



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

Mar/Apr09

WORD FROM THE CHAIR

by *Steve McIntyre*

I hope all of you have kept your New Years' resolutions. If it included becoming more active, then the Nepean Senior's Recreation Centre has a variety of programs to choose from. Please keep in mind the Winter Blahs Bash scheduled for February 27, 2009. Details were provided in last month's Hub but are available at the front desk of our Seniors Centre. Fee \$8.25 for members, \$9.25 for non-members, which includes Tim Horton's soup, sandwich and dessert.

In last month's Hub I stated we currently have a vacancy on the Board. Thank you to Betty Usher for volunteering to continue on the Board.

UP AND COMING

Military Whist: The next one will be held on **Friday March 20 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. The following one will be held on April 24. Tickets will go on sale following the one in March. We will be looking for volunteers to assist with the making of sandwiches and helping out with

the coffee and tea. If you are willing to help out one evening, please let the staff know.

Blahs Bash: Don't forget that the Blahs Bash will be held on **Friday, February 27th**. Please note that we will also be offering Nintendo Wii bowling, tennis and golf in the afternoon, for anyone who wants to give it a try.

Lunches at Sir Guy Carleton Secondary School:
When: Thursday, March 12th. Tickets will go on sale starting February 20th. **Cost: \$6.50.** 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 next one will be **Wednesday April 8th** (Please note the day of the week). Tickets will go on sale starting March 16th.

Slots Trip: The next Slots Trip is taking place on **Tuesday March 31st**. 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. The one after that will be on **Tuesday June 2nd**. The same incentives will apply.

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OACAO Darts Tournament: The eighth annual OACAO (Older Adults Centres Association of Ontario) Dart Tournament will be taking place at the Gloucester Seniors Centre on **Friday March 13th**. 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 registration forms are on the bulletin board in the Heritage room. They will only hold spots for 2 teams per Centre, so you need to decide quickly if you are interested.

Spring Programs

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

- Tap Dancing Level 1- March 24 – May 26
Tuesdays 2 – 3 pm \$60.00 Barcode: 386536
- Tap Dancing Level 2- March 24 – May 26
Tuesdays 1 – 2 pm (must have some previous tap experience) \$60.00 Barcode: 386551
Thursdays – March 26 – May 28 1 – 2 pm
(must be registered in Tuesdays class in order to register in this one) \$60.00 Barcode: 395434
- Tap Dancing Performance Group- March 26 – May 28
Tuesdays 2 – 3 pm (must have some previous tap experience) \$60.00 Barcode: 395455
- Line Dancing – March 23 – May 11 Mondays
11 – 12 pm \$34.25 Barcode: 386569
- Chair-ercise – March 25 – June 24
Wednesdays & Fridays 9 – 10 am \$ 95.75
Barcode: 386487
- Tai Chi – April 7 – June 9 Tuesdays Level 1
11 – 12 pm Barcode: 386506, Level 2 10 – 11
am Barcode: 386514, Level 3 9 – 10 am
Barcode: 386521. All levels are \$65.00
- Weight & Balance Your Life – March 24 – May 28
Tuesdays & Thursdays 11:30 – 12:30 pm \$95.75
Barcode: 386497
- Nordic Walking – April 17 – June 12 Fridays
10 – 11 am \$45.25 Barcode: 386588

Registration starts on Thursday March 12th. You can register here at the centre, online or at any Client

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Service Centre or Community Centre across the city of Ottawa.

NEWS FROM THE OFFICE

Membership Renewal

Just a friendly reminder, that your membership fees for 2009 are past due. If you have not already done so, please drop by the front desk to take care of payment. As of January 1st, City Council approved an increase of all membership fees by 2%, which means the new fee is \$22.25. We accept cash, cheque, debit and credit as methods of payment.

2009 Volunteer Management Board

Members

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

Chair - Steve McIntyre

Vice Chair – Sheila Pitt

Treasurer – Ron Lassenba

Assistant Treasurer – Tony Ravenda

Volunteer Coordinator – Diane Berryman

Assistant Volunteer Coordinator – Muriel McHaffie

Public Relations Coordinator – Peter Warner

Assistant Public Relations Coordinator – Betty Usher

Secretary (ex-officio) – Patricia Hancock

Hub Newsletter (ex-officio) – Doug Upex

Hub Phone Calls (ex-officio) – Margery Harper

Outdoor Walking Club

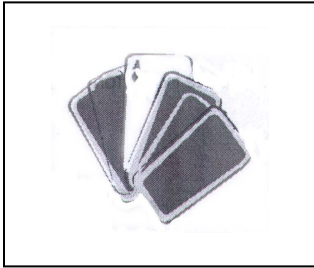
Tired of walking indoors? Well Spring is coming and if the trails are in good enough shape, the outdoor walking club will start up the end of April or beginning of May. The group walks Mondays, Tuesdays and Thursdays at 9:30 am on the trails behind the Sportsplex. Please call the Centre before showing up to verify whether the conditions are good or not.

May is Physical Activity Month - Jump on the Bandwagon! Active Ottawa Actif is again organizing the *Every Day in May Campaign*. Everyone is invited to do 30 minutes of exercise every day in May, colour each tulip on the clock and send in your completed chart in early June for a chance to win prizes. Forms **Cont'd on p. 5.**

Fun & Games

CRIBBAGE

By *Jeannette Duggan*



Again, we would like to congratulate Sadie Adamson for her perfect hand during the last season. Guess who had the worst game during this same season.... You guessed it. At our

Christmas party, Sadie was acknowledged for holding the perfect hand and she received a cute little skunk to soften the pain of having the worst day of the year. It was all in fun and she took it quite well. Of course we cannot forget Gerry Geis, best player of the year once again!! Congratulations Gerry!

We would like to welcome the new players who have joined us lately. Hope you enjoy yourselves as much as we do. For those who would like to play Cribbage, remember, you do not need a partner. All you have to do is show up 15 minutes before the game starts at 1PM and we will find you a seat. We play every Tuesday and Thursday afternoons. You can choose to play once a week or twice a week. It is up to you. We would be happy to welcome you.

FUN BRIDGE

By *Wilma Matchett*

The snow and cold weather hasn't kept this hardy bunch of Canadians from enjoying their bridge games each Friday afternoon. We invite anyone who wants to have a relaxing and fun afternoon game of bridge to come out and join us. If you make it before 1:00 p.m. each Friday we will "adapt" so everyone gets a chance at playing.

Maxine Jones retired as our Activity Co-ordinator effective December 31st, 2008 and Evie Snarr has taken on this role, partnered by yours truly. Maxine had a bad fall in January and is facing a lot of healing and rehab. We will be missing her cheerful presence

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on Friday afternoons for the foreseeable future and wish her a speedy recovery.

Our thanks to Joan Johnston and Wynn MacIntosh for organizing our afternoon snacks and clean-up--and also to all those who contribute to the enjoyment of our Friday bridge games by helping to set up, collect the money, etc.

WEDNESDAY BRIDGE

By *Gopal Kunchur*

We are getting more and more people playing bridge on Wednesday afternoons. As mentioned in our last report, if you wish to be a spare or are looking for a partner, you are welcome to contact Bruce at 737-3687 or Dorothy at 825-5687.

To be a successful bridge player memory plays an important role. Memory, or remembering, is the aspect of recalling, not with retaining. Age is no bar in bridge. A positive mental attitude is absolutely necessary. Waldemar von Zedwitz won World Mixed Pairs Championship at the age of 74 in 1970.

DUPLICATE BRIDGE

By *Peter Warner*

In recent weeks we have seen some exceptional hands dealt; even by the chaotic standards of our favourite game. Reaction has varied, predictably; all the way from, "Let's deal them again" to "We should have an inquiry at the federal level."

Folks! Calm down! One of the chief joys of the game is its unpredictability, deal with it! If someone has been scrambling some of the decks, we all have to play them, hence, DOOPLICATE!

About a year ago I took it upon myself to "prepare" one deck using a hand made famous in literature and intended to crucify one seat; I think it was West but it doesn't matter, the point of hand was lost if it wasn't bid and played "properly." Of 16 tables NOT ONE

followed the script, and knowing what I “knew” didn’t help at all, the other three went their own way.

EUCHRE NEWS

By *Kathi Kerr*

Congratulation to this year’s winners of the High Average Scores Awards held in Oct. They were as follows:

Neil MacDonald	- Overall High Average
Christina Philip	- Ladies’ High Average
Harry Wolf	- Men’s High Average

In early December we moved to our new home in Hall F, located on the 2nd floor of the new arena building extension. Access is great, with an elevator, stairs and even a ramp to use if needed. There were a few glitches but everything is now in place. The extra room for growth is a great bonus. Thanks to Bill Edwards for all his work in moving our Euchre equipment back and forth from the old location. Thanks also to Mark and Leslie for their help in this matter.

Our Christmas luncheon was held on Tuesday, December 16th with 59 members enjoying an excellent meal (new caterer) and holiday cheer. A group of six volunteers went in on Monday (Judy and Bob Wilson, Bill and Claire Edwards, Kathi and Ross Kerr) and decorated the room. Thanks to them, to all of our volunteers who helped out on the day of, and to the Euchre group as a whole for their donations of decorations, desserts and appetites.

Two housekeeping items:

Please remember to renew your Senior Club membership at the main desk, if you have not already done so.

To keep costs and waste down, please bring your own cup for liquid refreshments. We now have a cupboard that is locked in our absence and it is big enough to store the cups. Mark your name on the bottom and “*keep me clean*” is your own responsibility.

We play organized Euchre every Tuesday in Hall F and hope everyone can be there by 12:45 p.m. to hear the announcements, etc. before the card playing starts
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(with Dorothy's bell) sharp at 1:00 p.m.

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

CARPET BOWLING

By *Lois Gonyer*

Attention Lawn Bowlers and those with the same interests. Carpet Bowling needs a boost and is in much need of participants. Drop in and try it at no charge. The times are Tuesdays and Thursdays at 1 pm. If you are interested, please call Lois at 613-226-2731.

CURLING

By *David Goff*

Curling resumed on January 6th, following the Christmas/New Year's break and we are off to a great start of the last half of the Curling Season with excellent turn-outs!

A team skipped by Stu Sturgeon and teammates Carol Goff, lead, Dave Goff, second and Vi Robitaille, vice-skip **won** the second draw at the Richmond Curling Club 222 held on January 23rd. Skip, Brian Cassidy's team of Dorothy Hols, lead, Robert Hols, second and Beryl Arnold, vice-skip came **2nd** in the first draw.

Following a great Christmas Luncheon on December 16th, Social Convener, Ron Gibbins, is hard at work planning for the Closing Banquet and brief Year-End Meeting to be Chaired by, Vice-President, Doug Mackechnie. The Banquet will be held on St. Patrick's Day, March 17th, so, wear some Green! The Meeting will be held, immediately following the Banquet.

To all NSRC members who feel in need of a little exercise after the winter break, join us Tues. & Thurs at 9am in Hall E. The daily fee is \$3.50 & coaching, equipment & refreshments are free!

To all NSCC Members: It was decided at a meeting of the Executive Committee, held on January 13th,

that fees will need to increase to \$4.00 with the start of the 2009-2010 Curling Season. The increase will be necessary in order to meet increases in rink fees, costs of social events and refreshments costs.

NEWS FROM THE OFFICE

Cont'd from p.2

will be available starting May 1st at the Seniors Centre. Everyone wins, because they have developed a habit of getting active every day!

Snowshoeing / X-Country Skiing

At the meeting it was decided that both groups will meet at the same location on the same days. The group meets on Mondays at 10:30 am and 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 the Seniors Centre and uses the trails behind the parking lot. Remember to dress in layers, particularly ones that wick moisture. This will continue until the conditions are no longer suitable. We hope to see you out!

Volunteer Appreciation Event

On April 27, during National Volunteer Appreciation Week, we will be celebrating the volunteers here at the Nepean Seniors Recreation Centre for all the work they do in keeping this Centre running. Invitations will be given out closer to the event.

VOLUNTEER REPORT

By Diane Berryman

Thanks to all the volunteers for submitting their hours. We have a total of 7,790.7 for 2008. If there is anyone who has not yet submitted their hours, could you do so as soon as possible.

The operation of our Centre relies on the support of our volunteers and it is very important that you record your hours and hand them in at the end of each quarter. Record sheets are kept in the cupboard of the Heritage room.

If you only volunteer the odd hour and don't want your name on a sheet, please fill in a sheet with only the activity name. More than one person can record their hours for that group on the same form.

The Volunteer Luncheon has been scheduled for Monday April 27th and we will be sending out the invitations to the Activity Reps to share with their groups.

Thanks again to all the volunteers. Your hard work and dedication helps to make our Centre a success.

TRAVEL CLUB NEWS

By John Flook

A very successful registration was held in January for the trip to Mont Orford in Eastern Quebec. All 50 seats were taken. We are now taking names for a waiting list. There are at present 4 names on the list. The club will forward the deposits to the Hotel on March 31, 2009.

Please note that the Meet and Greet will be held May 25 in the Heritage room and NOT March 31, as stated at the signup meeting. Final payment will not be required until May 25th. There are fridges in the rooms but no coffeemakers. Coffee is available at the Front Desk

There is still time to join the exciting trip to Greece and Its Islands leaving Ottawa April 24 and returning May 8. This is your chance to enjoy exciting Greece. For more information contact the Senior Centre's office.

VOLUNTEERS REQUIRED The Travel Club is looking for volunteers to be members of the Travel Club Executive for 2009-2010. There are 2 members retiring in 2009 and 2 in 2010. Unless these members are replaced as the vacancies occur, the committee will be forced to close. We are looking for members of the Senior Centre who enjoy travelling and would like to assist in choosing the trips the members take. To volunteer, contact the Senior Centre or any member of the executive. The members are Sheila

Pitt-Chairperson, Pat Duggan-Vice Chair, Nancy Wallace, Judy Mohindra, Ross Brown, and John Flook.

TREASURER'S REPORT

By *Ron Lassenba*

The Centre's Annual Budget Report for the year 2008 will be posted in the Heritage Room for your information. If you have any questions please contact Past-Treasurer, Sandy McHaffie for 2008.

Also, a gentle reminder, that your Annual 2008 Financial report for each Activity, is required ASAP.

I look forward to serving you as the new Treasurer and trust that I can capably fulfill that role for the Centre.

CREATIVE CRAFT GROUP

By *Donna Butler*



The Creative Craft Group meets on Thursday mornings between 9 and 11 AM in the craft room.

Our ticket draws at the

Continental Christmas Breakfast were as follows; 1st prize a hooked rug won by Kenna Simpson and the 2nd prize a placement set and matching tea cozy won by Connie Walsh.

A lovely quilt top has been made for Victoria Quilts. A lot of warm hats, mitts and scarves have been donated to local Ottawa and Nepean charity organizations (55 adult hats, 6 children's hats, 18 scarves, 1 pair of mitts and 1 lap afghan).

NEPEAN SONGSTERS

By *Kevin Smith*

The Songsters, a group of sixty-plus male and female voices, are fortunate to have Sandra Vandenberg as our Director and Barbara Creech as our accompanist.

The Nepean Songsters would like to extend a warm invitation to any of our readers who might be interested in joining a senior's choral group. We sing a combination of unison and four part harmony and this year, for the first time, will be developing a repertoire around the theme "Leicester Square to Broadway", a combination of British and American music that is sure to have broad appeal. The response from the chorus has been extremely positive.


Rehearsals are held Thursday mornings from 9:15 – 10:45 at the Nepean Sportsplex and sing outs are scheduled approximately every second week. The Songsters provide an opportunity for seniors to continue their participation in choral music and to share that experience throughout the community at large. Please feel free to drop in any Thursday to participate in one of our practices and to share our hospitality.

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.

Dec 12	Martha Beith – registered – she won \$652.50!!!
Jan 2	Marg Creates – not registered
Jan 16	Dennis Findlay - not registered
Jan 30	George Eaton – not registered

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 12:30 Duplicate Bridge	2 Travel Club Mtg 9:00 x-country skiing/snowshoeing 11:00 Line dancing 1:00 5 Pin Bowling, Floor Shuffleboard	3 9:00 Curling, Tai Chi 9:30 Computer Club 11:30 Wt & Balance 1:00 Euchre, Cribbage, Carpet Bowling, Tap	4 Foot Care Clinic, Chair ercise 1:00 Bridge, Floor Shuffleboard 7:00 Duplicate Bridge	5 9:00 Creative Crafts, Curling, Choir 11:30 Wt & Balance 1:00 Crib, 500, Carpet Bowling, Duplicate Bridge, Tap	6 9:00 Chair ercise 1:00 Fun Bridge, Duplicate Bridge, Snowshoe/X-Country	7
8 12:30 Duplicate Bridge	9 10:30 x-country skiing/snowshoeing 1:00 5 Pin Bowling, Floor Shuffleboard	10 9:00 Curling, Tai Chi 11:30 Wt & Balance 1:00 Euchre, Cribbage, Carpet Bowling, Tap	11 9:00 Board Mtg, Chair ercise 1:00 Bridge, Floor Shuffleboard 7:00 Duplicate Bridge	12 9:00 Creative Crafts, Curling, Choir 11:30 Wt & Balance 11:30 Lunch @ SirGuy 1:00 Crib, 500, Carpet Bowling, Duplicate Bridge, Tap	13 * 9:00 Chair ercise 1:00 Fun Bridge, Duplicate Bridge, Snowshoe/X-Country	14
15 12:30 Duplicate Bridge	16 10:30 x-country skiing/snowshoeing 1:00 5 Pin Bowling, Floor Shuffleboard	17 9:00 Curling 1:00 Euchre, Cribbage, Carpet Bowling 	18 1:00 Bridge, Floor Shuffleboard 7:00 Duplicate Bridge	19 9:00 Creative Crafts, Curling, Choir 1:00 Crib, 500, Carpet Bowling, Duplicate Bridge in Hall A	20 First Day of Spring! 1:00 Fun Bridge, Duplicate Bridge in Hall A, Snowshoe/X- Country 7:00 Military Whist	21
22 12:30 Duplicate Bridge	23 10:30 x-country skiing/snowshoeing 11:00 Line dancing 1:00 5 Pin Bowling, Floor Shuffleboard	24 11:30 Wt & Balance 1:00 Euchre, Cribbage, Carpet Bowling, Tap	25 9:00 Foot Care Clinic, Chair ercise 1:00 Bridge, Floor Shuffleboard 7:00 Duplicate Bridge	26 9:00 Creative Crafts, Choir 11:30 Wt & Balance 1:00 Crib, 500, Carpet Bowling, Duplicate Bridge, Tap	27 * 9:00 Chair ercise 1:00 Fun Bridge, Duplicate Bridge, Snowshoe/X-Country	28
29 12:30 Duplicate Bridge	30 10:30 x-country skiing/snowshoeing 11:00 Line dancing 1:00 5 Pin Bowling, Floor Shuffleboard	31 11:30 Wt & Balance 1:00 Euchre, Cribbage, Carpet Bowling, Tap 4:00 Slots Trip	To make an appointment for Foot Care Clinics, please call Dee at 829-1133.	* = Attendance Draw dates		

2009

