Holidays to everyone.



SHUFFLEBOARD

By Ron Taylor

November and December saw us increasing our turn-out with typically five or six courts in play at our shuffleboard fun afternoons from **1:00 pm to 3:00 pm on Mondays and Wednesdays**. We also had the pleasure of welcoming four new players and we hope to see more new and old players over the coming winter months.

We play four games each afternoon and take a laid-back communal break after the second game. This gives everyone a chance to catch their breath and enjoy the snacks, often homemade, that our members bring and to chat over a cup of tea, coffee or lemonade.

Whilst we had planned our *Shuffleboard Christmas Dinner* for Wednesday December 9th at the Sir Guy Carleton Secondary School, the weather Gods decreed otherwise and, due to the big snow storm, we had to cancel the Wednesday shuffleboard and postpone our dinner until after Christmas. More information in the next Hub.

TRAVEL CLUB NEWS

By John Flook

Your Travel Club executive has been working hard on the proposed 2010 trips. At our January and February meetings we will discuss tentative trips for 2011.

If you have any suggestions please let an executive member know, or complete the questionnaire that is on the back of the Blahs Bash flyer and drop off at the front desk of the Seniors Centre.

As many of you know, our planned trip to Niagara Falls at Christmas was cancelled due to lack of interest. Our next trip is to Arizona via Las Vegas on February 14th to the 21st, 2010.

Registration for the Philadelphia trip took place on November 2nd, 2009. There is still plenty of room to join this tour of Historic Philadelphia.

Other tours in the planning stage are to Prince Edward Island and other Maritime locations in early September, 2010.

The fall 2010 trip to New York is also going ahead with the stay in center town New York. Watch the Hub for further reports.

VOLUNTEER REPORT

By Diane Berryman

Thanks to the many volunteers who responded to my request to submit their hours.

The new total to date is 6,783.25 hours. Wow!

There are still some who have not submitted any of their time. Remember, our funding is connected with the number of volunteer hours recorded.

It is never too late to submit your time given to the centre. You can even submit numbers by e-mail if need be: Leslie.Dondale@ottawa.ca

Thank you again all volunteers. You make a well-run facility possible.

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