



# THE hub

NEPEAN SENIORS RECREATION CENTRE  
Nepean Sportsplex, 1701 Woodroffe Avenue  
Information: 580-2828 Ext. 2 or [nepeanseniorscentre.ca](http://nepeanseniorscentre.ca)

May/June 09

## GREETINGS FROM THE CHAIR

by *Steve McIntyre*

It certainly is nice to see the start of Spring. Flowers, trees and shrubs will be in bud soon and everything will smell fresh. Welcome back to those of you who have spent all or most of the winter in warmer climates.

I want to encourage you to take advantage of the many programs offered here at the Sportsplex. Whether you want to participate in activities that challenge you physically or enjoy a game of cards, there are a variety of programs available to you.

In closing, please ensure that you have renewed your membership for 2009.

## UP AND COMING

**Military Whist:** The next one will be held on **Friday, May 29 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 **June 19<sup>th</sup>**. Tickets will go on sale following the one in May. 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 Leslie know.

### Lunches at Sir Guy Carleton Secondary School:

**When: Thursday, May 21<sup>st</sup>.** Tickets will go on sale starting May 1<sup>st</sup>. **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 probably won't be until October. Details will be in the next Hub. Lately, the numbers for the lunches have been down due to various reasons. **If you have never been, please come on out for the next one. The food is fabulous and you can't beat the price!**

**Slots Trip:** The next Slots Trip is taking place on **Tuesday, June 2<sup>nd</sup>**. 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. In order to receive these vouchers, you must bring your Winners Circle card or valid (current) Government Issue photo ID. Please see the enclosed flyer for all the details. All efforts are being made to ensure that the buses will arrive shortly after 4 pm.

**inside this issue**



News from the office—p.2    Fun & Games— p.3-5  
Travel Report—p.5        Volunteer Report—p.6  
Creative Crafts—p.6        Nepean Songsters— p.6

## Canada Day BBQ

Our annual Canada Day BBQ will take place on **Tuesday, June 30<sup>th</sup> at 11:30 am**. Come and enjoy a burger, salad, drink, dessert, entertainment and prizes, all for the low price of \$8.75! Tickets can be purchased at the Seniors Centre. Please see enclosed flyer for all the details.

## Summer Programs

**Chair-ercise – July 3 to Aug 26, Wednesdays & Fridays 9 – 10 am, \$ 59.00, Barcode: 386620**

**Tai Chi Studio – Practice time for students who have taken Level 3 or who have a good knowledge of Tai Chi. No instruction provided. June 16 – Aug 25 Tuesdays 9 – 10 am \$23.75 Barcode: 386651.** 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. We are hoping to start on **Tuesday May 5th**. 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.

**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 are available now at the Seniors Centre. Everyone wins, because they have developed a habit of getting active every day!**

**Cycling Club - Weather permitting, the cycling club will start in June. The group meets on Tuesdays at 9:30 am. We meet at Britannia Beach and cycle 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 12th at 6:30 pm, weather permitting. Please call the Centre if you are unsure whether we will be playing or not. A dollar drop-in fee applies. No experience is necessary so come on out and give it a try!**

---

## NEWS FROM THE OFFICE

### Volunteer Appreciation Event

On April 27, during National Volunteer Appreciation Week, we celebrated the volunteers here at the Nepean Seniors Recreation Centre for all the work they do in keeping this Centre running. We certainly could not do it without them, so thanks again!

A **BIG** Thank You!

I would also like to thank Doug Upex for all of his years as the Editor of this fine newsletter, *The HUB*. Doug is saying farewell and passing the torch on to Ken Hancock. Ken has big shoes to fill, however I am sure he is more than capable of taking on the responsibility. I would like to thank both Doug as he leaves and to Ken as he begins taking on this new task.

## 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.

Feb 13	Barbara Friesen – registered – she won \$298.50!
Feb 27	Ann Meltzer – not registered
Mar 13	John Lighthall - not registered
Mar 27	Joan Brewer – not registered
Apr 09	Wilma Matchett – registered – she won \$315.00!!!

# Fun & Games

## FUN BRIDGE

By *Wilma Matchett*



Like every activity at the Seniors Centre, we rely on volunteers. Although many of our group will publicly tell us otherwise, they look forward to "snack time"

every week. We would like to pass on our thanks to Audrey Baird, Joan Johnston, Margaret MacAngus, Wynn MacIntosh and the late Eunice Watchorn for looking after us so well these past two months. Also, our thanks to the many members who have brought in "extras" - we do like our treats.

We have been welcoming new members to Fun Bridge and we had also been looking forward to the Snowbirds' who returned in April – but there is still room for bridge players at all skill levels.

By the time this edition of The Hub is published, our Easter lunch will be a pleasant memory.

## DUPLICATE BRIDGE

By *Peter Warner*

Since becoming involved with administration as well as playing the game, it has become clear that there are some disturbing ideas abroad regarding the duties and responsibilities of the director.

To set the record straight:

1. Yes, we match-point the games and get the results out in timely fashion. No, we are not psychic--bad writing is for kindergarten. Large question marks against scores are unhelpful, especially at 2 am. Settle disputes at the table when they happen.

2. We keep the cards in good condition. Comments about "sticky" or dirty cards require a note on a separate piece of paper to the director, with Board number.

THE HUB

3. The size, shape & condition of the surface of the tables are NOT our responsibility.

4. "Saving" tables was settled long ago--we don't do it. However, situations arise that call for discretion; give us some lee-way.

5. We are not Solomans. We apply the rules to the best of our ability. If you would like a full-time director at a hundred bucks a crack, go to the 'Connection', or the 'R.A', and pay 6 - 8 dollars a game.

6. The date of the "Second Coming" is being researched--connections to the deity are not good.

## EUCHRE NEWS

By *Kathi Kerr*

In early March Judy Wilson announced to the Euchre group that, because of some commitments that had arisen, she was unable to continue as the convenor of the Euchre club. Judy asked for submissions from people in the group who felt that they could help/step in to fill this role. With the great response she received, it was decided that switching around some of the responsibilities that exist to run the weekly group would enable Judy to continue in her role. YEA!! Judy!!! The group keeps growing (over 90 members now), which means there are a lot of "little things" that need attention to adequately handle this growing number, but...we love it!! It was felt that keeping the main core of volunteers in place is the right thing to do at this time.

Ross Kerr and Judy Wilson added a new "perk" to the scoring totals. They introduced a section to keep track of the "lone hands" accumulated by each player as the day progresses and the winner(s) of this category (the most lone hands) will be added to the awards at the "end of the season" luncheon.

On March the 17<sup>th</sup> (St Patrick's Day) Judy surprised the group by providing a scrumptious cake, fittingly decorated for the occasion. Thanks Judy, it was enjoyed by all and nobody went away empty handed.

Some of our “snowbirds” have returned – people are starting to talk golf and cottages – but attendance still averages 50-60 people a week.

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 (with Dorothy's bell) sharp at 1:00 p.m.

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

## FLOOR SHUFFLEBOARD

By *Ron Taylor*

With Spring more or less here, we are seeing increased turnouts for our Monday and Wednesday games, with all six courts in action recently. However there are usually a few spaces available and we certainly welcome new faces and have had several over the last two months. Just turn up about a quarter to one on Monday or Wednesday and we'll fit you in. It doesn't matter if you have never played before, we'll show you how. If you are already an expert, well, we need a challenge.

We have never been ones for doing things the *normal* way, so on the evening of March 25<sup>th</sup>, exactly three months after Christmas day, we held our Shuffleboard *Christmas Dinner*, at the Sir Guy Carleton High School.

Attended by twenty shuffleboarders, we had a magnificent three-course meal, plus rolls and beverage, all planned, cooked and served by the students.

## 5-PIN BOWLING

By *John Kay*

During the month of March our bowlers have achieved the following scores:

Male High Single - Barry Ford - 238

Female High Single - Gail Kay - 227

Male High Cross - Ray Stewart - 640

Female High Cross - Karen Leach - 610

Our final bowling day is April 27, 2009. We will be having our final party that afternoon.

THE HUB

## WEDNESDAY BRIDGE

By *Gopal Kunchur*

Dorothy Peck is pleased with the rapid surge in number of attendees. We may soon run out of space, or the other side of the room has to be opened up. Spring Lunch will soon be planned, probably end of May.

Last week somebody was asking me what should be lead against a suit contract. Please listen to the bids carefully and, if you think there is going to be a long, strong side suit in the dummy, do not lead a trump, but make an attacking lead from King, or from King Jack combination. If opponents did not bid No Trump: they may not have stopper in an unbid suit. Lead that suit, even if you have an Ace and Queen, otherwise lead your partner's bid suit. Do not lead highest card from your partner's suit. If you are short in trumps do not lead a trump, this will ruin your partner's trump suit if he has some trump length. If opponents have ruffing power due to shortness, lead trump to reduce ruffs and sluffs. If you have a three-card suit, lead a middle card. Do not underlead from an Ace. Against suit contracts, lead King from Ace and King. This gives a chance to look at dummy. If you have four or more trumps, do not lead from a short suit.

## CURLING

By *George Holmes*

The Curlers celebrated their 25th Anniversary this year and ended the season with a great banquet!! Just take a look at the happy faces in the pictures below.



This is the year's winning rink, along with the prize presenter. From left to right: Milt Pelly, Skip; Jim Kirch, Third; Leslie Dondale, Staff; Bev Arnold, Lead; Barry Ford, Second.



These are former club Presidents. Front row: Percy Hannah, Gerry Frazer, Jim Elliot, Milt Pelly, Bill Nash, John Lofthouse. Back row: Jim Kirch, Rich Scott, George Holmes.

## CUBA TRIP

By Marie Burgher

Connie Walsh and Judy Mohindra of our Travel Club organized a trip to Varadero, Cuba for 15 travellers. What a wonderful break from the winter! We enjoyed warm, sunny days for a full week.

Our hotel, Mélia las Antilles, was a four star wonder! It was on the beautiful beach; it was all-inclusive, the staff were charming and there was 24-hour food and drink for those who wanted it. What more could one ask?

A group went to the town of Varadero for a day. There is a lovely market with lots of artisan souvenirs; nothing “Made in China”. Well, at the market anyway. In fact, the busses we took were made in China but not the souvenirs. Another day saw a group take a day tour to Havana and some stayed for a night show at the legendary Tropicana nightclub.

The sight-seeing trip to Havana included a visit to *La Bodeguita del Medio*, Hemingway’s favourite hang out; a rum factory and the *Cementerio Colon* a cemetery which is 4 square kilometres in surface and was laid out between 1871 and 1886. We also saw the Museum of the Revolution and the memorial of *Gramma* the boat in which Castro and 81 other revolutionaries returned to Cuba from exile in Mexico in 1956. One of the amazing sights in Havana, and to

some extent all over Cuba, were the 1950s American cars in mint condition and very bright colours!!!

THE HUB

The group that stayed for the nightclub saw world-famous flamboyant cabaret routines at the *Tropicana*, Havana’s most spectacular nightclub. It is a symbol of pre-revolutionary Cuba that was not allowed to die.

The club opened on New Year’s Eve 1939 and the current theatre in 1956.

Twelve of the original 15 travellers returned after 7 days but three stayed on for another week.

Coming back to Ottawa was a shock in terms of weather but, as always, made each of us extremely grateful for the life we have here.

## TRAVEL CLUB REPORT

By John Flook

The Travel Club is still looking for new members to join the executive of the Travel Club. Let any member know.

The ‘Meet and Greet’ for the Mont Orford trip will be held Monday, May 25 at 10:00am in the Heritage Room. The final payment for Mont Orford will be due on this date.

The fall trip this year will be to view the Christmas Lights in Niagara Falls in late November. A circular will advertise the signup date in the near future.

Your Travel Club is looking at the following proposed trips for 2010: Arizona and surrounds in the winter, Philadelphia in the spring, Prince Edward Island in the summer, and New York in the fall. If you have any further suggestions please let the Travel Club know.

Your hard working Committee is made up of: Sheila Pitt - Chair, Pat Duggan - Vice Chair, Ross Brown - Treasurer, Judy Mohindra - Social Convener, John Flook - Secretary and Nancy Wallace.

## VOLUNTEER REPORT

By *Diane Berryman*

By the time you read this our Volunteer Luncheon, held on the 27th of April, will be over. Hopefully it was a great success. Our slogan for the luncheon was "WE TREASURE OUR VOLUNTEERS", and we certainly do. In 2008 we had 75 individual volunteers and 5 groups who together submitted a total of 10,782.35 hours. There were 11 individuals with over 150 hours who will have their name engraved on a plaque. Thanks to all of you and please remember to submit your hours, it justifies the expenditure of taxpayer dollars on our facilities.

## CREATIVE CRAFTS

By *Donna Butler*

The latest baby quilt, which will be going to Belgium as a baby gift, has now been completed by the Creative Crafters. This colourful quilt, each side of which is shown below, depicts the Inuksuit of the Canadian Arctic, and was inspired by the Vancouver 2010 Olympic Logo.



An Inuksuk (plural Inuksuit) is a stone landmark used as a milestone or directional marker by the Inuit.

THE HUB

Dominated by permafrost, the Arctic Circle has few natural landmarks and the Inuksuit have been the mainstay to navigation across the barren tundra.

Inuksuit vary in shape and size and perform a diverse array of tasks. It is a symbol with deep roots in the Inuit cultures, a directional marker that signifies safety, hope and friendship.

The word Inuksuk means "something which acts for, or performs the function of, a person". We are all familiar with the one like a person (Inunnguaq) with his open arms. In the Arctic this means the traveler has found food, shelter and friendship.

The Creative Craft Group meets on Thursday mornings in the Craft Room between 9 - 11 AM.

## NEPEAN SONGSTERS

By *Kevin Smith*



Join us, the Nepean Songsters, for a morning of merriment and song, every Thursday from 09:15 – 10:45 AM at the

Nepean Sportsplex. 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 Sandra Vandenberg 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.

This year, the Songsters' annual **Memories Concert** will be held at the Chambers, Ben Franklin Place on Sunday, October 25th. Please keep the date open so that you can join us. In the meantime, the chorus is actively engaged in preparing a whole new repertoire consisting of favourites from "Leicester Square to Old Broadway". We are enthusiastic about the music and we know you will be too. We have four remaining sing-outs before the season ends, June 1.