



NEPEAN SENIORS RECREATION CENTRE  
Nepean Sportsplex, 1701 Woodroffe Avenue  
Information: 580-2828 Ext. 2 or [WWW.nepeanseniorscentre.ca](http://WWW.nepeanseniorscentre.ca)

Jly/Aug08

## GREETINGS FROM THE CHAIR

By *Betty Usher*

Summer is here!! As with our pace of life, activities also slow down in the Summer, so enjoy the warm weather.

Our Volunteer Management Board will soon be looking for some new members for a three-year term, beginning January 2009. We have interesting volunteer opportunities and if this interests or intrigues you, please call me at 613-828-9921.

Thanks to those of you who recently helped me complete the history of the Volunteer Management Board. Compiling all the names of those who have participated over the past 20 years in a leadership role is truly a reflection of the commitment of many Centre members.

## UP AND COMING

**Canada Day BBQ:** Don't forget!!! Our annual Canada Day BBQ will take place on Friday June 27<sup>th</sup> at 11:30 am. Come and enjoy a burger, salad, drink, dessert, entertainment and prizes all for the low price

of \$8.25! Tickets can be purchased at the Seniors Centre.

**Daytrips:** Why not be a tourist in your own town this summer? With the cost of gas and parking going up and up, save some money by joining us on the bus as we head to the Billings Estate Museum and the Canadian Museum of Civilization with the IMAX theatre. Please see the enclosed flyer for all of the details.

**Military Whist:** The next one will be held on **Friday September 19<sup>th</sup> 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.

### Fall/Winter Programs

Registration starts on August 14 for both Fall and Winter programs. You can register here at the centre, online or at any Client Service Centre or Community Centre across the city of Ottawa.

**Happy Tappers Level 1** - September 16 – November 18 Tuesdays 2 – 3 pm \$57.50 Barcode: 372102

**Happy Tappers Level 2** - September 16 – November 18 Tuesdays 1 – 2 pm \$57.50 (must have some previous tap experience) Barcode: 360939

**inside this issue**



News from the Office—p2 Nepean Songsters— p2  
Fun & Games— p.3&4 Songsters History--p4-6  
Travel Report—p.6 Volunteer Report—p.6  
Attendance Draw-p.6 Features--p.6

**Chair-ercise** – September 10 – December 5

Wednesdays & Fridays 9 – 10 am \$92.00

Barcode: 360883

**Tai Chi** – September 23 – November 25 Tuesdays

Level 1 11 – 12 pm, Level 2 10 – 11 am, Level 3 9 –

10 am \$65.00 Barcodes: Level 1 360920 Level 2

360928 Level 3 360931

**Weight & Balance Your Life** – September 16 –

November 20 Tuesdays & Thursdays 11:30 – 12:30

pm \$92.00 Barcode: 360894

**Line Dancing** – September 22 – November 17

Mondays 11 – 12 pm \$ 36.50 Barcode: 360956

**Outdoor Walking Club** The outdoor walking club walks **Mondays, Tuesdays and Thursdays at 9:30 am** on the trails behind the Sportsplex. There is no charge, but you must be a member of the Seniors Centre.

The free demonstration for Urban Poling (aka Nordic Walking) on Friday May 9th was very successful with 20 people coming out to give it a try. Leslie will be getting certified as an instructor and will offer courses here at the Centre. Please stay tuned for more information on dates, times and costs. The poles will be provided for the duration of the course. If you are interested and weren't at the workshop, please call Leslie and leave your name and number so that you can be contacted once everything is organized.

**Cycling Club** Weather permitting, the group meets on **Tuesdays at 9:30 am** in the parking lot at Britannia Beach and cycles along the Ottawa River Parkway. This club is for cyclists who would like to bike 10 – 15 kms in a social setting. All cyclists are required to wear a helmet. If you are interested, please call the office for more information. There is no charge, but you must be a member of the Seniors Centre.

**Bocce** We play on **Tuesday nights at 6:30 pm**, weather permitting. Please call the centre if you are unsure whether we will be playing or not. A dollar drop-in fee applies. No experience necessary so come on out and give it a try!

## NEWS FROM THE OFFICE

### Summer Hours

Effective for July and August, the Seniors Centre will close on Fridays at 4 pm and will be closed all day Saturdays.

---

## NEPEAN SONGSTERS

By *Kevin Smith*

This is a special invitation to join us, the Nepean Songsters, for our annual “Memories” concert at The Chambers, Ben Franklin Place, Sunday, October 19. The chorus, under the direction of Saundra Vandenberg, and accompanied by Barbara Creech, will sing a range of songs which over the years have become popular on stage and screen. The chorus will be joined by guest soloist Garth Hampton (RCMP ret'd).

The Songsters concluded the spring session with practice May 29 and a fabulous luncheon for members and spouses Monday, June 2. The chorus will re-commence with a practice Thursday, August 28, in preparation for our first sing-out Wednesday, September 17.

The highlight of the spring luncheon was a heartfelt tribute to Vera Collier for her outstanding contribution to the Songsters. Vera was instrumental in establishing the Songsters in 1993 and also served as the Choir President, cheer leader and chief promoter for the past 15 years. Vera will long be remembered – and appreciated - by her many friends and admirers in the choir. Leslie Dondale, Senior Centre Coordinator and Helen Sutherland, a long-time former director of the Songsters, attended the luncheon as special guests.

Songsters' rehearsals are held Thursday mornings from 09:00 – 10:30 at the Nepean Sportsplex and sing-outs are scheduled approximately every second week. The chorus has an extensive repertoire to draw from and sings a combination of unison and four-part harmony. New members are always welcome.

# Fun & Games

## WEDNESDAY BRIDGE

By *Gopal Kunchur*



What a Party, on June 3! We had a great luncheon organized by Diane and Bertha, serving delicious lasagne (veg and with meat) followed by exotic fresh fruit like pineapple and strawberries. Rose and Ferd supplied "Punch" topped with red cherries.

We played a relaxing bridge game. John asked me as to how do we know if we can decide to bid a game after first round bidding. This can be achieved by understanding one Notrump forcing. For example, if you bid one Spade and partner responds one Notrump, he is telling you that he has a weak hand and game may not be possible. But bidding two of a suit over one Spade is game forcing. We will chat more on one Notrump forcing later.

## CRIBBAGE

by *Jeannette Duggan*

Some of you may have noticed that the stats sheet has changed a bit. Well guess what, the group has increased in number and that is great. The more the merrier. However, the page just tipped over with all the names added to it. You might find it a little complicated for a bit, but you should have seen me trying to put it together! It was quite funny, but hey, I think I'm pretty smart now. Anyway, I think it's worth the effort for this great group of Cribbage players.

We look forward to our games every Tuesday and Thursday afternoons from 1:00pm to 3:30pm. Anyone interested in joining us, just drop in 10 to 15 minutes before starting time and we will find you a seat. You would be more than welcome.

## 500 CLUB

By *Ferd Ortiz*

Our winter session 2007-08 is finished and Mr. Bill Wilson was our high scorer for the term. We are now in our summer mode until October 2008, so if you would like to join us, drop in about 12:30 on Thursdays. The game starts at 1:00 pm. Don't worry if you do not know how to play as we will show you. We are a small group of friends and would be glad to meet you.

## EUCHRE NEWS

By *Ross Kerr*

Again our thanks go out to Judy Wilson, who continues to direct, organize and build our Euchre Club. Judy and her "Merry Band of Volunteers" continue to outdo themselves every week, in providing an organized, friendly and warm, playing environment. An environment which is thoroughly enjoyed by all. Thanks also to Leslie for her assistance in providing us with a playing area which is less cluttered and easier/safer to move around in. Much appreciated by all of us.

We continue to meet every Tuesday at 1:00pm throughout the summer. Attendance has averaged 41 per session for April, 39 per session for May and 42 per session for June. So... if you are not soaking up the sun at the cottage, or are bored with those visits to the Shopping Centres, or if you are just looking for a change of scenery, why not come on out and visit with us. You're guaranteed to receive a warm and friendly welcome and you will be sure to enjoy yourself. Who knows: what we have to offer may just be what you are looking for.

If you do decide to join us, please plan to arrive by 12:45pm so that we can, "Ring The Bell" promptly at 1:00pm.

*"Looking forward to meeting and talking with you then."*

## FUN BRIDGE

By Juliette Viens

We are just a friendly group of Sportsplex senior members who get together and play a relaxed game of bridge every Friday afternoon.

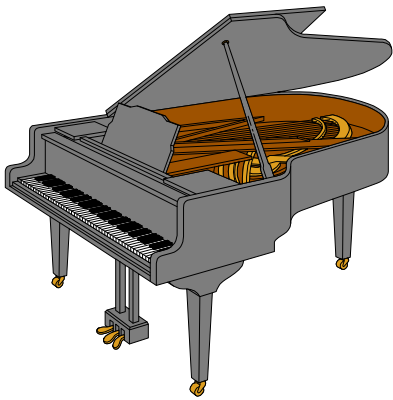
Finger food and drinks are always put out by our willing volunteers and everyone enjoys the afternoons.

You are welcome to join us before 1 p.m.

---

## HISTORY OF THE SONGSTERS

By Vera Collier



This being the 20<sup>th</sup> Anniversary of the **N.S.R.C** and the 15<sup>th</sup> Anniversary of the **Nepean Songsters**, permit me to give you a brief history of the choir. In 1993, while Rev.

George Morrison,

the late Audrey Dixon, Mary Lunz and I, served on the Management Board, we came up with the idea of forming a choir. This, we thought, would be a great opportunity for us, as Seniors, after spending most of our lives taking care of family.

The time comes when birds leave the nest and we feel lost with time on our hands. Singing would bring joy and friendship and, perhaps for some, the chance to realize a dream by singing and performing in front of an audience. We were very fortunate to have the full support of Diane Andrew and most of the Board Members. We all know that when Seniors get an idea, they ignore the negative.

At our first meeting we were pleased to welcome an additional five people. They were: Art Boudreau, Muriel Ryan, Vera Stratton and the late Kathleen Platt

THE HUB

and Shirley Dicks. We met each week and had fun. Our musical accompanists for the next few months were: Art on the Harmonica and Vera Stratton on her Ukulele. Our Membership was increasing, but ever so slowly. We nevertheless had fun and kept our positive attitude that the Choir would succeed.

The time had come to give the Choir a name. Rev. George Morrison and I, along with the blessing of the rest of the group, came up with the name of the "**NEPEAN SONGSTERS**". We now had a formal name and were ready to carry on. The harmonica and the ukulele were great, but we needed a piano. We were pleased the late Genevieve Morrison quite often brought her child-size keyboard and proudly played for us the songs she was most familiar with. I want you to know, we were small in numbers but big in enthusiasm.

We eventually grew to approx. 30 members. Although we were still in the early stages, we had received several invitations to perform. (e.g.: Functions at the Senior Centre; proudly singing our National Anthem for the opening of a Business Session for Ottawa City Council; at the Ontario Seniors Games and at several Seniors Residences).

Through the years, we have been very fortunate to have the interest and help of so many talented and caring people. Our space for this article is limited, but there are some key people from the early stages that should be recognized and thanked. They are: Rev. George Wallace and Sue Sparks as Musical Directors; Bill Alink, late husband of Mary (who is one of our current Members in our Choir) and, of course, Genevieve Morrison, both accompanists.

We realized that the Choir was here to stay and a piano was a must. I am fortunate to have friends in the Entertainment circle. With their help, we were able to put together several Variety Shows. Every one was a complete success. Those of you who have supported us through the years by attending these shows, will attest to that. We raised enough funds to purchase not only a piano but also a sound system. So, now we had a piano and a Membership of approximately 30. (cont'd on p. 5)

Our first full-time Musical Director, was Helen Sutherland. The very talented Helen arrived with an entourage, bringing the Membership up from 30 to 70 plus. Following Helen, Barbara Creech, a young, talented and very patient accompanist came to us. Helen deserved and took a break, handing the Directing over to Peter Griffith, who was there for a short period of time.

Thus, we came to a time where we needed a Musical Director once again. A while back, through mutual friends, I was fortunate to acquire Sandra Vandenberg for some of our Variety Shows and had the privilege to work with her on performances outside the Centre. I got in touch with her and asking and hoping she would accept to be our Musical Director. I knew that her talent and enthusiasm would be wonderful for the Choir. She did accept. The success of the Songsters rests with the wonderful and talented Directors, Accompanists and the many Soloists. The objective of the Songsters is to enjoy singing, fellowship and performing when and where requested, with "Special" emphasis on Veterans at Perley Rideau. The Choir has presented several Concerts, always conscious of the right venue, time, date, music and cost for Seniors. I am stepping down after 15 years as President and one of the Founders, but remaining as a proud Member of the Nepean Songsters. We experienced a rough and challenging road, but getting to the finish line is very rewarding. On behalf of the original nine, I thank one and all who helped us along the road, bringing the Nepean Songsters from 9 to 70 talented and beautiful voices.

The late Beverly Caplan, one of our dedicated Members and our first Librarian, upon her sudden passing, her family and friends obviously were aware of her love for the choir, donated monies in her memory. The Songsters purchased a cabinet and attached a plaque in her memory, which is being used to store the music. The Songsters are always ready to help others. Recently, some Members of the Choir were asked to participate in a fund-raiser for a 14 year old cancer patient and we were pleased to assist. The Songsters are always well received at sing-outs and

performances. We are often complimented on our presentation and friendliness and always invited back.

---

## VOLUNTEER REMINDER

By *Mary Pearson*

**REMINDER: Before you begin your holiday ,PLEASE hand in your Volunteer hours for April May and June.** Hoping everyone has a safe, healthy and enjoyable summer.

---

## TRAVEL CLUB REPORT

By *John Flook*

The Travel Club Executive is presently working on 2009 trips and these will be described in future issues of the Hub.



The Annual General Meeting of the Travel Club will be held Sept. 22, 2008 at 10:00

AM in the Heritage room. All 2009 trips will be reported at that time.

There is still space on our Washington Trip, October 17-22, 2008. For information contact the front desk.

---

## QUEBEC TRIP

By *Norma Rayman*

Forty-six members of the **Nepean Seniors Travel Club** visited **Quebec City** in June to celebrate the **400th Anniversary** of the founding of the City.

Quebec is the only fortified city in North America north of Mexico and is now designated as a **UNESCO** world heritage site.

Mary Pearson, our Tour Director, as always was outstanding, giving us the History and Geology of the Quebec Region. Mother Nature co-operated and provided us with great weather. (cont'd on p. 6)

**Our Seniors must be complimented on their punctuality.** We returned 46 happy seniors with the feeling of having been to Europe and back.

### 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.

- Apr 18 Reginald Austin – not registered
- May 2 Gail Awrey – not registered
- May 16 Diane Irwin – registered – won \$782!!!
- May 30 Donald Moffatt – not registered
- June 13 Molly Miller – not registered

### GIGGLES FOR GEEZERS I'M FINE

There's nothing whatever the matter with me.  
 I'm just as healthy as I can be.  
 I have arthritis in both my knees  
 And when I walk, I talk with a wheeze.  
 My pulse is weak and my blood is thin,  
 But I'm awfully well for the shape I'm in.  
 I think my liver is out of wack  
 And a terrible pain is in my back.  
 My hearing is poor, my sight is dim,  
 Most everything seems to be out of trim,  
 But I'm awfully well for the shape I'm in.  
 I have arch supports for both my feet.  
 Or I wouldn't be able to go on the street.  
 Sleeplessness I have night after night,  
 And in the morning I'm just a sight,  
 My memory's failing, my head's in a spin,  
 I'm peacefully living on aspirin.  
 But I'm awfully well for the shape I'm in.  
 The moral is, as this tale we unfold,  
 That for you and me who are growing old,  
 It's better to say, 'I'm fine' with a grin  
 Than to let them know the shape we're in.

### Kids in Church

A boy had just come back upstairs from the church kindergarten class looking a bit glum. His father asked him three times what was wrong! Finally, the boy replied...."That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys!"

### Here's the Punitiveary

A three-legged dog walks into a saloon in the Old West. He slides up to the bar and announces "I'm looking for the man who shot my paw."

### CROSSWORD TEST

Answers to the last crossword puzzle (bold and underlined letters are the ones that were missing):  
**NEPEAN SENIORS RECREATION CENTRE**  
**OCT - 30<sup>th</sup> STARTS 1:00**

