



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

March/April 2010.

WORD FROM THE CHAIR

By Steve McIntyre

As spring approaches, we can start thinking of our gardens or getting outside more often. For those of you who participated in our annual Blahs Bash in February – Thank You!

There are a lot of activities available at the Nepean Seniors Recreation Centre. You are encouraged to take part in as many activities as possible. For those snowbirds who are starting to make their migration back north – Welcome again!

PROGRAM COORDINATOR'S CORNER

By Leslie Dondale 613 580 2828 Ex 2

What's up and Coming

OACAO DARTS TOURNAMENT- The eighth annual *Older Adults Centres Association of Ontario* Darts Tournament will be taking place at the **Gloucester Seniors Centre on Friday, March 5th**. 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 to our centre. Additional details and registration forms are in the Heritage room. There are only spots for 2 teams per Centre, so you need to decide quickly if you are going to compete.

SIR GUY CARLETON LUNCHESES - When:

Thursday, March 11 at 11:30 a.m. to 12:30 pm.

Tickets will go on sale the week of February 22, 2010.

Cost: \$7.50. 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 following one will be on **Thursday, April 22, 2010.** Tickets will go on sale starting the week of April 1st.

MILITARY WHIST - The next one will be held on **Friday March 19th at 7.00 p.m.** The cost is \$6.00 and includes cash prizes and delicious refreshments. The office can tell you if there are tickets still available. The following one will be held on **Friday April 16th** at the same time.

SLOTS TRIP-The next Slots Trip is taking place on **Tuesday March 30th**. The bus will be leaving the Seniors Centre **at 4:00 p.m. and returning around 9:00 p.m.** 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. This is used as a fundraiser for the Centre, so come on out for some fun while supporting your Seniors Centre at the same time. The following one will be on **Tuesday June 1st**. The same incentives will apply.

VOLUNTEER APPRECIATION EVENT- On **Monday, April 19th**, just prior to 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.

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

Tap Dancing Level 1- March 23 to May 25: Tuesdays 2 p.m. to 3 p.m. \$62.50 Barcode: 429616
Tap Dancing Level 2- March 23 to May 25: Tuesdays 1 p.m. to 2 p.m. (must have some previous tap experience) \$62.50 Barcode: 429622
March 25 to May 27: Thursdays 1 p.m. to 2 p.m. (must be registered in Tuesdays class in order to register in this one) \$62.50 Barcode: 429623
Tap Dancing Performance Group- March 25 to May 27: Thursdays 2 p.m. to 3 p.m. (must have some previous tap experience) \$62.50 Barcode: 429680
Line Dancing – March 22 to May 10: Mondays 11 a.m. to 12 p.m. \$35.75 Barcode: 429611
Chair-ercise – March 24 to June 23: Wednesdays & Fridays 9 a.m. to 10 a.m. \$ 99.75 Barcode: 427901
Chair-ercise – Feb 1 to June 21: Mondays 10.30 a.m. – 1130 a.m. \$69.25 Barcode: 442277
Tai Chi – March 30 to June 8: Tuesdays Level 1, 11 a.m. to 12 p.m. Barcode: 429590; Level 2, 10 a.m. to 11 a.m. Barcode: 429595; Level 3, 9 a.m. to 10 a.m. Barcode: 429610. All levels are \$65.00
Nordic Walking – April 16 to June 4: Fridays 10 a.m. to 11 a.m. \$47.25 Barcode: 428256.
Spanish Lessons (beginner) – March 2 to May 4 Tuesdays 9:30 a. m. to 11 a.m. \$63.00 Call the centre if you are interested.

Registration starts on Thursday March 11th, 2010. You can register here at the Centre, online or at any Client Service Centre or at any City Community Centre.

News and Views

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 from our list of **all** members. If no one wins within 10 draws, on that 10th draw we will continue to draw numbers until we have a winner.

It has been noted that the money has been short at times. Please remember that you need to put your dollar (Canadian money, not foreign currency) in the box before signing your name. Thanks!

The results of the last five draws are:
Dec 4 Charlene Percival – not registered.
Dec 18 Audrey Fitzpatrick – she won \$750.00!!
Jan 8 Sheila Aldworth – she won \$65.50!
Jan 22 Marian Novikoff – she won \$72.50!

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Feb 5 Bernice Blackwell– not registered.
Remember: you have to play to win!

MEMBERSHIP RENEWAL - Just a friendly reminder that your membership fees for 2010 are past due. If you have not already done so, please drop by the front desk to take care of payment. Reminder letters have also been sent out. The cost is \$22.25. We accept cash, cheque, debit and credit as methods of payment.

BLAHS BASH - Once again it was another successful year with over 100 participants. I would like to thank the businesses who graciously donated prizes: Loblaws, Metro, Canadian Tire, Swiss Chalet, Sears, Ottawa Valley Tours, Summerhays Grill, PJ Quigleys Bar & Grill, Rockwells Restaurant, Chances 'R Restaurant, Sobeyes and Farm Boy. Please support their businesses.

2010 VOLUNTEER MANAGEMENT BOARD MEMBERS - I am pleased to introduce to you your Board members for this year:
Chairperson - Steve McIntyre
Vice Chairperson – Sheila Pitt
Treasurer – Tony Ravenda
Assistant Treasurer – Ron Lassenba
Volunteer Coordinator – Muriel McHaffie
Assistant Volunteer Coordinator – Ralph Mousaw
Public Relations Coordinator – Peter Warner
Assistant Public Relations Coordinator – Pat Duggan
Seniors Program Coordinator (ex-officio) – Leslie Dondale
Recording Secretary (ex-officio) – Patricia Hancock
Hub Newsletter Editor (ex-officio) – Ken Hancock
Hub Phone Calls (ex-officio) - Margery Harper

Kathleen Platt, one of the original Board members of the Seniors Centre, died in December of last year. Kathleen served on the Board from 1989 until 1991 and her name is on the Volunteer Recognition plaque numerous times for volunteering over 150 hours per year. Our thoughts and prayers go out to her family.

SNOWSHOEING AND X-COUNTRY SKIING-
If the weather cooperates, we will continue **until the end of March.** The Athletic section at the Sportsplex purchased 4 pairs of snowshoes that people can use to try before buying. They are generously allowing the Seniors Centre use of them on **Mondays and Fridays** when we hit the trails behinds the Centre. Please call Leslie in advance if you would like to borrow a pair in order to make sure there are enough to meet the demand. We live in Canada and it's a long winter, so get out and enjoy it, eh!

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 a.m. on the trails behind the Sportsplex. Please call the Centre before showing up to verify if the conditions are good enough.

WHAT WE'VE BEEN GETTING UP TO!

CONTRACT BRIDGE

By Gopal Kunchur: As planned our annual Christmas dinner was held on December 16th. To make room for everyone, the adjoining room was used to accommodate a big spread of food, which included pasta with all the trimmings. The party was kick-started by punch mixed and served by Rose and Ferd Ortiz. Along with others, Diane Berryman, Dorothy Peck, Sheila Tye, Evelyn Clarke, were immensely helpful. Their efforts are gratefully appreciated.

Due to growing interest, more and more people are coming to play. We've had up to 18 tables.

An often-asked question is how do you reply to partner's opening bid of a suit. Simple rule is answer one no trump as a courtesy response indicating you have 6 to 9 points and no 4 card major (heart or spade). Even if you have 5 cards or more in minor with limited points (6 to 9), bid one no trump. Over 1 club or 1 diamond, one heart response shows 4 card heart suit with 6 points or more with no upper limit. If you have more than 9 points and a 4 card minor and a 4 card major, your response to your partner's opening bid of one club should be one diamond first and 1 heart on second round (which tells your partner that you have at least 4 diamonds and 4 hearts). We will explore later how to bid a game with more points and also to consider the shape of your hand.

CREATIVE CRAFT GROUP

by Donna Butler: The Creative Craft Group has had wonderful results from their Christmas sale, with a profit of \$1,044.00. Thank you all for supporting us. This money goes directly to the Seniors Centre and is for the benefit of all seniors. This winter we sent to Nepean, Rideau and Osgoode Community Resource Centre (NROCS): 3 pairs of slippers, 14 adult hats, 11 children hats, 6 children scarves, 14 adult scarves, 8 tee shirts and 1 child's sweater. To the Shepherd's of Good Hope we donated 8 men's tee shirts. We know our work will keep people in our community warm.

We had a very interesting visit from NROCS when they expressed their thanks and appreciation for all of our donations and told us about the many services they offer in our community. They are located in the Merivale Mall next to the dollar store. Their pamphlet listing the help that they offer is on the bulletin board in the Heritage Room. Be sure to have a look at it. Our group also tie quilts for cancer patients once a month for Victoria's Quilts. One of our members has also been giving knitting

lessons. Another baby gift of a quilt to be sent to Belgium is now completed. It is our 5th commissioned baby quilt.

One day our group watched a CD on quilts from Russia. These quilts were brought to Canada in 2007. They were mainly wall hangings. Quilting is very new to Russia and they really don't have the patterns we have in North America. Fabric is also very sparse, but their enthusiasm is very strong.

Cotton-By-Post, a quilt shop, hosts different countries to come to Canada, usually in October, to exhibit their quilts. Recently it was Kenya.

We meet in the **Patio Room between 9: 00 a.m. and 11:00 a.m. on Thursdays**. New members are welcome. We even serve coffee!!

CRIBBAGE

By Ken Hancock: After three years of meticulous scoring and of writing for the Hub, Jeannette Duggan passed on these duties at the beginning of 2010 to the thanks of our leader Pat O'Connell and to the applause of all of us.

As well as having fun we have, on occasion, some memorable moments during our afternoons. Since the last issue of the Hub these have been:

Memorable hands. The year twenty-ten had an exciting start for us when, during our first session of the year, on the 5th January, no less than three of our players:

Bob Jennings
Garry Hearty and
Jeanette Duggan

achieved *memorable hands* of 24 points. A hand of 24 or above is not common, with typically one being dealt every month or so. To have three in one afternoon is outside the experience of any of our current players. This was followed later in January and in February with an incredible eight more memorable hands. These were held by: Anne Stafford, Doris Latour, Jake Enns, Jim Broughall, Ken Hancock, Pat Finter, and Pat O'Connell (Twice). In another surprise, the first session in February started the same way as January with three more of our players:

Bob Jennings
Sadie Adamson and
Shirley Hodgins

achieving *memorable hands* of 24 points. You will note that Bob also did it at the beginning of January!

Memorable round: On the same afternoon as her last memorable hand,

Pat O'Connell

also achieved a *memorable round* while playing a three handed game by scoring 16 three times in a row, for a total of 48 points.

Way to go guys!

The *Current Champion Scorer Contender* (the finalist of which is given an award at our Christmas party) is Lou Webb who has won 58.04 percent of the games he has played. Watch the next issue of the Hub to see if Lou can retain his position.

We have welcomed several new players during the last two months and would be happy to welcome anyone else wishing to join us. Simply show up in the Heritage room any **Tuesday or Thursday afternoon** around 12:45 and we will find you a seat. We start at **1:00 p.m. and go on to around 3:30 p.m.**

CURLING

By Dave Goff: Following the Christmas break, members were keen to get back to curling! A number of teams have been put together by Rich Scott for entry into several Club Friendlies and 222s. If you would like to join a team for some off-site competition, please get in touch with Rich. He's that tall soft-spoken guy!

When the Nepean Seniors Curling Club Executive Committee met on January 12th Gerry Frazer announced that both he and Peter Strecker will retire from the Executive Committee at the end of this season. Doug Hicks will become Drawmaster and Jean Dugas and George Holmes will assist Doug and serve as backup. Dorothy and Bob Hols are also leaving the Executive Committee. Carol and Dave Goff will take on the House Convenors' duties in 2010/2011. On behalf of the Executive Committee and all of our Members I wish to thank Gerry, Peter, Dorothy and Bob for their hard work and dedication to the service of our Club.

As always, the NSCC welcomes New Members **every Thursday** for the 9:00 a.m. draw and curling **from 9:15 a.m. to 11:15 a.m.** FREE lessons are available to new curlers as well as FREE use of equipment and FREE refreshments.

The Closing Banquet Luncheon will be held on March 23rd at 11:30 a.m. following curling. **March 25th** will be the **last day of curling** for the 2009/2010 season.

EUCHRE NEWS

By Kathi Kerr: To allow our players who take Para Transpo or other arranged transportation to finish all nine games before they have to leave we have started playing 5-10 minutes before 1:00 p.m. If everyone arrives before 12:40 p.m. this would allot time for Judy to share her weekly info with us and still allow us to *ring the bell* for an early start. If you arrive after game 1 has started you are asked to wait and join in for game 2.

On Dec. 15, 2009 we held our Christmas luncheon with over 85 members attending. The food was great. Thank you to the servers and to all the people who contributed the wonderful desserts that followed. We had an in-house raffle with prizes donated by Sylvia Robins,

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Noreen Vawer and Janie MacDonald and will use the profits to *buffer our coffers* for the upcoming year. Carol singing followed, with leadership from George Greenwood and his wife Margaret. Again, thank you to all the people who donated to the shelter. Bill and Claire sure had a packed car going home with all the donations.

On Tuesday, Feb. 9, 2010 our Euchre group was unexpectedly joined by our Mayor, Larry O'Brien, who was at the Centre to promote a campaign for improved *Senior and Disabled seating* on the OC Transpo buses. We appreciate that the City of Ottawa is always trying to move forward with these types of issues.

We have again welcomed a number of new players since January, balancing those lost to *Southern Climates* etc. We play organized Euchre every **Tuesday in Hall F** and hope everyone can be there by **12:40 p.m.** I look forward to meeting, greeting and talking with you then.

500

By Lorrie Wilson: We ended our fall session with a Christmas party in December. Arnold picked up the tourtieres at Sir Guy Carleton, other members brought in salads and desserts and we enjoyed a delicious meal and a pleasant afternoon of cards. Donnie was presented with a card and gift certificate in appreciation for all the work she does for the group.

We are happy to have some new members and would like more, so join us at **12:45 p.m.** each **Thursday** in the Heritage Room for cards, snacks, and good company.

FIVE PIN BOWLING

By John Kay: Since returning from the Christmas break, we have had an average of 30 bowlers each week. The following bowlers achieved these records:

Female High Single - 234 Carole Meinecke
Female High Cross - 586 Carole Meinecke
Male High Single - 290 Walter Sweetman
Male High Cross - 679 Walter Sweetman

We have space for more, so come out and have fun on **Mondays at 1 p.m.** at the **Merivale Bowling Lanes.**

FRIDAY FUN BRIDGE

By Wilma Matchett: The winter chill (which hasn't been THAT bad) has not kept our hardy members from participating in Fun Bridge these past two months. Indeed, we have been happily welcoming new members and look forward to greeting more who would like to participate in a relaxed afternoon of fun bridge!

We did treat ourselves to a pizza lunch after reading the offer from Boston Pizza published in the last Hub. The fact that several of our members paid repeated visits to

the serving table attests to how much we enjoyed the pizza. It was a great deal and we received great service from the Hunt Club franchise. Thanks to Maxine Jones, Dorothy Knowles and Verlie Watson who ensured we had tasty snacks these past two months - and to all our members who regularly volunteer to make our Friday afternoons so enjoyable.

NEPEAN SONGSTERS

By Betty Usher: Greetings! This is an advance notice of our annual concert!! It is on Sunday October 24th at 2:00 p.m. in *The Chambers* at Ben Franklin Place. We fully expect it to be a sell-out again so mark your calendar! We have a new repertoire and we guarantee to entertain you! Meanwhile we are singing at senior residences and nursing homes and started at Central Park Place on January 20th.

The Songsters would like to express their appreciation to Ann Griffiths for a donation in memory of her husband, Peter, who with Sandra, was directing our choir at the time of his death. We plan on using this donation to honour Peter's memory in a very tangible way.

Our membership stands at 67 right now. If you are interested, come out on **a Thursday morning 9:00 a.m. to 10:45 a.m. in the Heritage Room.** Sandra Vandenberg is our Director and Barbara Creech our accompanist. My parting message to you is to keep singing – it exercises your lungs and puts a smile on your face!

SHUFFLEBOARD

By Ron Taylor: January and February have been active months for the shuffleboard group, with typically five courts in play at our shuffleboard fun afternoons from **1:00 pm to 3:00 p.m. on Mondays and Wednesdays.** In addition we were pleased to welcome several new players.

As part of the City's program to introduce students to alternative sports, during the first two weeks of January I had the pleasure of spending three mornings with very active groups of easy going teenagers from various high schools, using all of the courts that we have to teach them the fundamentals of Shuffleboard! Perhaps some will be our successors in forty years or so!

As a spinoff from *Accessibility Day* in December, where people with disabilities were able to try out shuffleboard, we were pleased to welcome one woman who returned to join us. Although due to logistical and demographic constraints she will be playing from a different facility, it did prove that you can play and enjoy shuffleboard from a wheelchair, so if you are a senior handicapped in this way, don't be shy, come and join us.

As mentioned in the last issue, our *Shuffleboard Christmas Dinner* was postponed due to a major snowstorm. So one of our members had the great idea of a *Valentines Dinner* instead. And that is what we did, on February 10th, again at Sir Carleton Secondary School. They provided us with a delicious dinner of:

A spring salad with dressing, then;
Chicken breast crusted in almonds,
Lemon rosemary roast potatoes,
Roasted vegetables,
Almond-peppercorn hunter sauce,
Beverages and homemade bread;
followed by

Homemade apple-crumble with (lots of) fresh cream.

TRAVEL CLUB NEWS

by Marion Hopkinson: Our first trip of 2010 left for *Arizona* on February 14th.

We still have limited spaces for the *Philadelphia* trip from May 3rd to the 8th, 2010. Any who are interested please sign up, as registration will be closed March 26th.

Prince Edward Island: September 7th for 6 days and 5 nights, \$1,399 double + tax. A presentation on this trip will be held on **Monday, April 12th at 1:30 p.m.** at the Seniors Centre. A detailed flyer will be available shortly.

New York: A trip to New York City is planned for October. Watch for details of the presentation date in the next issue of the Hub.

Due to personal reasons two of our members have had to withdraw from the committee so we are looking for additional members on the Travel Club Executive. For more information please contact Leslie Dondale.

VOLUNTEER REPORT

By Muriel McHaffie: Many thanks to all members of the Centre who have so willingly volunteered time and effort to keep all our Activities running smoothly.

The number of volunteer hours you put in are sent to the City and help determine the City's funding of our Centre. More hours, more funding!

In 2009 you outdid yourselves, stacking up a total of 12,400 hours, (surpassing the total for 2008 by over 600 hours). How about that for dedication!

Blank Volunteer Forms are kept in the cupboard in the Heritage room. Please be sure to pick up a copy and start entering your Jan/Feb/Mar 2010 volunteer hours.

We can't get along without your efforts, so keep up the good work!

A SPECIAL PRESENTATION

A NEPEAN SENIOR CLIMBS TO THE HIGHEST POINT IN AFRICA TO AID THE LOCAL CHILDREN THERE

On January 16, 2009, at 1.00 p.m. local time, Nepean's Barry Finlay, and his son Chris, stood on the roof of Africa. They had reached the top of Mount Kilimanjaro, Africa's tallest peak at 19,340 feet.

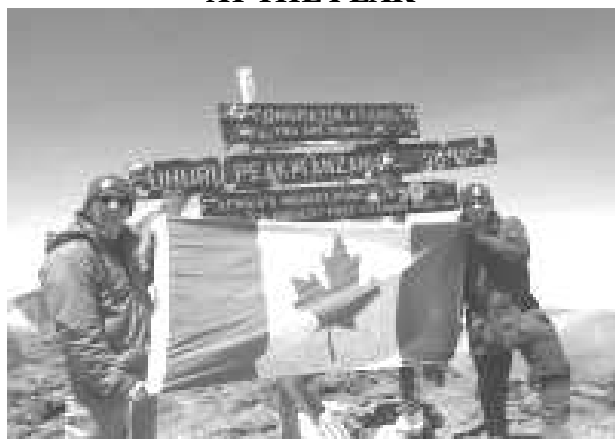
In conjunction with their climb, Barry and Chris partnered with *Plan Canada* to raise money towards building a school and drilling a well in a town close to Kilimanjaro. They carried to the summit a Canadian flag inscribed with the names of over 200 donors and subsequently presented it to school officials in Africa, to be hung in the new classroom.

At the age of 60, Barry's experiences in reaching the summit, meeting the primary and preschool kids and hearing the stories of their dire need for clean water and education, were life changing. His story of dedication and perseverance to reach his goal and to help others reach theirs is an inspiration.

Barry will present his story of the physical and mental preparation and challenges associated with reaching the summit, together with his experience of meeting the kids, on *Thursday, May 13 at 7.30 p.m. in the Heritage room. This presentation is free of charge, however donations made at the event will be directed to Plan Canada for the purpose of finishing the well project. Please sign up at the front desk so that we have an idea of numbers.*

More information on ongoing activities regarding Barry's clean water and education projects can be obtained at www.plankilimanjaro.blogspot.ca.

AT THE PEAK



WITH SOME OF THE CHILDREN

