



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

Mar/Apr07

GREETINGS FROM THE CHAIR

By *Wilma Matchett*

For those hardy souls who are "enjoying" an Ottawa winter this year, we look forward to seeing you at the Blahs Bash on March 2nd.

As you may have noted from the many media reports in recent months, there is an increased incidence of scams and robberies directed at seniors, as well as the many reports of elder abuse by family, trusted friends or health care workers. And then there are recent reports of how the criminal world has access to our personal information and how they use this information to access your bank accounts, sell your home without your knowledge, or make major purchases on your account.

Please take the time to read the information that is available from reputable sources. Talk to your family, friends and neighbours to keep yourself informed. Learn what you can do to ensure that you are safe in your home - for example, never open the door to solicitors or unknown callers (my friends and neighbours all know to telephone me before coming to the door) - and never give any personal information to a telephone, internet or mail solicitation, even if

that solicitor appears to be from a source with whom you do business.

It is up to us to look after ourselves - and to help others when we can!

UP AND COMING

Military Whist: There will be no evening Whist in March as there will be an afternoon one at the Blahs Bash. The next evening one will be held on **Friday April 13th at 7:00 p.m.** Tickets sell out fast so hurry in quick. **Tickets will go on sale following the one in March.** The cost is \$6.00 and includes cash prizes and delicious refreshments. If you buy a ticket and can no longer attend, please try to sell your ticket to someone else. The front desk staff are very busy and don't have enough time to be re-selling tickets. Once it has been re-sold, please let us know or if you can't sell it, let us know that as well. Thank you for your co-operation.

Slots Trip Don't forget the Slots Trip is taking place on **Tuesday March 6th**. The bus will be leaving the Seniors Centre at 4:00 pm and returning around 9:00 pm. If you haven't already bought a ticket, call the office to see if it's not too late. Cost is \$12 for members, \$15 for non-members and it includes transportation, \$10 token voucher and \$5 food voucher.

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UP & COMING Cont'd

Lunch: Thursday, March 22nd. Tickets will go on sale starting Thursday, March 1st. They will sell out fast. Cost: \$6.50 Tipping is optional - the money will go directly to the students, not the school. The next lunch will be on April 19th, with tickets going on sale starting April 2nd.

Blahs Bash: Don't forget the Blahs Bash, normally held in February, will be held on Friday, March 2nd. 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, Carpet Bowling or Duplicate Bridge in the afternoon. If you haven't already purchased your tickets, and you are interested in participating, please call the office at 580-2424 ext 46657 to see if there are any tickets left. The cost is \$8.00 per person.

Scrabble: There is a new game in town...OK, maybe not so new. Scrabble enthusiasts are reading their dictionaries every night in preparation for their bi-weekly match-ups! We had 10 people come out on our first day. Never tried the game or it's been awhile? Not to worry, it's all for fun. The next games will be held on Wednesdays, March 14 and 28 at 1:00 pm. Check your monthly schedule of activities for future dates.

An Evening with the Four Chords: That's correct, the **Four Chords** are coming back to perform for us in an evening of music, dancing, pizza and beer. Mark your calendars now for **Saturday April 28th at 7:00 pm**. Please see the enclosed flyer for all of the details.

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!

***There has been much confusion as to exactly how this draw works. Everyone who is a member of the Seniors Centre is given a number as soon as they buy or re-new their membership. One number from all of the membership is drawn. The number is matched to a

name on the membership list. Once the name is found, the book where you sign in your name after you deposit your loonie, is checked to see if that member signed in and paid or not. If they did, they win. If they didn't, they are considered "not registered" so they don't win and the pot of money continues to grow. I hope this helps!

December 15	Fran Girotti – not registered
December 29	John Dugas – not registered
January 12	Frank Whitteker– not registered
January 26	John Kelly – not registered

TREASURER'S REPORT

By *Sandy McHaffie*

The Management Board began 2006 with what can be regarded as a 'healthy' sum in the bank, and thanks to vigorous fund raising throughout the year, the bank balance at the end of the year was even better. Against total revenues of over \$12,000, were expenditures of over \$10,000. Details may be found in the Treasurer's Reports given to the Board, and posted monthly on the Notice Board in the Heritage Room with Board Meeting minutes. Although there were no large significant individual expenditures beyond the new folding tables for cards and the carpets for the Carpet Bowlers, mentioned in a previous HUB, there were continuing demands on our funds from all areas at the Centre, hence the need to maintain an adequate bank balance.

The funds raised to meet our needs came from a number of sources, all of which must be commended for what is just great work in keeping the Centre on a sound financial basis. The Fund Raising Committee did a great job with their Military Whist, Attendance Draw and Slots visits. The Creative Crafters and the Songsters also contributed significantly. There were also some generous donations from some of the Activity groups. T-shirt sales jumped nicely towards the end of the year. The Travel Club helped swell our funds, and Room Rentals did their share. Again, thanks are due to all involved, for their hard work in raising funds.

TRAVEL CLUB NEWS

By *Betty Usher*



Your Travel Club executive is well into planning trips for 2008. We rely on your suggestions made on trip evaluations forms, possibilities from Travel agencies and your personal comments. Please pass on any ideas to one of us listed at the bottom of this article. By the time you read this our “beach” enthusiasts,

accompanied by Sheila, will have returned from Jamaica at Riu Negril. Coming up March 25th for 12 days, we have an exciting trip to Portugal (Thomas Cook and Globus) Cost is \$3069 twin. Contact Diana directly at 596-5872. Meet and Greet is Thursday, March 15th 10am at the Centre. Connie and Pat put this trip together. From June 5th to 9th we have a bus trip to Frankenmuth and Mackinaw Island, Michigan with Ottawa Valley Tours for a very reasonable \$845 twin. Your contacts are Vera and Judith. September 13 to 15th our much awaited Mystery Trip with Ottawa Valley Tours, will travel to places unknown for 3 days and two nights. Twin cost is \$690 per person and is very inclusive. Mary and Betty are organizers. Our year concludes with an exciting trip to New Zealand. Barrhaven Travel has included stops overnight both ways (Los Angeles, Sydney and Honolulu) and the focus of the trip is a 14 day cruise with Holland America around New Zealand. The twin cost of \$6282 includes airfare, stopovers, 14 day cruise with Holland America; fuel charges and cruise taxes. Betty and Vera are organizers. To register call KJ Scoffield at Barrhaven Travel at 823-4700. She will confirm cabin and air availability. Flyers for all the trips (except Mystery Trip) are available at the

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Senior Centre. If you are now thinking one or all of these trips might interest you, registration is ongoing with a few places left on each. Exception is the Mystery Trip which will begin registration March 12th. Watch for a flyer with Mystery Trip details
Travel Club executive: Vera Collier, Pat Duggan; Connie Walsh; Sheila Pitt; Judith Mohindra; Mary Fowler; Nancy Wallace, Betty Usher and Leslie Dondale, Staff.

NEPEAN SONGSTERS

By *Betty Usher*

Nepean Songsters Betty Usher (for Vera Collier)

The choir warmly welcomes our new Co-Director, Sandra Vandenberg. Sandra has already caught our attention with her dramatic leadership and warm personality. She and Peter Griffiths will share responsibilities for rehearsals and our singouts in the community. Since Christmas the Songsters have been well received at Lynwood Manor and are looking forward to our next bookings. Right now we have room for a few more singers, men or women. Our criteria is that you enjoy singing, meeting new people and can regularly attend the rehearsals Monday mornings at 9:15 am in the Senior Centre's Heritage Room. It's a bonus if you have sung in a choir before. Our music choices are upbeat and range from Paul Anka's "Diana", to Oscar Peterson's "Hymn to Freedom", to Roger Whitaker's "New World in the Morning". Remember! Singing is good for the heart!

VOLUNTEER REPORT

By *Mary Pearson*

HELP ME!!! I need your reports for 2006 to complete my report to Leslie. Thank you to everyone who has handed in his/her hours already. I shall be able to report the number of 2006 hours you gave to the centre in my next report.

REMINDER: Make my life simple. At the end of March, please hand in your volunteer hours sheet.

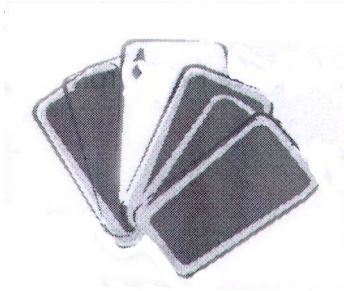
Fun & Games

FUN BRIDGE

By *Juliette Viens*

EUCHRE NEWS

By *Eric Scheuneman*



Our Christmas Luncheon on December 12th, 2006 was a huge success with Turkey and all the trimmings. We had a record attendance of 44 members.

The success of our Luncheon was due largely to the whole-heartedness of our Committee and all Euchre members who helped in many ways. I cannot stress too much on the devotion everyone gave throughout the past year which has made my duties ever so pleasant. Thanks to everyone.

I gave each Committee Member a small Christmas Gift: Gisele Buchan, Mary Buchanan, Cam Frederick, Ferd Ortiz, Judy Wilson & to Neil MacDonald and Ross Kerr who served the meal. I also donated 11 door prizes which were won by: Myrtle Deavy, Ernie Declare, Donnie Duval, Lorna Holbrook, Bill Edwards, Shirley Lahey, Irene Lepage, Florence McKenzie, Emma O'Connor, Dorothy Peck & Frank Rosen. Cam Frederick, Judy Wilson & Donnie Duval helped with the distribution of the tickets and prizes.

To date we have over 60 members and everyone is welcome at our Tuesday afternoon Euchre games. A suggested arrival time of 12:45 pm would be appreciated.

Happy New Year to All!!

There was a good turnout for the December 22nd complimentary luncheon. Punch was served with delicious sandwiches and dessert; bridge followed at the usual time. There was also a potluck luncheon on December 29th with an attendance of 31 members.

Fun bridge has started off well in 2007 with 71 members signed up. We have an average attendance of 50 to 60 members each week.

CRIBBAGE CLUB

By *Jeannette Duggan / Pat O'Connell*

A new year has begun!!

Hope everyone had a super Holiday Season. Our Christmas Dinner was a great success. Everyone seemed to have a wonderful time. Delicious food, good company and music supplied by Carol Campbell, who, by the way, was our top player of the year. Thank you and **Congratulations Carol!!**

Fifteen two.., fifteen four.., see what else you can add to your score. The game is Cribbage, the aim is to have fun. Join us, alone or as a couple, it doesn't matter. We have tables of 2 people, 3 people as well as 4. We play every Tuesday and Thursday at one o'clock. Looking forward to meeting you!!

"500" CARDS

By *Shirley Spour*

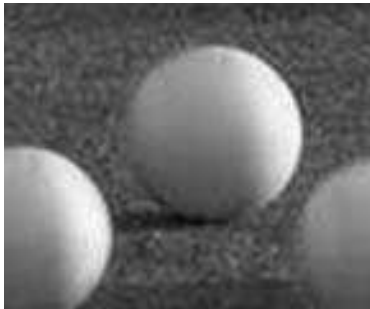
Trying to keep you up on the latest with our club. On December 7th we finished up 2006 with a lovely Christmas dinner. This year we thought, to make it easier on everyone, we ordered homemade meat pies made by Sir Guy Carleton High School students. We picked them up cooked and hot, served them with a salad, cheese tray, dips and lovely homemade goodies were brought by some. The meat pies were served by Bill Wilson, Donnie Duval and Shirley Spour. Ferd

Ortiz made and served punch. It seemed like everyone was full and enjoyed it all!

Thanks to everyone and anyone for the great help, which made it a wonderful success. Now we are into 2007, time goes by so quickly. See you at "500" on Thursdays at 1:00 pm.

CARPET BOWLING

By *Bill Lambert*



We Carpet Bowlers have had a wonderful January and February; not down in the Sun, but still lots of fun! We still average three carpets each session with 14 to 18 players, but not

always the same faces.

Rejoining us in January, to a warm welcome, were Sheila Fullerton, Marg Hyland, Arthur Scobie, Harry Sampson and Shirley McDonald. All were in top form and high spirits, including Arthur. He had planned to travel south after Christmas, but no such luck. Remember the line in the last issue of the Hub? It went, quote, "If you don't learn to laugh at trouble, you won't have anything to laugh at when you get old." That's Arthur's philosophy and the philosophy of all Carpet Bowlers. We are still young at heart.

Speaking of which, we hope we see some new faces at the Blahs Bash on Friday, March 2. Come join our "Happy Gang" if only for the afternoon. We would love to have you.

5-PIN BOWLING

By *John Kay*

Since our Christmas break, we have had some good scores from our bowlers. On the men's side, Lloyd Marcille had a 298 game

and Bill McKay had a 296 game. Lloyd had a cross of 797 and Bill had a cross of 706 for the same day. On the women's side, Lois Francis had a 254 game and a 625 cross for the same day.

NEWS FROM THE OFFICE

Day Trips

Once again we have reserved seats with Ottawa Valley Tours, and if we get 10 participants on these trips they will pick up at the Centre. If there are less than 10, the pick up will be at Lincoln Fields Shopping Centre, Wal-Mart entrance. You can register at the Centre for these trips by cheque, payable to Ottawa Valley Tours, or by credit card.

Irish Shenanigans – March 17 \$120.00: You will travel to the Bay of Quinte County where you will enjoy lunch at the Old Lumber Mill Restaurant in the quaint village of Stirling. Following lunch you will claim your seats at the Stirling Festival Theatre for a Don Messer tribute with Tom Leadbeater and Marie Gogo. They will lead an impressive cast of singers, dancers, musicians and comedians and maybe a leprechaun or two! There will be a stop at the Ivanhoe Cheese factory on the way home. The cost includes transportation, lunch and the show.

St Eustache – April 11 \$67.00: You will head to St Eustache and enjoy a traditional home-cooked lunch served by the Constantin family. Following lunch you will have time to enjoy line dancing, a walk through the sugar bush or a visit to the gift shop to purchase some maple products before returning to Ottawa. The cost includes transportation, lunch and entertainment.

Spring Programs

The spring session starts at the end of March / beginning of April.

Happy Tappers: April 10 – May 29 Tuesdays 1 – 2 pm \$54.00 (must have some previous tap experience).

Chair-ercise: March 28 – June 27, Wednesdays & Fridays 9 – 10 am, \$85.50.

Tai Chi: April 3 – June 5, Tuesdays, Level 1, 11 – 12 pm, Level 2, 10 – 11 am, Level 3, 9 – 10 am, \$65.50

Weight & Balance Your Life: April 3 – June 7, Tuesdays & Thursdays, 11:30am – 12:30 pm, \$85.50

Line Dancing: April 2 – May 28, Mondays, 11 – 12 pm, \$ 34.00 There will be no class on April 9, Easter Monday.

Membership Renewal

Just a friendly reminder that your membership fees for 2007, are now due. If you have not already done so, please drop by the front desk to take care of payment or send it by mail. If you are sending it by mail, please note if there are any changes to your personal information. The fee remains the same at \$21.75. We accept cash, cheque, debit and credit as methods of payment. Thank You!

2007 Volunteer Management Board

I am pleased to introduce you to your Board members for this year:

Chairperson - Wilma Matchett
Vice Chairperson – Betty Usher
Treasurer – Sandy McHaffie
Assistant Treasurer – Howard Chamberlain
Volunteer Coordinator – Mary Pearson
Assistant Volunteer Coordinator – Diane Berryman
Public Relations Coord.– Carol Laplante
Assistant Public Relations Coord. – Margery Harper
Special Events – Ruby Griffiths
Secretary (ex-officio) – Patricia Hancock

The Hub Newsletter Mail-outs

It has been brought to my attention that not all of you read your bi-monthly Hub newsletter... gasp! If you would like to be removed from the mailing list, please call Leslie at the office. This means that you would no longer receive the newsletter or any other special mail-outs that the Nepean Seniors Recreation Centre might send i.e. Travel Club flyers. Of course if you find that you start to miss our mail-outs, you can certainly be added again...no charge!

We Need Your Assistance

The Volunteer Management Board of the Nepean Seniors' Recreation Centre would like to receive estimates for a sturdy "stand-alone" bookcase to be placed in a corner of the meeting room off the Heritage Room of the Centre. The bookcase would need to be at least six feet high and possibly with lockable storage cupboards on top.

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The shelves should be adjustable, although it is accepted that at least the centre shelf be fixed to provide stability. If any of our members are interested in undertaking this project, please contact Leslie for further information. We would also be interested in getting recommendations from our members of recommended carpenters.

CREATIVE CRAFTS

By *Donna Butler*



Our group has been busy in a few different areas. Some mornings you may find us tying quilts for Victoria Quilts. For those who aren't familiar with

these quilts, they are made from all cotton, and are given to cancer patients. Anyone can submit a cancer patient's name to Victoria Quilts to receive one of these quilts. Other days you might find us knitting and crocheting for the Canadian Red Cross and for our craft sales. The major part of our knitting, crocheting and sewing really takes place in our homes.

Since Christmas we have sent a lot of items to the Red Cross: 12 scarves, 6 scarf and hat sets, 57 hats, 1 pair mitts, 2 afghans and 2 baby blankets. We hope this will help to make the needy in the city more comfortable. Another charity was pleased to receive some of our adult size hats just before Christmas.

With our craft sales we have made \$830 before Christmas and \$670 with our Quilt Raffle. We want to thank everyone who supported us in these endeavors and a special thanks to the Choir and the Euchre Club for selling the most tickets on our Raffle. To this date we have made \$5,900 for the Senior Centre.

We meet Thursday mornings from 9am to 11am in the Craft Room. We welcome new members. We always are pleased to receive donations of yarn.