

THE **hub**

NEPEAN SENIORS RECREATION CENTRE
Nepean Sportsplex, 1701 Woodroffe Avenue

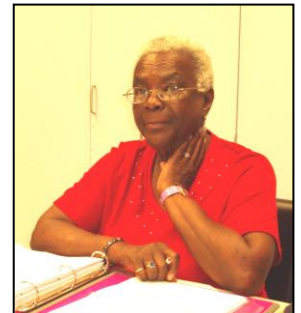
January and February 2012



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

WORD FROM THE CHAIR

By Sheila Pitt - This will be my final word to you for sometime, as my term ends on December 31st, 2011. My tenure as Chair was both challenging and rewarding. In the future I will be working behind the scenes to do what is necessary to build our centre, because it is my belief that there is much more work to be done. Being out of the limelight is good. More than 50% of Board members will be replaced this year. You will recognize your new Board around the centre by their name tags and, as you welcome them, please feel free to offer your suggestions for change and upward mobility.



The Board conducted a comprehensive review of the Standards Manual, Terms of Reference and position descriptions for the Chair and Board members. A long term public relations plan was developed and it will be implemented in stages. Discussions are ongoing on how we can attract baby-boomers to our centre.

I would reiterate the importance of increasing our membership. I encourage you to talk to friends and acquaintances and let them know that the Seniors Centre exists, of the services we provide and of the benefits that can be derived from staying active.

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It was great fun at the Seniors Christmas Party on December 1st. Those who attended agreed to let others know what a great time was had by all. So plan to join us next year.

The Seniors Christmas Breakfast on December 9th was very well attended and we were honoured to welcome our Mayor, Mr. Jim Watson, together with Mr. Keith Egli, City Councillor for Knoxdale - Merivale to share our hospitality. We even persuaded the Mayor to join in the carol singing with our thirty voice *Songsters* choir, as shown in the adjacent photo. We were especially pleased when the Mayor showed considerable interest in our space problems and delegated our Councillor, Keith Egli, to follow it up.



In a short speech, Jim Watson told the large crowd of Members that, during his first year as Mayor, he had hosted the City's first *Seniors Summit*, had frozen our membership fees for this year and for 2012; and had increased the senior's *free bus and O-train days* to include Mondays and Fridays, after 12 noon. He also indicated that he intended to help seniors further.

A photo of the Mayor, myself and our Councillor at the breakfast is shown below.

You may have attended the Mayor's Senior's Summit and received a survey circulated for your input. Thanks to those of you who have completed and returned the survey. This information will assist the Mayor's Committee with future planning for all of us seniors.



Many thanks to the outgoing Board members and my very best to the Board members coming on stream in the year. Many thanks also to Leslie Dondale for her undying support at the Board level. Our thanks also to the editor of *The Hub*, Ken Hancock, for his creativity and commitment in ensuring that the Hub is attractive and readable.

May hope, love, joy and peace radiate in your homes this Christmas and in the coming year.

PROGRAM COORDINATOR'S CORNER

By Leslie Dondale 613 580 2828 Ex 2. **WHAT'S UP AND COMING**

LUNCHESES AT SIR GUY CARLETON SECONDARY SCHOOL –

The next lunch will be on **January 19th, 2012**, from **11:30 a.m. to 12:30 p.m.** and the cost is **\$10.50**, a gift for the



wonderful three course lunch, plus homemade rolls and coffee or tea. The tickets will go on sale the beginning of January, once I receive the menu. The next one will be on **February 9th**. Shown in the photo of just few of us at our Christmas lunch are: Left to right, Pat Finter, Ron, our student server- Angie, Julie (hidden) and Pat O'Connell.



MILITARY WHIST - The next one will be held on **Friday, January 13th at 7 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 **at the Blahs Bash on February 10th**.

Here are photos of the two teams of winners who shared the first prize on December 2nd, 2011.



Left to right sitting: Myrtle, Flo, Ross, Donnie.
Standing; Left: Grace, Activity Rep;
Right: Leslie Dondale, Program Coordinator.

Left to right: Sheila, Noreen, Pat, Shirley

JAPANESE FLOWER ARRANGING (Ikebana) WORKSHOP - as part of our policy of developing new activities for Members, an *Ikebana Workshop* is planned for **Monday, February 6, 1:30 p.m. to 3:30 p.m. in the Heritage room**. Cost: \$22.00 (includes all supplies except scissors and hand towel). More details in the attached flyer.

BLAHS BASH - The Blahs Bash will be held on **Friday, February 10th at 9 a.m.** 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 a sandwich for lunch, and then participate in different activities in the afternoon. Some activities have a maximum number that can participate, so buy your ticket early. Please see the enclosed flyer with all of 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-exercise (3 classes), Line Dancing, Tap Dancing – Beginners, Intermediate and Performance Group and a Stage Performance Class**. Please note: The Tap Dance and Stage classes are held at the Creative Arts Centre in Bells Corners.

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:

Oct 21	Ann Allen – not registered
Nov 4	Virani Sadrudin – not registered
Nov 18	David Fried – not registered
Dec 2	Carol Ford – not registered

Remember you have to play to win!

AN ASSISTANT TO THE EDITOR OF THE HUB SOUGHT - The Board is seeking a Member to act as an *Assistant to the Editor of the Hub*. Computer literacy in *Word* is a key requirement. Ideally, the person would have experience in the editing of newsletter inputs and in drafting articles. The ability to format newsletter layouts to specified page

limits and to take and manipulate digital photos would also be helpful. After familiarization and working together with the editor, your tasks will be jointly agreed upon. Acting as an occasional stand - in for the editor could also be part of your responsibilities. Please contact Ken Hancock at hancock.ken@sympatico.ca or at 613 225 6383 for further details.

OACAO CONFERENCE - The conference was held on October 23, 24 and 25 and was by all accounts a great success. Thanks to Mary Anne LaSalle for volunteering on the programming committee and to Sheila Pitt and Pat Duggan who attended the conference on the Monday. It was a fantastic opportunity to network with staff and seniors from all over Ontario and to gain valuable information about our aging brains, nutrition, conflict management, and so much more.

BOARD MEMBERS STILL NEEDED - The Board still needs to fill two vacant positions, Public Relations Coordinator and Assistant Public Relations Coordinator. Pat Duggan, who has to leave the Board due to personal reasons, has written a detailed report as to what he has been up to recently. If you are interested, please talk to Leslie or another Board member and you can read the report to decide if this is something you might want to follow up on over the next three years.

MEMBERSHIP RENEWAL - Just a friendly reminder that your membership fees for 2012 are now due. If you have not already done so, please drop by the front desk to take care of payment. The fee remains at \$24.00. We accept cash, cheque, debit and credit as methods of payment.

CHRISTMAS DINNER - We had a fabulous group of 55 who came out and everyone had a great time. Capones did a wonderful job of decorating and rave reviews about the food were heard. Bob Gagnon and his friend Alan kept us entertained with great music and the occasional joke. Door prizes of decadent cookies, chocolates, wine, restaurant gift certificates and even a microwave were won by 14 of the lucky attendees. If you didn't come out this year, but would like to next year and you have suggestions, please let Leslie know.

CHRISTMAS BREAKFAST - Over 165 Members came to enjoy a hot and cold continental breakfast provided by the Volunteer Management Board. We were also pleased to welcome our Mayor, Jim Watson and our Council Member for the Seniors Centre area, Keith Egli, both of whom joined us to enjoy the Board's hospitality and as a follow-up to the recent *Mayor's Seniors Summit*. See our photo below.

Left to right: our Chair, Sheila Pitt; our Mayor, Jim Watson; our Coordinator, Leslie Dondale; our Councillor, Keith Egli.



Our thanks indeed to all 30 members of the Songsters, who following the meal led us in a joyful Christmas sing-a-long and to the Mayor who joined the *Songsters* for some carols.

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.

SNOWSHOEING AND CROSS-COUNTRY SKIING - 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 of January 9th, weather permitting. I may have some snowshoes for people to borrow if you want to try before you buy, but call first to make sure I have enough. If you are interested, please contact Leslie at the office.

WHAT WE HAVE BEEN GETTING UP TO

COMPUTER CLUB

By Joan Lang - Our last meeting discussed problems people had with Windows 7, and how to make it look and behave like previous programs such as windows 2000, or XP. Joan gave a presentation about safe on-line shopping. A request for next month's meeting was to have a presentation on *cloud computing*.

New members are welcome. All computer skill levels can benefit from these sessions. Come out and meet new people who are willing to help with any computer problems or questions. The computer club meets **the first Tuesday of each month**. Our next meeting will be on **Tuesday January 3rd, at 9:30 a.m. in Hall F**. Please contact Leslie Dondale for further information.

CONTRACT BRIDGE ♡♣♦♠

By Gopal Kunchur – In appreciation of our members, we had a superb luncheon on October 19th with a big spread of delicious varieties consisting of fresh turkey breast, cold cuts, rye-bread buns, salads and fruits followed by a couple of cakes and tea, coffee and soft drinks. There were prizes for last year's top performers and various draws for lucky winners. As usual many came forward to help. Elaine Dinelle, Sheila

Tye, Dorothy Peck, Diane Berryman, our treasurer and Amar Goomar took leading roles in helping.

This year's Christmas party is planned for December 14th. Please make sure you have entered your name if you are attending.

As mentioned before, we may have an opportunity to play bridge at different locations or with a new partner. With a million and more conventions going around, bidding with an unfamiliar face or new location can be confusing. For this simple solution is *SAYC, Standard American Yellow Card*. We had a demonstration of this card in our club. Conventions and bidding systems have been standardized so that it is very comfortable for you and your partner without going through the cumbersome and, at times, confusing process of consultation.

This year has gone by quickly. Our volunteers have worked very hard to successfully run our club. We do thank one and all. Stay well, Merry Christmas and a Happy New Year.

CREATIVE CRAFT GROUP

By Donna Butler - Thank you everyone for supporting our sale at the Christmas Breakfast and for buying our items from the Heritage Room Showcases.



Thank you also to everyone who donated yarn and fabric to the group. We make our items mostly from donations. The money raised goes to the Seniors Centre Board.

Before Christmas the Group enjoyed a breakfast at one of the local restaurants.

We meet on **Thursdays in Hall F** between **9 a.m. and 11 a.m.** New members are welcome.

CRIBBAGE

By Ken Hancock - On November 1st, **Sadie Adamson and Gerry Juneau** achieved a *Memorable Round* of **47**, while at the end of that month **Gerry Juneau**, this time partnered with **Ken Hancock**, achieved another *Memorable Round*, *this time* of **48**.



In the first session of this two month period, **Jake Enns** became **the twelfth cribbage player** in our 2011 season, to score a ***Perfect Afternoon*** winning all eight games. Congratulations Jake.

Our Christmas Party will take place at Macey's Best Weston hotel on December 15th, unfortunately after the closing date of this issue of the Hub. We are sure though that it will be its usual roaring success. As well as having a great three course Christmas dinner and our unique *Now you have it - Now you don't* exchange of small gifts, we will present a special plaque to our **Champion Percentage Scorer of the year** of our *Dedicated Diehards* Group (Seventy five percent and over attendance). Small gifts will also go to the two runners up. At the time of writing (December 9th) in the lead is **Ken Hancock** (54.73%), closely followed by arch rivals **Jake Enns** (53.97%) and **Gerry Juneau** (51.76%).

The winners of our *Come when they can* group (11% to 74% attendance) and of our *New and Renew* group (over two attendances up to 10%) will also receive small prizes. These are currently **Sadie Adamson** (55.99%) and **Val Dicenso** (70.83%), respectively.

But what changes will we see before we have to have the plaque inscribed for the Party after our Tuesday, the 13th session? This is now being kept **top secret**, until **the party**.

The party will conclude with door prizes, singing and perhaps dancing.

We would be pleased to welcome anyone wishing to join our fun sessions. 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 - The Curling Club is off to another successful year. In addition to curlers from previous years, we have had 16 members of the Seniors Centre come out to give our curling club a try and many have become regulars. As usual, some are beginners and some are very skilled; we are able to accommodate all levels of experience. We often are able to fill 8 sheets of ice but two more are still available so new curlers are always welcome.

We curl **Tuesdays and Thursdays** between **9 a.m. and 11:30 a.m.** in **Hall E / Curling rinks**. For those who don't want to crouch down in the hack to deliver the rock, launching sticks are available. Brushes are also available from the Sportsplex. For more information, contact the Centre or Ross Brown at 613- 825-3398.

EUCHRE NEWS

By Joyce Mullen - Our Euchre club is going very well, with an average attendance of sixty-five each Tuesday. Six new members have joined since October.



This Christmas, we are sponsoring a family through the Ottawa Mission. Cash donations have been remarkable for this project as well as donations of socks and toiletries for the Mission itself. Thanks to all the members for their generous support.

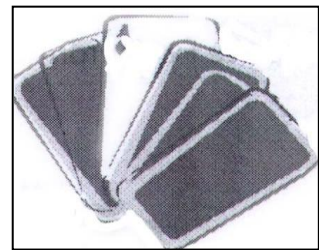
All plans for our Christmas party have been finalized, with a turkey dinner arranged for December 13th. Thanks to Bill and Claire Edwards who have done an outstanding job planning this party.

If in 2012, you find you have Tuesday afternoons free, we meet in **Hall F at 12:30 p.m. every Tuesday**. We do our best to start playing cards by 12:50 p.m. so that **we finish by 3:15**, allowing people who take Para Transpo and other arranged transportation, to get their rides on time.

On behalf of the all Euchre club members, I want to wish everyone a healthy and happy 2012!

500 CLUB

By Lorrie Wilson - We meet each **Thursday** afternoon in the **Heritage Room**. We meet by 12:45 or earlier, to allow for announcements and table designation, before starting to play cards by 1:00 p.m. Whether we have tables of 4 or 5 is determined by the number of players. Anyone interested in joining us would be welcome for our **1:00 p.m. to around 3:30 p.m.** games.



We've had some high scores in the 4000+ range although the average is in the 2000 range.

We had our catered Christmas turkey dinner on November 24th, but desserts were supplied by the members. Dinner was followed by an afternoon of 500.

5-PIN BOWLING

By Marsha and Roger Hack – With the festive season upon us, we will be gathering on Monday, December 19th, for one last session of bowling for 2011, with a 9:30 a.m. start, followed by a Christmas luncheon and party in the restaurant at the Merivale Bowling Centre.



We have had an excellent turn-out these past few weeks with 40 bowlers on average.

We will be starting up once again, after the holiday period, on **Monday, January 9th, 2012. Please arrive by 12:45 p.m. for a 1:00 p.m. start.** New bowlers are always

welcome to join us at the **Merivale Bowling Centre, 1916 Merivale Road.**

Wishing everyone the very best of health and happiness in 2012. Contact info:
hackrandm@sympatico.ca; 613-225-1420

FRIDAY FUN BRIDGE ☺ ♥ ♣ ♦ ♠

By Wilma Matchett - All good wishes for a Happy and Healthy 2012 from the Fun Bridge group!

Our thanks to the Hospitality Convenors for November (Millie Fox and Mary James) and to the following members who shared this task during the month of December: Judy York and Joan Newton, Margaret MacAngus and Audrey Baird, Karen Paynter and Wined Candler-Avery.

On November 25th the Fun Bridge Group thoroughly enjoyed an early Christmas luncheon catered by Sir Guy Carleton's Hospitality Department. Evie and I very much appreciated the help provided by so many of our members in preparing the tables and cleaning up afterwards.

Very kind members of the Fun Bridge Group have made and donated chair cushions for use in the Heritage Room. It would be appreciated that when members of other groups *borrow* these cushions for use in other locations, that they also return the cushions to the Heritage Room that day.

We continue to welcome new members who, with our regular participants, enjoy an afternoon of stress-free bridge played with good humour and good friends. Please join us on **Friday afternoons**. Although we *officially* play **from 1:00 p.m. to 3:30 p.m.**, games start as early as 12:30 p.m. as the members arrive and the tables fill up.

OUR LIBRARY

By Bill Wilson - Our thanks go to the patrons who replace the books in the proper category, thus making them easily accessible to others.

Thanks also to those Members who have kindly donated books to share with others. We hope that the selection that we have is enjoyed by all.



NEPEAN SONGSTERS

By Betty Usher - The Nepean Songsters have experienced a very busy season since our October 24th concert at the Centrepointe Studio Theatre. We welcomed some new members who attended the concert and who decided this was a fun group to join, not only for singing but for the fellowship and the satisfaction of entertaining other groups. Marg Douglas, Sprague and Beverly Plato; Jo Anne Hothersall; Paul Jacobs and Beverley McCarthy are all recent arrivals.



On November 28th we enjoyed a potluck luncheon in the Heritage Room to celebrate our successful fall concert. It was our own *pat on the back!* On December 2nd we entertained the Nepean Historical Society with a variety of music, some from our fall concert and some seasonal Christmas songs. This has been a repeat concert for many past years at St Richards Anglican Church. On December 7th we sang at Carleton Lodge, a nursing home near the Jock River. Several residents were moved to tears hearing some of their favourite carols and seasonal songs. For the choir it is always a wonderful treat to sing in the residences where we feel quite at home and welcomed. To end our festive season we joined the Seniors Centre's members at the annual Christmas Breakfast on December 9th.

If everything goes well on December 12th (after the deadline for this report) our final surprise will happen at Bayshore Shopping Centre. The Songsters will do a *Flash Mob*. Our group will be incognito, at the Food Court; some wrapping gifts as a fundraiser for CNIB; some hanging around the nearby stores (some stores call that *loitering*); some coming up the escalator; some having lunch at the Food Court. Suddenly a few will start singing *Jingle Bells*, joined by each group strategically located in the area. We think we might be caught on the A Channel. – a great promotion for the Seniors Centre and a wonderful way to end the year. Merry Christmas to you all. See you in the New Year, 2012!

If you're interested in finding out more about us, drop in on a **Thursday morning, 9 a.m. to 11 a.m.** We're in the **Heritage Room**. You'll receive a warm welcome!!!

SHUFFLEBOARD

Annie Smith - Over the last two months we have had the pleasure of welcoming several new players. This has made the rest of us think a little more on how to win against these new challengers! With their help, we have again been playing five or six courts for our Monday and Wednesday fun games.



Our Christmas party is planned for December 12th, in the Heritage room, unfortunately after the closing date of this issue of the *Hub*. But I'm sure that we will all have a great time, tucking into our chicken, cake, ice cream and other goodies and enjoying each others company.

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**. We play four games, each with different partners and opponents, and have our *cookie break* in the middle.

TRAVEL CLUB NEWS

By John Flook - In October, twelve members of the Travel Club departed for San Francisco and Central California. For eleven days we toured the sights of San Francisco from Fisherman's wharf with the sea lions, to Golden Gate Bridge, to the Cable-cars. Then to the Central part of California where we saw Yosemite National Park; Lake Tahoe; and, in between, rode on four historic trains. These trains took us to the Napa Valley wine country; to giant redwood forests; and to the historic gold rush areas. This tour took place in outstanding weather. A great time was had by all.



The next trip is leaving Ottawa on Jan 17, 2012 for the beautiful *Grand Palladium Palace* at Punta Cana in the Dominican Republic. The *Meet & Greet* is on Jan 4th 2012, at 9:30 a.m.

The signup for the Muskoka trip of 4 days and 3 nights will be held in March. A flyer will be included with the next *Hub*. This is a customized tour and will require 35 members to sign-up. The continued existence of the Travel Club could depend on the success of this trip.

VOLUNTEER HOURS

by Muriel McHaffie - Good Job again, Volunteers. I am writing this in December, near the end of the year and also near the end of my term as *Volunteer Coordinator*, and I thank you all for the great support you have given the Centre.

I admit I did a bit of pushing to get all your hours, but it has paid off. In 2010 you totalled 13,266 hours. This year so far you have put in 11,367, and only a few of the last quarter's hours have come in --- so there is plenty of time to outdo 2010's total.

If you have not already done so, please, please send in your hours for the last quarter (October, November and December) and let us go beyond last year's total ... that is the challenge now! Send them in to myself at m.s.mchaffie@rogers.com, to Leslie, or on the forms in the cupboard in the Heritage Room.

MEMBER'S MEMORABLE

ACCOMPLISHMENTS - The *Memorable Accomplishment* that we are highlighting in this issue is that of Member and past Chair of your Board.

Sheila Pitt

Sheila is very much a self starter, so she doesn't have one memorable activity as a senior, but many. Here in Sheila's own words is her input for this issue's *Member's Memorable Accomplishments*.



"Well I'm not going to say how long ago I became a senior, but it was certainly a good few years ago, so since that time I have had the opportunity of doing a number of things that I enjoy doing, but let me give you a little background first.

I came to Canada from what was then British Guiana in 1965. As Guiana was a British colony at that time, I was brought up in the Anglican faith and this has been my keystone ever since. While my career was in the Federal and Regional Governments, I have always been interested in volunteering. I care for people and do my best to help them in a number of ways, I have volunteered for many fundraising organizations including the United Way and Centre 454 since coming to Canada.

Since retiring I have been able to expand my activities. For example I am very involved in the *St Mark the Evangelist* Anglican Church of Canada and am *Lay Assistant of Communion* there; I volunteer at the Civic Hospital and at the Perley Veterans' Hospital; and I am an Associate of the *Sisterhood of St. John the Devine* and the Convener of its Ottawa Chapter.

However, in 2003 I attended the Seniors Centre *Open House* and have been active in the Centre ever since. In particular, as an executive of the Travel Club, I took Members to Jamaica, Panama and the Gaspé. For the last two years I have been a joyful member of the *Nepean Songsters*. The last day of 2011 saw me vacating my position of Chair of the NSRC Volunteer Management Board, a position I found very rewarding. Perhaps I will continue to work behind the scenes, as there is more work to be done.

For some ten years I have wanted to travel to the Holy Land and, in November of 2011, I was at last able to do so. We went to Israel, the Palestinian territories and to Jordan. I have nothing but praise for our guide who was extremely knowledgeable and took us to all of the interesting places throughout the trip. We went to many of the places where Christ actually walked and prayed. We also visited the *Baptismal Site* at the point where the Jordan River flows out of the Sea of Galilee. Here multicultural faithful come to be baptized in the waters.

What really took my breath away was to see firsthand *love in action* at the Franciscans; at the Salvadorian Sisters, who care for the deaf and dumb; and at Bethlehem University, the only Catholic University in Palestine. Its students and faculty learn and pray together. But my most memorable visit was to the grotto where it is believed our Lord Jesus Christ was born.

What resounds in my mind are Jesus' words to Peter: *Feed my lambs*.

Here are two of the pictures I took while I was on the trip. You will see that they don't need captions.



In Jordan, among other things, we stayed overnight at the so called *Bedouin Hotel*, a series of caves where the Bedouin lived.

The prayers, meditations and homilies said throughout the trip spoke volumes for me. It was if a CD was, and is, playing in my head. I think that this trip has been my most *Memorable Accomplishment* so far.”

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.

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