



THE hub

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

Mar/Apr08

WORD FROM THE CHAIR

By *Betty Usher*

We're well into 2008 with snow, winds, drifts and cold, but we're warm and doing well here at the Centre! Lots going on and in particular, our 20th Anniversary this year. We have a committee already starting to think of how we can celebrate. What we'd like from you are some more ideas. More importantly, if you are interested in being part of small groups involved in helping organize some aspect of the celebrations, let Leslie know you are willing and able. As well, we are looking for members who were part of the Centre in 1988, our inaugural year. We know that curling and shuffleboard were already active groups just prior to the opening in October 1988. Were you there? Do you know anyone who was there? Please let us know. See you at the Centre!

UP AND COMING

Military Whist: The next one will be held on **Friday March 14th at 7:00 p.m.** The cost is \$6.00 and includes cash prizes and delicious refreshments. The one after that will be on **Friday April 18th.**

Lunches at Sir Guy Carleton Secondary School
When: Thursday, March 20th. Tickets will go on sale starting Monday March 3rd. 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 17th,** with tickets going on sale starting Tuesday April 1st...no joke!

Slots Trip: The next Slots Trip is taking place on **Tuesday, March 18th.** The bus will be leaving the Seniors Centre at 4:00 pm and returning around 9:00 pm. Cost is \$12 for members, \$15 for non-members and it includes transportation, \$10 token voucher and \$5 food voucher. Please see the enclosed flyer for all the details.

Sugarbush Trip: We will be heading by Motorcoach out to Templeton Sugar Camp on **Monday, March 31,** followed by a stop at Balderson Cheese Factory. Register early, as the deadline is March 24th. Please see the enclosed flyer for all of the details.

OACAO Dart Tournament: The seventh annual OACAO (Older Adults Centres Association of Ontario) Dart Tournament will be taking place at the Gloucester Seniors Centre on **Friday, April 4th.** The cost is \$40 per team of 4, which includes at least 8 round robin games and lunch. In the past we have won the trophy, so it would be great to have it come back here to our centre. Additional details and

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registration forms are on the bulletin board in the Heritage room. They will hold 2 spots for our teams until March 14th so, if you are interested, please let me know soon.

NEWS FROM THE OFFICE

Membership Renewal: Just another friendly reminder that your membership fees for 2008, 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!

2008 Volunteer Management Board Members:

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

Chairperson - Betty Usher

Vice Chairperson – Steve McIntosh

Treasurer – Sandy McHaffie

Assistant Treasurer – Howard Chamberlain

Volunteer Coordinator – Mary Pearson

Assistant Volunteer Coordinator – Diane Berryman

Public Relations Coordinator– Carol Laplante

Assistant PR Coordinator – Margery Harper

Secretary (ex-officio) – Patricia Hancock

20th Anniversary: We will be celebrating the 20th anniversary of the Nepean Seniors Recreation Centre in many ways, but the big event will take place on **October 30th**, the same day that the Centre opened. As Betty Usher mentioned in her Article from the Chair, a committee has been formed to help coordinate the events, but sub-committees will need to be formed. If you are at all interested in helping out, even in little ways, please contact Leslie Dondale.

Indoor/Outdoor Walking Clubs: Due to the frost and snow outside, the walking club has moved indoors until the end of April. It is now taking place at the new Superdome at Ben Franklin Park, located at the corner of Hunt Club and Greenbank. It is offered Mondays, Wednesdays and Fridays between the hours of 8 and 10 am and Tuesdays and

Thursdays between the hours of 2 and 4 pm. A \$1 drop-in fee applies. On Wednesdays, the Superdome offers complimentary tea/coffee. So no more excuses get out and get healthy!

Don't want to walk indoors? Well Spring is coming and if the trails are in good enough shape, the outdoor walking club will start up the end of April or beginning of May (as I am writing this, there is a wind chill of -29 and more snow to come!).

The group walks Mondays, Tuesdays and Thursdays at 9:30 am on the trails behind the Sportsplex. Please call the Centre before showing up to verify whether the conditions are good or not. We will also be offering a demonstration for Nordic Walking in May. Details will be in the next issue of the Hub.

Snowshoeing / X-Country Skiing: At the meeting it was decided that to start, both groups would meet at the same location on the same day. **The group meets on Fridays at 1 pm.** It is a social group looking for some exercise in the great outdoors, not an Olympic trial. There is no charge, but you must be a member of the Seniors Centre. The group meets at different west-end trails each week, so please call the Centre to find out where we will be the particular week you want to come. If there is a forecast of a wind chill of -25 or colder, we will not be going out. Remember to dress in layers, particularly ones that wick moisture. We hope to see you out!

Photographer needed: Did you just get a new digital camera for Christmas and you are dying to snap photos? Perhaps you have had one for a while and are eager to display your skills. The Centre is looking for a few people who would be willing to take photos at our special events. These photos would be posted on the website. Please contact Leslie, the Seniors Centre Coordinator, if you are interested.

SPRING PROGRAMS

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

Happy Tappers - April 8 – May 27 Tuesdays 1 – 2 pm \$57.50 (must have some previous tap experience)
Barcode: 343474

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Fun & Games

500 CLUB

By *Ferd Ortiz*



We have started the new year and would like to meet any new members who would enjoy playing 500. We are a friendly group who meet Thursday

afternoons from 1 to 3:30 pm. If you do not know how to play, come out and we will teach you. We start coming in about 12:30 pm to get set up. Looking forward to meeting you.

DUPLICATE BRIDGE

By *Peter Warner*

Duplicate Bridge attracts more eccentric, ego-centric dilettantes than any other activity one can think of.

The same people who cry into their "decaf" over \$1.25 for an afternoon of Bridge will cheerfully fork over thousands of dollars to go on a Bridge Crooze. For a king's ransom, what do they get? An opportunity to shake the captain's hand; drool over the statuesque Queen of Entertainment in her micro-mini and then (after Life Boat Drill) troop into a crowded card room to play Bridge while the S.S. Oceanic Leviathan heads towards open water, sunshine and ports exotic...sort of.

This is a preamble to a conversation that took place on a recent Wednesday evening (between hands). Someone was bemoaning the fact that she couldn't possibly take a cruise because she had five cats to consider. No prizes for guessing!

Leona, ever ready to help, thought someone of suicidal bent, might sponsor a Cat Crooze, which screams for an article on 'How to Herd Cats'. Over to you dear readers.

CRIBBAGE CLUB

By *Jeannette Duggan*

Wow, how time flies. The holiday season is but a memory and we are well into the cold of winter. We cannot forget, however, our Christmas party where we celebrated our endeavors throughout the Cribbage year.

Gerry Geis very graciously accepted the trophy for top player of the year. He thanked us all for being such good partners. Thanks Gerry, we do need a good boost every once in a while.

There was also a little black & white handed out to one of the players. You know what I mean. It starts with an S and ends with a K. Well, this player also thanked all the partners who helped him along the way. What a sport.

Many thanks go to Pat O'Connell who keeps things running smoothly every week. You are doing a fantastic job Pat.

We look forward to our Cribbage games every Tuesday and Thursday afternoons from 1:00pm to 3:30pm. We have a great group. If you would like to join us, just drop in about 10 to 15 minutes before starting time and we will find you a seat. You would be more than welcome.

EUCHRE NEWS

By *Eric Scheuneman*

Our Euchre Club operates from January to December each year on Tuesdays commencing at 1 pm. It is suggested that players arrive about 15 minutes early so partners can be arranged etc.

During the last few months we have had newcomers and hope they become members. New players are always welcome.

We have at least two luncheons during the year and a 50/50 Draw once a month with 3 or more winners,

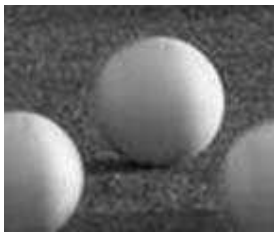
depending upon the number of entries. At the last draw there were 3 winners as follows:
Myrtle Deavy, Sylvia Robins, and Eric Scheuneman.

Our Executive consists of 6 members and all have served continuously over 3 years. We have approximately 5 to 10 members who have had over 10 years service.

Our Clubs' success has been due to the complete devotion of both Executive and Regular members' willingness to help in many ways.

CARPET BOWLING

By *Bill Lambert*



Christmas and its celebrations are now behind us. The Carpet Bowlers hope every member of the Senior Center enjoyed the festive season as much as we did.

Now it is time to look forward to the New Year and be prepared, insofar as is possible, for what the New Year brings. One of its Blessings is bound to be the Senior Center itself, with its many welcoming activities, and its hard working Volunteers and Staff. Thanks a million guys and gals.

One wonderful activity is Carpet Bowling. We averaged three carpets and 14 players during the Fall session. Each filled with hilarity fun, tense moments and creative shots that took ones breath away. No losers in this game, everyone is a winner. We will lose one or two regulars this winter to the lure of the sunny south. However we are expecting some lost sheep from previous years to return to the fold.

Every member of the Center is welcome to try this activity. Check the schedule on the back of every "Hub". Come join us in this healthy, but mild exercise. You will get a regal reception.

5-PIN BOWLING

By *John Kay*

The following bowlers have achieved the following scores:

Male Single	303 Ray Stewart
Male High Cross	788 Ray Stewart
Female Single	258 Ida Marcille
Female High Cross	652 Ida Marcille

We are having about 25 members per week. There is room for more interested bowlers. Please feel free to come out on Mondays at 1:00 p.m. at Merivale Bowling Lanes.

FLOOR SHUFFLEBOARD

By *Ron Taylor*

Yes we are having lots of fun at 1 pm Mondays and Wednesdays. Our group is slowly growing, but we could use extra bodies on Wednesdays. The game is easily learned. Come out and have a look see. We are a friendly bunch.

FUN BRIDGE

By *Juliette Viens*

On December 28, we had 28 players who attended our last bridge game for the year 2007. We celebrated with a potluck spread, which delighted everyone.

Our attendance is approximately eleven tables. We offer a friendly atmosphere, particularly between 12:30 and 1 p.m., at which time the bell rings and the bridge begins. You do not need a partner if you arrive before 1 p.m. We change partners every thirty minutes (no scoring nor guilt); however, scoring is allowed if desired. On February 1st there was a good snowfall (blizzard)... however, eight hardy souls showed up to play bridge.

This March we will welcome the arrival of Spring, with friendly companionship on Friday afternoons in the Seniors Centre at the Sportsplex. You are welcome to join us.

WEDNESDAY BRIDGE

By *Gopal Kunchur*

Bertha and her "tout le gang" did it again. We had a grand Pot-Luck Christmas Lunch on 12th of December. We want to thank all organisers and participants. Usual Punch was missing due to late arrival of Ferd and Rose who are moving to their new Condo. Hopefully, they will bring 'Mr. Punch' back.

Now, let us talk about "Splinter Bid". To show void or singleton with support to partner's suit, splinters are employed. Double-jump in partner's major suit with a minimum 4 card support with 12 or more points, bid your singleton or void. The singleton cannot be Ace or King. The advantage of "Splinter" is that, a game can be reached even with only your combined 19 or 20 points. For example, when partner bids one spade, your bid of 4 clubs, 4 diamonds, or 4 hearts shows your void or singleton in the suit you bid.

NEPEAN SONGSTERS

By *Kevin Smith*

2008. Another year to celebrate. Another year to join with friends and to sing all the old familiar songs from Chattanooga Choo Choo to the Viennese waltzes.

Join us, the Nepean Songsters, for a morning of merriment and song, every Thursday from 9 - 10:30 am at the Nepean Sportplex and approximately every second week for singouts throughout the city. No auditions are required and no special training is needed. If you like to sing...we would like you to join us.

We are fortunate to have Dr. Sandra Vandenburg as our Director and Barbara Creech as our Accompanist. We sing a combination of unison and four-part harmony in order to encourage the broadest possible participation. Chorus membership is expanding and is currently approaching 70 active, full-time voices. It's your time...take advantage of it.

TREASURER'S REPORT

By *Sandy McHaffie*

For details of our finances throughout the year, you will find monthly reports (with the Board Minutes), on the board in the Heritage Room (or see Leslie or the Treasurer).

Thanks to great fundraising by members, our bank account recorded a surplus, at least some of which should be put towards spending on activities to benefit the Centre and members during our 20th Anniversary year, 2008.

During 2007 we gave funds to a number of Activity Groups to purchase equipment – Curlers, Songsters, Crafters, etc. We purchased a new refrigerator (complete with lock) for sole use by the Special Events Committee for sandwiches and other foodstuffs. This will avoid the problem of too many people using the same 'fridge. Display cupboards were purchased for Creative Crafts and placed in the Heritage Room for the great crafts they produce. We are also in the process of purchasing a proper and reasonable bookcase for the paperbacks in the Annex to the Heritage Room to make them easier to locate and store. The financial books, which are now closed for 2007, will be audited in due course, and the results published in the Board minutes. The continued financial success of the Centre depends on our members and their efforts – keep it up, everyone.

TRAVEL CLUB

By *John Flook*

The November cruise to Australia and New Zealand was a resounding success. Our contingent of seventeen had the experience of a lifetime, enjoying everything—the beautiful Sydney Opera House, the magnificent New Zealand fiords as well as numerous side trips to view native wildlife (kangaroos, koala bears, wombats, kiwi birds, etc.), “pub crawl”, train rides, sheep ranching, and more. There was something for everyone to enjoy. The fondest

memories for many of us will be the group camaraderie and sharing the day's experience over a delicious meal! Hopefully you will all be able to share similar enjoyment on future trips! A picture of the happy group appears on the Travel Club's Bulletin Board in the Heritage room.

A presentation of our planned June 2008 bus tour to Quebec City was offered on January 21, 2008, and was attended by a large group of enthusiastic members. Registration began immediately after the presentation and approx. 70% of the seats were sold. One week later, as this report is being written, 80% are sold. This trip promises to be an exciting and rewarding experience. This year Quebec City is celebrating its 400th anniversary and we are looking forward to a wonderful trip. If you haven't signed up yet, you are encouraged to do it soon to avoid disappointment. The trip will leave the Sportsplex June 10 returning June 13. For further information contact Pat Duggen 613 225-6106, Sheila Pitt 613 723-8559 or the front desk at the Sportsplex .

On October 17, 2008 The Travel Club, under the direction of Judith Mohindra and Connie Walsh, will lead a trip to Washington DC. The Presentation will be made in the Heritage Room on April 14, 2008 at 10:00 am. This will be a very popular trip and I would recommend that you plan to attend this presentation. Details are on the enclosed flyer. This trip will sell out quickly so register ASAP. Registration starts on April 14th.

VOLUNTEER REPORT

By *Mary Pearson*

A GREAT BIG **THANK YOU** to everyone for handing in your hours. Seventy-eight individuals recorded 6,976.3 hours; Nepean songsters 6,412 hours; Duplicate Bridge 1010 hours. The GRAND TOTAL of 14,398.3 was the overall number of hours you gave to the centre in the year 2007. Twenty- four individual volunteers, each recorded over one hundred hours.

CONGRATULATIONS to each and everyone of you.

THE HUB

MARK YOUR CALENDAR: ---- end of March ---
Please hand in your volunteer hour sheets.

SPRING PROGRAMS (CONT'D)

Chair-ercise – March 26 – June 20 Wednesdays & Fridays 9 – 10 am \$92.00 Barcode: 343380

Tai Chi – April 8 – June 10 Tuesdays Level 1 11 – 12 pm Barcode: 343453, Level 2 10 – 11 am barcode: 343461, Level 3 9 – 10 am Barcode: 343464. All levels are \$65.00

Weight & Balance Your Life – March 25 – May 29 Tuesdays & Thursdays 11:30 – 12:30 pm \$92.00 Barcode: 343429

Line Dancing – March 31 – May 5 Mondays 11 – 12 pm \$ 36.50 barcode: 343485

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. If you have any questions, please speak to Leslie or a Board member.

Dec 14	Joanne Hambrook – not registered
Dec 28	Evelyn Mayerlen – registered – She won \$487...Congratulations!!!
Jan 11	Wanda Flowers– not registered
Jan 25	Loretta McCrank – not registered
Feb 8	Hanne Havens – not registered

A note from our neighbors next door:

Lawn Bowling season is fast approaching. It begins with Open House on 10 May, and is located in front of the Sportsplex at 1701 Woodroffe Avenue. For further information, please call Gerry Laporte at 613-825-4345 or Lynn Andrews at 613-226-7153.