



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

May/Jun08

WORD FROM THE CHAIR

By Betty Usher

Spring is really coming!! The crocuses are already showing their greenery. Our Centre is celebrating our 20th anniversary this year and for any organization, that is a true milestone. From a mere 120 members in 1988 we have grown to almost 900 so we are certainly doing some things right! Over the years we have always had a dedicated Volunteer Management Board drawn from our membership. To honour these committed seniors we have hung plaques in the Heritage Room with their dates of service. We are missing a few names and would appreciate if you would check out the names posted on the bulletin board and let Leslie know if you can fill in some that are missing. Of course any celebration takes lots of ideas so be sure to check out Leslie's request for committee help. Lots of activities coming up in May and June so enjoy!

UP AND COMING

Military Whist: The next one will be held on **Friday May 16th 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 June 20th**. That will be the last one until September.

Lunches at Sir Guy Carleton Secondary School:
When: Thursday, May 22nd. Tickets will go on sale starting Thursday May 1st. **Cost:** \$6.50 Tipping is

optional - the money will go directly to the students, not the school. The next lunch won't be until September.

Rideau Carleton Slots Trip: The next Slots Trip is taking place on **Tuesday June 3rd**. 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 food voucher and \$5 lottery ticket. In order to receive these vouchers, you must bring your Winners Circle card or valid Government Issue photo ID. Please see the enclosed flyer for all the details.

Canada Day BBQ: Our annual Canada Day BBQ will take place on **Friday June 29th at 11:30 am.** Come and enjoy a burger, salad, drink, dessert, entertainment and prizes all for the low price of \$8.25! Tickets can be purchased at the Seniors Centre. Please see enclosed flyer for all the details.

Summer Programs

Chair-ercise – July 2 – August 22 Wednesdays & Fridays
9 – 10 am \$56.50 Barcode: 343532

Tai Chi Studio – June 17 – August 26 Tuesdays 9 – 10 am
\$22.75 Barcode 346042 This is practice time for students who have taken Level 3 or who have a good knowledge of Tai Chi. **No instruction provided.**

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Registration is ongoing. You can register here at the centre, online or at any Client Service Centre or Community Centre across the city of Ottawa.

Outdoor Walking Club Tired of walking indoors? Well Spring is here and if the trails are in good enough shape, the outdoor walking club will walk 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. There is no charge, but you must be a member of the Seniors Centre.

There will be a FREE demonstration for Urban Poling (aka Nordic Walking) on Friday May 9th at 10:00 am. Although there is no cost, please call the office to let us know if you are planning to attend so we have an idea of numbers. More information is on the enclosed flyer.

Cycling Club Weather permitting, the cycling club will start sometime in May. The group meets on Tuesdays at 9 am and last year we met at Britannia Beach and cycled along the Ottawa River Parkway. This club is for cyclists who would like to bike 10 – 15 kms in a social setting. All cyclists are required to wear a helmet. If you are interested, please call the office for more information. There is no charge, but you must be a member of the Seniors Centre.

Bocce We play on Tuesday nights starting on May 13th at 6:30 pm, weather permitting. Please call the centre if you are unsure whether we will be playing or not. As of now we still have a lot of snow to melt! A dollar drop-in fee applies. No experience necessary so come on out and give it a try!

NEWS FROM THE OFFICE

20th Anniversary

As mentioned, we will be celebrating the 20th anniversary of the Nepean Seniors Recreation Centre in many ways, and the big event will take place on October 30th, the same day that the Centre opened. We have now determined the sub-committees as follows:

- **Promotion/Advertising/Protocol** – This committee will be responsible for advertising in local papers, inviting dignitaries, display cases and flyers.
- **Refreshments/Decorating** – This committee will be responsible for ordering the cakes, buying the supplies necessary and preparing

the coffee/tea, cutting the cakes and decorating on the day of the event.

- **Logistics** – This committee will be responsible for how the day will actually run and ensure that things go according to schedule, including the tours.
- **Gifts/Awards** – This committee will be responsible for getting door prizes and awards for the event.

If you are at all interested in helping out with any of these sub-committees, please contact Leslie Dondale.

Win a Prize! Emblem Contest for the 20th Anniversary

We would like to come up with an emblem for the 20th Anniversary. This emblem will be used on any advertisements for the events as well as made into a pin that will be given to all of the members of the Seniors Centre. There are a few things that must be in the design: the Centre's full name - Nepean Seniors Recreation Centre; the years we have been open - 1988-2008; no more than 2 colours, that can be easily photocopied in black and white. Anyone can enter so come on, give it a try and see what you can come up with!

All submissions will be accepted up until June 20th. Only the person with the winning submission will be notified and a prize awarded. Details will be advertised in the September/October issue of the Hub.

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.

Feb 22	Arthur Scobie – not registered
Mar 7	Sylvia Devine – not registered
Mar 20	Shirley Feller – not registered
Apr 4	Stella Attfield – not registered – Draw # 7

Fun & Games

CLUB 500

By *Ferd Ortiz*



According to the calendar, spring is here. So, if you are back from winter holidays and are looking for something to do, every Thursday afternoon you are welcome to join us in a friendly game of 500. Don't

worry if you don't know the game; we will show you how to play. We wander in around 12:30 pm and play until 3 pm. Come on out for some fellowship and a friendly afternoon.

WEDNESDAY BRIDGE

By *Gopal Kunchur*

Rain, snow or shine, the show must go on. John Ledderhof proved this by being the only one present when the city came to stand still during the March 4 snowstorm.

It was noticed during the game that one pair bid small slam with only 24 points. The holdings were: 6 spades with a king, singleton heart, two small diamonds and 3 clubs with ace. In the other hand, 4 spades with ace and queen, two small hearts, 5 diamonds with ace, king and jack, two clubs with king. The Basic Losing Trick Count "LTC" method was used to bid this slam. LTC is based on counting losers in your hand and adding partners losers and subtract the total losers from 24. The balance gives number of winning tricks. With three cards in a suit: count ace, king and queen as winners, anything lower is a loser. With two cards in a suit: count ace and king as winners, anything lower is a loser. With one card suit: count ace as a winner, anything lower is a loser. There are never more than 3 losers in a suit. There are never more losers in a suit than number of cards in a suit. The more balanced hand, the more losers, the more unbalanced hand the fewer losers.

THE HUB

As points increase, losers decrease and as the points decrease the losers increase.

DUPLICATE BRIDGE

By *Peter Warner*

The lesson for today is taken from the Gospel according to ACBL. "Thou shalt not Revoke" - formerly an indictable offence, punishable by hanging; now transmuted to 3 years playing Euchre.

On a more serious note: there are more myths extant regarding penalties for revoking than perhaps any other transgression; let us be clear (as the politicians like to say before obfuscating). The very act of revoking brings a ONE trick penalty; subsequent tricks WON BECAUSE OF THE REVOKE bring a further trick per transgression. Don't do it!

EUCHRE NEWS

By *Ross Kerr*

"SPRING IS HERE AND WITH IT COMES A TIME ON LIFE RENEWED"

The Euchre Club extends our thanks, appreciation and best wishes to Judy Wilson, for stepping forward and volunteering to pick up where Eric Scheuneman has left off. Eric, in serving us well over the years, left big shoes to fill. More updates to follow, as Judy organizes her long list of volunteers.

We continue to meet every Tuesday, so if you are looking to get out of the house and long for a relaxing, entertaining, fun filled afternoon of cards, come out and join us. You will be more than welcomed and sure to enjoy yourself, but please plan to arrive by 12:45pm so that we can, "*Ring The Bell*", promptly at 1:00pm.

CHESS ANYONE?

Are you interested in starting a Chess Club here at the Nepean Seniors Centre once a week? If so, please call Bob Hanna at 613-679-0156.

FUN BRIDGE

By Juliette Viens

April showers, the return of the robins...the return of the snowbirds...welcome to Spring 2008.

Our ninety-year old players are increasing in number. We celebrated May Aiken's birthday in the month of March, and welcomed Vera Carson's birthday on April 18th (one day in advance). Diana Bannatyne joined the ninety-year group also on May 1st, and we sang Happy Birthday to her on May 2nd. We hope to repeat our celebration with Juliette Viens on June 16, a day after her 91st birthday, and more to come in August and October.

You are welcome to join us on Fridays at 1:00 pm.

CRIBBAGE CLUB

By Jeannette Duggan

A few new players have joined us in the last couple of months. We would like to extend a warm welcome to them. The snowbirds are slowly coming back as well. Welcome back.

We enjoy our Cribbage games and occasionally a joke or two about seniors make the rounds and let us see just how funny some of us could be. "Well, not us, just others, right, I mean, we are perfect, right?"

Cribbage is from 1:00pm to 3:30pm every Tuesday and Thursday afternoons. 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.

Have a great spring everyone!!

CURLING

By George Holmes



The Curling Club finalized its season with the closing banquet at the Richmond Room in the Nepean

Sportsplex. Thanks to Ron Gibbins, Social Convenor, for organizing this lovely dinner with Capones. Recognition was given to several long-standing members who have been with the Club for many years and some as far back as 1990.

Leslie Dondale, Seniors Coordinator, awarded the Sportsplex Trophy to the team of John Dugas. Other top finishers are as follows:

First: John Dugas, John Fitzpatrick, Joan Read, Charlene Percival

Second: Jim Elliott, Morris McEwan, Lorne Read, Robert Hols

Third: George Holmes, Lorence Venace, Bruno Spagnol, Barry Ford

Fourth: Richard Scott, George Fouchard, Alf Downie, Dorothy Hols

New Executive members were announced by Peter Strecker. They included President-David Goff, Vice-president-Doug Mackechnie, and Secretary-Carol Goff. Other executive members agreed to continue in their present roles for another year.

Several door prizes were won by members and guests. Leslie Dondale thanked the Curling Club for its support and for a great curling season. Members are anticipating another friendly curling season in the Fall.

Thanks to all members for making this a good season by quickly volunteering for duties and by demonstrating good sportsmanship during the year.

5 PIN BOWLING

By John Kay

The following bowlers had achieved these scores during the month of March:

Female High Single - Ida Marcille - 273

Female High Cross - Ida Marcille - 638

Male High Single - Ray Stewart - 297

Male High Cross - Bill McKay - 689

Our final bowling day was April 28 and it was followed by our season-ending party.

NEPEAN SONGSTERS

By *Kevin Smith*

"Each Thursday morn at nine,
Though it be rain or shine"

The 'Nepean Songsters' is a 70-voice--male and female—chorus that sings under the direction of Sandra Vandenburg, with Barbara Creech as accompanist. The chorus operates out of the Nepean Sportsplex, our home away from home.

Our winter program continues until May 29 with practices at...ah, yes, Thursdays at nine o'clock, and sing-outs approximately every second week. We sing a combination of unison and four-part harmony, based on a repertoire that changes with the season. There is still time to participate in the spring program and we would be delighted to have you join us.

TRAVEL CLUB

By *John Flook*



Now that the Winter is almost over it's time to start thinking of the scheduled destinations chosen by your Travel Club Executive. But first, the Panama Vacationers have returned after enjoying beautiful weather, seeing the Panama Canal, the toucans in the dining hall as well as the flora and fauna in the area surrounding the Canal. An

excellent time was had by all.

Our Quebec trip, June 10-13 is almost sold out. Contact Pat Duggan (613) 225-6106. The meet and greet for this trip will be on Monday, May 26th at 10 AM in the Heritage room.

There might be still space on our Washington trip in October. Check with the front desk to see if there is still room.

Information on future trips in 2009 will be described in the next two issues of The Hub.

TREASURER'S REPORT—

Things You Wanted to Know About the Volunteer Management Board, but Never Asked...

By *Sandy McHaffie*

We are 20 years old. In 1988 the City of Nepean set up the Nepean Seniors Recreation Centre to provide activities for older adults. Being politicians, they provided the facilities, but left it to members to come up with funding for the activities. On amalgamation, Ottawa has kept the same arrangements so the City pays for staff, some equipment, repair, upkeep, maintenance, electricity, heat, and the like, while the seniors raise the funds to keep activities going. Terms of Reference, a Partnership Agreement, and a Standards Manual bind us, however.

To be fair, the city does contribute something—last year it paid for some tables, and we did recoup the money for the Blahs Bash. At the same time, they collect the membership fees and a drop-in fee from each Activity Group member whenever they attend.

The City also arranged for a Volunteer Management Board to run the Centre, with help and guidance from the very capable coordinator. The Board is elected by and accountable to the membership, must prepare an annual budget and account for its actions at the Annual AGM.

Money comes, money goes; we now have 4 Standing Committees, 14 Activity Groups, and various classes on-going--all of which involve considerable flows of money (in our terms), and this is where you, the members, come in. Without your support, activities at the Centre would wither.

You bring in funds from such things as Standing Committee activities, attendance draws, Military Whist, Slots visits, we get some donations (always welcome), from room rentals, sales (T-shirts and the like) and interest from a GIC. But there are always demands on those funds.

