



NEPEAN SENIORS RECREATION CENTRE
Nepean Sportsplex, 1701 Woodroffe Avenue

March and April 2011

Information: 580-2828 Ext. 2 or www.nepeanseniorscentre.ca



A WORD FROM THE CHAIR

By Dave Butler. Vice Chair - Now that we are over the hectic holiday season, we can start to think about plans for this year and to review 2010.

The main issue that seems to raise its head every time we meet is space. There is an ever increasing need for more of it by most, if not all, groups. Why is it becoming more of a concern? We have not seen a dramatic increase in membership but it has become clear that we are close to the tipping point. Now we must find a solution. Approaches have been to the City through normal channels but without significant results. Therefore the Board has decided to escalate the problem and approach City Executive Management and or the Mayor directly. We believe that greater flexibility in space use within the whole of the Center could at least alleviate the problem for a year or two until the City's fiscal constraints ease a little and our needs become clearer.

The baby boomers are beginning to make their numbers felt. Their needs and demands for activities may well be different than those provided now. The Board has asked me to begin drafting our arguments.

In review, the Christmas breakfast continues to be a favourite event. The food, as usual, was above expectations and the salmon rolls were delicious thanks to *PrimeTime Living Retirement Residences*. The Songsters provided lovely entertainment and lead an enthusiastic sing-song. The Crafters quilt was won by Peter Warner who should be snug during these cold winter nights.

Everyone is in the process of completing their plans for the year and activities are well underway, hopefully keeping everyone out of mischief.

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We have welcomed Shelia back from her holiday full of vim and vigour. Have fun at the *Blahs Bash!*

PROGRAM COORDINATOR'S CORNER

By Leslie Dondale
613 580 2828 Ex 2



WHAT'S UP AND COMING

OACAO DARTS TOURNAMENT - The tenth annual *Older Adults Centres Association of Ontario Darts Tournament* will be taking place at the Gloucester Senior Adults Centre on **Friday March 4th**. The cost is \$40 per team of 4, which includes 11 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.

HEARING CLINIC - Your hearing is one of the most important senses you have in order to communicate with your family and friends. Any decrease in hearing can result in social isolation and frustration.

Barrhaven Hearing Clinic is holding an information session at the Seniors Centre which will give you the opportunity to ask questions and find out about all the latest technology in hearing aids and assistive listening devices. This will take place on **Tuesday March 8th, 9:30 a.m. to 10:30 am.** On-site hearing aid repairs are also available at no charge. To book a hearing

evaluation, please contact the clinic directly at 613-825-3242 and mention that you are from the Seniors Centre.

LUNCHES AT SIR GUY CARLETON SECONDARY SCHOOL - The next Sir Guy Carleton Lunch takes place on **Thursday, March 10th at 11:30 a.m. to 12:30 p.m.** Tickets went on sale after the February 17th lunch. The cost is \$7.50. Tipping is optional - the money will go directly to the students, not the school. The following one will be held on **Thursday April 21st** again at 11:30 a.m. to 12:30 p.m. Tickets will go on sale starting the week of April 4th. These are great three course meals plus homemade rolls and beverage. They are produced and served as part of the student's training, so it is a win-win situation for both groups.

The Christmas lunch at the school was a full traditional Christmas dinner with turkey and all the trimmings and great soup and desserts. Here is a photo of the students who produced and served it.



MILITARY WHIST - The next Military Whist will be held on **Friday March 11th at 7:00 p.m.** The cost is \$6.00 and includes cash prizes and delicious refreshments. Check with the front desk to see if any tickets are still available. The following one will be held on Friday, April

15th at the same time. Tickets for that one will go on sale March 11th.

SLOTS TRIP - The next Slots Trip is taking place on **Tuesday March 29th**. 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 a \$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 one after that will be on Tuesday June 7th. The same incentives will apply.

VOLUNTEER APPRECIATION EVENT - On **April 11**, 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. I know how busy you all are, so mark your calendars now. The lunch will be graciously donated by the Empress Kanata Retirement Residence.

IMPORTANT NOTICE ABOUT SUMMER CLOSURE - The Nepean Sportsplex, including **the Seniors Centre, will be closed** down for a major electrical retrofit **from Monday June 27 until Friday July 8**. There will be no programs running during those 2 weeks. We're sorry for any inconvenience this may cause you. A reminder will be made in the next issue of the Hub.

OACAO Conference - This year the *Older Adults Centres' Association of*

Ontario conference will be held from **October 23rd to October 25th at the Southway Inn in Ottawa**. If you are interested in being involved in the planning or helping out at the conference itself, please contact Leslie Dondale at 613-580-2424 ext 46657.

SPRING PROGRAMS - Please note: The Tap Dance and Stage classes are held at the Creative Arts Centre, 35 Stafford Road, in Bells Corners. All program prices listed are Member prices. Non-Members pay an additional fee.

Tap Dancing Level 1 – Feb 28th to June 20th Mondays 2 p.m. to 3 p.m. \$95.50
Barcode: 654062

Tap Dancing Level 2 – Feb 28th to June 20th Mondays 1 p.m. to 2 p.m. \$95.50
(must have some previous tap experience) Barcode: 654063

Tap Dancing Level 2 – March 2nd to June 22nd Wednesdays 1 p.m. to 2 p.m.
\$109.50 (must be registered in Monday's class) Barcode: 654064

Tap Dancing Performance Group – March 2nd to June 22nd Wednesdays 2 p.m. to 3 p.m. (must have some previous tap experience) \$109.50 Barcode: 654065

Performance Stage Class- March 2nd to June 22nd Wednesdays 12 noon to 1 p.m. \$109.50 Barcode: 654061

Line Dancing – March 21st to May 9th Mondays 11 a.m. to 12 noon \$43.25
Barcode: 642719

Chair-ercise – Mar 21st to June 20th Mondays 10:30 a.m. to 11:30 a.m.
\$50.50 Barcode: 642637

Chair-ercise – March 23rd to June 15th Wednesdays 9 a.m. to 10 a.m. \$54.50
Barcode: 642646

Chair-ercise – March 25th to June 24th

Fridays 9 a.m. to 10 a.m. \$ 54.50

Barcode: 642654

Tai Chi –April 5th to June 7th Tuesdays

Level 1 11 a.m. to 12 noon. Barcode:

642696

Level 2 10 a.m. to 11 a.m. Barcode:

654066

Level 3 9 a.m. to 10 a.m. Barcode:

654067. All levels are \$71.00

Nordic Walking – April 29th to June 17th

Fridays 10 a.m. to 11 a.m. \$51.50

Barcode: 642685

Spanish Lessons (beginner) – March 29th

to May 17th Tuesdays 9:30 a.m. to 11

a.m. \$57.25 Barcode: 644396

Registration starts on-line or touchtone on March 9th at 10 p.m. and in person on March 10th*. You can register here at the Centre, online or at any Client Service Centre or Community Centre across the city of Ottawa.

*With the exception of the Tap and Stage classes as registration is on-going from the winter session.

NEWS AND VIEWS



ATTENDANCE DRAW:

The draw occurs every two weeks on Friday (unless 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 with the attendance draw box, then hope you are drawn from our list of *all* members. If no one wins within 10 draws, then on the 10th draw we will continue to draw numbers until we have a winner.

Please remember to put your dollar in before signing your name.

The results of the last four draws are:

Dec.10 Carole Meincke – not registered

Jan. 7 Terry Li – not registered

Jan. 21 Moira Schell – registered – she won **\$283.00!!!**

Feb. 4 Mary Pritchard – not registered

Remember you have to play to win!

MEMBERSHIP FEE - Just a friendly reminder that your membership fees for 2011 are past due. If you have not already done so, please drop by the front desk to take care of payment. The cost is \$24.00. We accept cash, cheque, debit and credit cards as methods of payment. Don't forget that you can receive the Hub by email. This will help us improve our service to you, while decreasing our costs and helping the environment. Members who wish to *change* from a mailed copy to the large print with coloured images, email copy, please inform the front desk.

OUR THANKS TO OUR SPONSORS -

We would like to thank the following organizations that have, over the last two months, voluntarily provided sponsorship of events, or other benefits to Members.

Boston Pizza: Discounts for the Seniors Centre: Nepean Location (613) 226 3374

Honeybar Products International: 50% discount for all Members. Contact Annette Golding 613 762 8767 or

heuriskien@rogers.com

Lynwood Park Lodge: Treats for the Activity groups (613) 596 6969

PrimeTime Living Retirement

Residences: Packages of cookies for Members: (613) 218 8082

2011 VOLUNTEER MANAGEMENT

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

Chairperson – Sheila Pitt

Vice Chairperson – David Butler

Treasurer – Tony Ravenda

Assistant Treasurer – **Vacant**

Volunteer Coordinator – Muriel McHaffie

Assistant Volunteer Coordinator – Ralph Mousaw

Public Relations Coordinator – Peter Warner

Assistant Public Relations Coordinator – Pat Duggan

Special Events - **Vacant**

Secretary (ex-officio) – Patricia Hancock

Hub Newsletter Editor (ex-officio) – Ken Hancock

Hub Phone Calls (ex-officio) – Margery Harper

BLAHS BASH - Once again it was another successful year with over 100 participants. I would like to thank these businesses who graciously donated prizes: Bells Corners IDA, Loblaws, Metro, Canadian Tire, Swiss Chalet, Sears, Ottawa Valley Tours, Summerhays Grill, PJ Quigleys Bar & Grill, Rockwells Restaurant, Chances 'R Restaurant, Boston Pizza, Sobeys and Farm Boy. Please support their businesses. I would also like to thank PrimeTime Living Retirement Residences for donating the delicious muffins and Bridlewood Trails Retirement Residence for donating the lovely desserts at lunch.

SNOWSHOEING AND CROSS-COUNTRY SKIING - If the weather cooperates, we will continue until the end of March. You need to

provide your own skis or snowshoes and we meet in the lobby of the Seniors Centre. There is no charge, but you must be a member of the Centre. We live in Canada and it's a long winter, so get out and enjoy it, eh!



WHAT WE'VE BEEN GETTING UP TO!

CARPET BOWLING

By Marilyn Ryan - It's hard to believe but the Carpet Bowling season is more than half over already. It has been a really good season so far. We started off the winter with a small group of bowlers from last year but, little by little, our numbers have doubled. It sure makes the bowling more fun and challenging to have lots of enthusiastic people show up each week and, of course, it's great to meet new people.

And to add to the enjoyment, we are getting a couple of new bowling carpets any day soon to replace ones that were badly frayed along the edges. It didn't so much affect the quality of the game but it certainly was a serious tripping hazard. We tried trimming the borders a few times but once the fabric had begun to unravel, it seemed impossible to stop it.

Perhaps with our spiffy looking new carpets, even more people will come by to watch and be enticed to give it a try. So, if you find yourself looking for something fun to do, check out Carpet Bowling. We play every **Tuesday and Thursday** on the **concourse** and ask that bowlers be there no later than **12:45 p.m.** so we can organize the teams and set up

the equipment. The **games begin at 1 p.m. sharp and finish around 3 p.m.**

CONTRACT BRIDGE ♥ ♣ ♦ ♠

By Gopal Kunchur- Last year's Christmas party was a great success due to the tireless efforts of Dorothy, Coordinator; Sheila, next in command; Diane, treasurer; Dinelle, and *bubbly* punch maker and servers Rose and Ferd; along with many others.

We are sometimes running out of space due to rapidly increasing number of players, but of course, more the merrier.

To Bid or not to Bid is always a question on players' minds. Here are some useful tips. Short suits are for control and not points. Add points for long suits. Honour cards should not be in isolation, they must have company of long suits. When you are in third seat you should have at least 10 points after two successive passes. In fourth position after hearing three passes, you should have an opening bid. Here you can observe rule of 15. First count your high card points and add number of spade cards. Open bidding only if this equals at least 15.

CREATIVE CRAFT GROUP

By Donna Butler - We will be moving to **Hall F** from the Patio Room in the near future. We are excited because it will give us more space since our group keeps growing and we have sewers and knitters. We are pleased to have our new cutting table bought by the Seniors Centre Board.



At our Christmas Sale we earned \$717 and through our Quilt Draw we earned another \$540. Peter Warner won our quilt. Thank you everyone for supporting us. Our next big sale will be in the fall at the *Open House* in October, but our sales are on-going from the cabinets in the Heritage Room. Remember we do take on Commission Work.

Our charity work included tying quilts for *Victoria's Quilts* and sending 9 hats, 5 pairs of mitts, 6 scarves, 21 T shirts, 6 childrens' sweaters and 4 cloth dolls to an agency in our community. We also sent hats and mitts to the Snow Suit Fund.

We meet on **Thursday** mornings from **9 a.m. until 11 a.m.** New members are welcome.

CRIBBAGE

By Ken Hancock - This new cribbage scoring year commenced on December 14th, the last session before our Christmas Party. At the same time and as a result of a vote, we started a new method of calculating our score sheet, with the order and the *Current Champion Scorer* contender, being based on the *highest number* of games won, rather than the *highest percentage* of games won. A subtle but importance difference.



Our Christmas Party, which took place on December 15th was a huge success. After having a great three course Christmas dinner and excellent service from Macey's Best Weston Hotel, Pat, our leader, presented, amid much applause, a card signed by all of us to **Nada Wolfe**,

our **club founder**, who had celebrated her ninety second birthday the day before. Next we had our *Champion Scorers Presentations*.



Since the time we released the last score sheet on December 2nd there were a number of changes to the first five on the list and, indeed, to the last person on the list, who gets the *Skunk Chunk*. So we had some surprises.

Carol Campbell, who won 54.67 % of her games, was presented, amid much applause, with the cribbage trophy with her name duly inscribed on it, together with a further small prize. As she is fond of saying it “*was to a worthy cause!*”



Lou Webb who came second, winning 54.34% of his games, Jim Barnes who won 53.77% of his at third, Eunice Kimber winning 52.06% at fourth and Ken Hancock at fifth with 51.90%, also received great applause as they were given their small awards.

The less sought after *Skunk Chunk* was then awarded to a much surprised **Ron Taylor**, who, in common with our other prize winners, also received an additional small prize to great applause.



The leadership of **Pat O’Connell** and treasurer-ship of **Bernice Fyfe** was also recognized by great applause from us all and by the presentation of gifts.

Next was our unique *Now you have it – Now you don’t* exchange of small gifts. One attractively packaged gift exchanged its recipient at least fourteen times before ending up at the lucky finalist. Our party ended with the presentation of a large number of door prizes; by the singing of our songstress, **Lois**; and with dancing. **Garry and Lou** took these photos.



During this two month period we saw a *Memorable Round* of **39** by the team of **Ron Taylor and Dot Steel** on December 30th 2010, followed on January 4th by another one of **39** by the team of **Agnes Simpson and Gerry Juneau** and then on January the 20th, an incredible round of **48 WITHOUT a crib**, played by **Lois Hogan and Barb Scott**. The following session the team of **Andy Pepin and Clint Steel** achieved a *Memorable Round* of **40**.

In January **Leo Villeneuve** achieved the first *Perfect Afternoon* of the year, winning all eight games, followed the next session by the second, achieved by **John Flook** and then, in the session after that, by the third, achieved by **Doris Latour**.

Our current Champion Scorer Contender is **Ken Hancock**, but will he keep his position over the next two months against rivals Jake Enns & Jim Barnes?

We would be pleased to welcome anyone wishing to join us. Simply show up in the **Heritage room** any **Tuesday or Thursday** afternoon around **12:45** and we will be happy to include you in the fun.

We **start at 1:00 p.m.** and go on to **around 3:30 p.m. at the end of eight games.**

CURLING

By Doug Mackechnie - Curling continues every Tuesday and Thursday a.m. until March 24th when the curling rink space gets used for other events. The top teams will be playing off for the medals on March 17th and 22nd.

The closing Luncheon is coming soon with the presentation of curling pins to the winning teams. The Luncheon will be at Capones right at the Sportsplex at noon, Tuesday March 22nd. Former members are welcome, but please reserve your \$20 ticket with Ron Gibbins at the curling rink or at Tel. 820-4208. The Annual Meeting and the election of new officers will also be held at this time.

We have had an active season this year with several new members. If some new people would like to try curling this spring in preparation for next fall please come to **Hall E by 8:45 any Tuesday or Thursday** and you will be assigned to a team for that day. Assistance can be provided to new curlers.

DUPLICATE BRIDGE ♥ ♣ ♦ ♠ - - ♥ ♣ ♦ ♠

By Peter Warner – Post Mortem: Whether your schooling was *classical*, that is it included Latin or Greek, or *Joe lunchbox* and made only passing reference to English, but taught trades and professions, you will be familiar with the above phrase meaning *after death*. Post mortem is and has always been an integral part of the *after chatter* around any bridge table. Typically player "A" says

to his or her partner following a failed contract "Why didn't you- - -? The contract was cold." Then follows a card by card dissertation on what should have transpired.

This is a circuitous route to the subject of *NOISE* in the playing area; few who have been subject to the above kind of dissertation take it laying down and the discussion escalates to a shouting match, very indecorous and not in keeping with what we want to associate with our card game. Some suggestions: 1) Save it until after the game: 2) Remember the 50 or 60 other players may not need your help on how to conduct a T.N.T contract: 3) If you are really good, perhaps you can make a buck teaching? In any event **PLEASE BE QUIET**. Thank you.

EUCHRE NEWS

By Judy Wilson - To allow the people that take Para Transpo, or other arranged transportation, to finish all nine games before they have to leave, we have started playing *5 to 10 minutes before 1:00 p.m.* If everyone arrives before 12:40 p.m. this would give time for Judy to share her weekly info. with us and still allow for an early start.



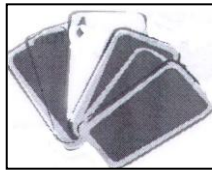
If game 1 has started when you arrive, please wait and join in game 2.

We meet to play organized Euchre every **Tuesday in Hall F at 12:30 p.m.** and the card playing starts with the ringing of the bell. We **end around 3:15 p.m. or soon after.**

I'm looking forward to meeting, greeting and talking with you all then.

500

By Lorrie Wilson - We had a very successful Christmas party with the members preparing the delicious food.



We now have thoughts of a Valentine's Day party. The date is still under consideration.

One of our members had a fantastic score of over 5000. Since the average scores come between 2000 and 3000, it was quite impressive.

Our group is a little smaller right now because of people heading for warmer climes, but we still have 4 to 6 tables each day.

New members are very welcome. We play in the **Heritage Room** each **Thursday from 12.45 p.m. until about 3.30 p.m.** We hope to see you there.

FRIDAY FUN BRIDGE ☺ ♥ ♣ ♦ ♠

By Wilma Matchett and Evie Snarr - Happy Spring everyone! As I write this, we are digging out from the first major snow storm of the 2010-2011 winter season and are hoping that the groundhogs' predictions are correct this year!

A few weeks ago the Fun Bridge Group thoroughly enjoyed a pizza luncheon catered by Boston Pizza. Special thanks to their manager, Vera, for ensuring the timely delivery of the hot pizzas and to Janice Clarke for providing some of her

home made pickles. Evie and I are very appreciative of all the volunteers who came out to help set up, serve, and clean up.

John and Joyce Kobzey were the much appreciated hospitality convenors for January and Evelyn Meyerlen and Marion Novikoff looked after us in February. In addition, some of our members provided us with special treats from time to time: that these disappeared quickly is testament to just how much the members appreciated your efforts. Special mention should be made of a donation of great home made fudge sent to us by Barbara Goble, who is no longer able to join us.

The Fun Bridge Group continues to welcome new players who wish to develop or hone their bridge skills - it is a pressure-free and relaxing **Friday** afternoon **between 1 p.m. and 3:30 p.m.** in the **Heritage** room.

NEPEAN SONGSTERS

*By Betty Usher - The Songsters are well into plans and music for our annual concert on **Sunday, October 23rd at 2 p.m.** We hope to perform in the new theatre at Centrepointe, currently being constructed adjacent to the original larger theatre.*



Our membership now stands at 70 enthusiastic members. We recently welcomed newcomers Ron Williams, George Hay, Lise Landriau, Jeannine Jennings, as well as returnees, Sandra Easton, Lindsay Roy, Audrey and Chas

Edwards. What a pleasure it is to see everyone!!

Our weekly rehearsals are on **Thursday** mornings in the **Heritage Room** at **9 a.m. to 11 a.m.** One of the important activities of the Songsters is to sing in nursing homes and seniors residences. Thanks to Nellie Gervais we have four sing-outs over the next few months - River Park Place; St Patrick's Home; Perley Rideau Vets and Extencicare Starwood.

Last October, for the first time, we recorded our concert and it has been produced on a 2 disc CD. We only have 12 CDs available for sale at \$12.00 each. Check out the website www.nepeansongsters.ca to obtain more information. By the way, this CD contains every song, every laugh and every bit of applause! Thanks for your support.

OUR LIBRARY

By *Bill Wilson* - Our library is located in the **small room attached to the Heritage room** and is operated on an



honour basis. Take whatever books you wish to read and return them when you have read them.

An effort has been made to make the selection of books easier for everyone by categorizing them as fiction, mysteries, romances, etc.

To keep the library fairly neat and easy-to-use, please file your returned books in the proper category or place them in the *return box*.

Donated books are welcome. Please place them in the *return box* for sorting. The books that were deemed excessive to our use have been donated to the Humane Society for their book sale.

In the kitchen area there is a blue container for recycling. If you think a book is too damaged or worn out to be used, please deposit it there.

We thank you in advance for helping to make the library more efficient. If you have any suggestions for improvements, please contact Leslie.

SHUFFLEBOARD

By *Annie Smith* – We have had the pleasure of welcoming several new members over the last two months and now regularly average four to six courts in play at our fun afternoons of shuffleboard from **1:00 p.m. to 3:00 p.m. on Mondays and Wednesdays on the concourse**. Come and join us.



Again this year our Ron Taylor dedicated three mornings of his time in January to teaching young high school students. Shuffleboard is now part of their games curriculum or, as Ron tells them, *it's getting them in training for retirement!*

For your *shuffleboard history* this issue, we thought that you might like to know that the precursor to our game goes back to 16th century England, when people started playing a game of sliding a groat, a large British coin of the day worth about four pence, down a table. The game was called *shove groat* or *slide groat*. Later, a

silver penny was used and the name of the game became *shove-penny* or *shovel penny* and thence *Shuffleboard*.

TRAVEL CLUB NEWS

By John Flook - By the time you read this news, our group of fifteen club members will have returned from the sun and sand in Cuba.



The signup for our trip to the Eastern Townships of Quebec at Mont Orford will also have been completed. If you are interested in this popular destination, please see the front desk to register. This is a fun trip not to be missed.

The Registration for the fall *Historic Trains of California* trip, centered around San Francisco California, will be on Monday March 7th 1.30 p.m. (for more details, please see the flyer that was attached to the last issue of the Hub). This is a trip your committee would recommend you don't miss!

The Travel Committee is still looking for new members and also for destinations for future trips.

VOLUNTEER REPORT

By Muriel McHaffie - Great job again volunteers. Once again you kept our activities going throughout the year and did it so willingly. You bested the 2009 total by almost 1000 hours and, thanks to a late rush, almost everyone submitted their hours.

We will be getting together the names for the Plaques shortly, so if there are still hours to come for 2010, send them in,

and we will be only too happy to add them to our totals. Send them to Leslie, or by e-mail to m.s.mchaffie@rogers.com, or enter them on the forms in the cupboard in the Heritage Room.

MEMBER'S MEMORABLE

ACCOMPLISHMENTS - The *Memorable Accomplishments* that we are highlighting this issue are those of Member **Betty Irving**.



In the past Betty has been a major participant in the *Ontario Senior's Games Association* and here is what she has written for us about this.

"The *Ontario Senior's Games Association* (OSGA) started in 1982 and soon became a province-wide entity with 39 different districts, each organizing local seniors' sports and games, together with competitions between members for each event. Every two years the gold medal winners of each sport or game, from each district, would meet at the *Actifest*, a province-wide friendly competition hosted by each district in turn.

As I love games and a challenge I joined the Nepean District of the OSGA in 1992

so that I could compete in a number of games. I was fortunate insomuch that both individually and with my partner I was fairly successful over the years. *(Editor's Note: Betty is being modest here. As can be seen from the trophies in the photo, she won the Nepean District Triathlon in 1992, their Euchre competition in 1993, Cribbage in 1998 and their darts competition every year from 1994 to 1997 as well as the awards she mentions below)*

For example a few years ago my partner and I were able to win the darts competition which was held that year at the Gloucester Community Centre, bringing the trophy back here to the Seniors Centre where it was on display until the competition the following year. I was honoured to be selected to carry the Canadian flag at one of the opening ceremonies and awards banquet.

In 2006 my partner and I were fortunate at Cribbage here in Nepean, so had the privilege of going to the province-wide *Actifest* held that year in Hamilton, staying at the college there. Again we were lucky and brought home the Provincial silver medal for Cribbage. (See photo)

To our disappointment 2006 was the last year of the Nepean Seniors Games, but I still play Cribbage and Euchre each week here at the Seniors Centre."

This section of the Hub highlights various accomplishments that Members have achieved and which may be of interest to our readers. So if you have had a Memorable Accomplishment in your lives as seniors that you would like to share with our readers, write it up and mail or email it to Leslie or to our editor, Ken Hancock (613 225 6385), or tell it to Ken who will draft it up for your review.

ENJOY THIS NEW FREE HEALTH PROGRAM



Free health management program for seniors

60-plus and going strong: Wellness 101 is a free 8-week certificate course that provides people 60 years of age and older with practical strategies to maintain their health and enjoy quality of life and independence.

Every Wednesday from April 6 – May 25
Nepean Seniors Centre, Nepean Sportsplex
(10:00 am to 11:00 am)

Advanced registration required. Space is limited. Register at the Nepean Seniors Centre or contact Jennifer at **613.323.3188** or email: jmay@bayshore.ca

www.bayshore.ca

Bayshore
Home Health

