



NEPEAN SENIORS RECREATION CENTRE
Nepean Sportsplex, 1701 Woodroffe Avenue
Information: 613 580-2828 Ext. 2 or our web site
at www.nepeanseniorscentre.ca

May/June 2010.

A WORD FROM THE CHAIR

By Steve McIntyre

As we approach the summer months, I hope you will enjoy the outdoors in whatever way you can – gardening, long walks, cottages or just appreciating the fact that we no longer need our coats and boots.

At this point in my tenure as your Board Chair (1 ½ years), I have decided, with the Board's agreement, to turn over my duties to our Vice-Chair, Sheila Pitt, who has 1 ½ years left in her tenure. Therefore, as of July 1, 2010, your new Board Chair will be Sheila Pitt. I will remain on the Board until the end of this year.

Thank you to all of you for your support and thank you to the Board for their hard work!

PROGRAM COORDINATOR'S CORNER

By Leslie Dondale 613 580 2828 Ex 2

WHAT'S UP AND COMING

BARRY FINLAY'S PRESENTATION

Don't forget to sign up at the front desk for Barry Finlay's presentation on **Thursday May 13th at 7:30 pm**. It is free of charge, however donations to

Plan Canada to help with the well project will be gratefully accepted. Details were in the last issue of the Hub.

MILITARY WHIST

The next one will be held on **Friday May 14th 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 18th** at the same time.

211 PRESENTATION

211 is an easy-to-remember, three-digit, non-emergency telephone number that connects callers to a full range of community, social, government and health service information in Ottawa. Bilingual and certified information and referral specialists answer 211 calls 7 days per week. 211 is free, confidential and multilingual (150 languages).

The information is also available online at www.211ontario.ca. If your situation is not an emergency, and you don't know where to go for the information you need, dial 211. A trained 211 staff member will assess your situation and help you find the best services and programs to provide assistance.

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The staff person that coordinates this service will be doing a short presentation at the Seniors Centre on **Wednesday May 19th at 11:00 a.m.** This session is free, however if you are planning to come, please let staff at the front desk know so that we will have an idea of numbers.

LUNCHES AT SIR GUY CARLETON SECONDARY SCHOOL

There will not be a lunch in May, however the School is holding their **Community Connections Day on May 20th**. They will be selling baked goods, plants, furniture and will be having a BBQ. Please see the Bulletin Board in late April for detailed information. The next lunch won't be until October.

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. The Barrhaven Hearing Clinic is holding an information session at the Senior 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 **Wednesday May 26, 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 us directly at 613-825-3242 and mention that you are from 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 will be available starting May 1st at the Seniors Centre. Everyone wins, because they have developed a habit of getting active every day!

SLOTS TRIP

The next Slots Trip is taking place on **Tuesday June 1st**. The bus will be leaving the Seniors Centre at 4:00 p.m. and returns 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. **You must bring your Winner's Circle card (if you have one) AND Government issue photo ID. This is necessary in order to receive your dinner voucher.** 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.

OACAO GOLF TOURNAMENT

This event will take place at the Upper Canada Golf Course on **Monday June 21st**. The cost is only \$69 for 18 holes of golf, a cart and lunch. More details are posted on the Bulletin Board. It would be great to have our Centre represented at the tournament, so see Leslie if you are interested.

CANADA DAY BBQ



Our annual Canada Day BBQ will take place on Tuesday June 30th at 11:30 a.m. 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. In order to accommodate more people, we are holding it at Capones, which is located through entrance # 4. Please see enclosed flyer for all the details.

DAY TRIPS

Once again we have reserved seats with Ottawa Valley Tours, and if we get 10 participants on these trips they will pick up at the Centre. If there are less than 10, the pickup will be at Lincoln Fields Shopping Centre, Wal-Mart entrance. You can register at the Centre for these trips by cheque, payable to Ottawa Valley Tours. See enclosed flyer for all the details.

UPDATED SPECIAL INFORMATION ISSUE OF THE HUB

A new *Special Information Issue of The Hub* updated to February 2010 is now available at the front desk. This *Special Information Issue* will not be mailed out, but feel free to pick one up.

SUMMER PROGRAMS

Chair-ercise – July 7 to Aug 27, Wednesdays & Fridays 9 a.m. to 10 a.m. \$ 62.25 Barcode: 429688
July 5 to Aug 30, Mondays 9:30 a.m. to 10:30 a.m. \$31.25 Barcode: 444728

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 15 to Aug 24, Tuesdays 9 a.m. to 10 a.m. \$24.00 Barcode: 429690

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.

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 four draws are:

Feb 19	Charlene Percival – not registered
Mar 5	Frank Rosen – not registered
Mar 19	Hazel Johnson – not registered
Apr 1	Eileen Parent – not registered

Remember: you have to play to win!

OACAO DARTS TOURNAMENT

The eighth annual OACAO (Older Adults Centres Association of Ontario) Dart Tournament took place at the Gloucester Seniors Centre on Friday March 5th. The team of Bill and Claire Edwards, Verna Wilson and Ron McNamara did the Centre proud. Although they didn't win the coveted trophy,

they placed 5th out of 12 teams. Congratulations and thanks for representing the Nepean Seniors Recreation Centre.

VOLUNTEER APPRECIATION EVENT

On April the 19th our *Volunteer Appreciation Event* took place as a small part of our recognition of all the great work our volunteers do in keeping this Centre running.

A GREAT BIG THANK YOU to everyone who helps out around the centre, from assisting with special events, organizing their various activities, making phone calls, keeping track of money and so much more. Keep up the wonderful work!

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 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. Although there is no charge to walk with the group, you must be a Member of the Seniors Centre. Please call the Centre before showing up to verify whether the conditions are good or not.

CYCLING CLUB

Weather permitting the cycling club will start in June. The group meets on **Tuesdays at 9:30 a.m.** We meet at Britannia Beach and cycle along the Ottawa River Parkway. This club is for cyclists who would like to bike 10 to 15 kms. in a relaxed 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 mornings starting at 9:30 a.m.** weather permitting, and a dollar drop-in fee applies. We will be kicking it off with a **mini-tournament on May 18th** to give people the opportunity to try it. Details are on the enclosed flyer.

NEED SOME HELP?

One of our Members, Lois Hogan, has come up with a great idea of swapping talents or abilities. Love gardening but live in a condo? Love to cook great meals but have a black thumb? Why not help each other out. One could come over and garden while the other makes dinner for them. This is just one example.

Coming soon will be a list where you can sign up what you are willing to do and another for people who need assistance. We will then try to match people up. Any other suggestions are greatly appreciated.

WHAT WE'VE BEEN GETTING UP TO!

CARPET BOWLING

Lois Gonyer

Attendance for Carpet Bowling continues to be *up and down*. Recently we are averaging 6 to 10 people on **Tuesdays and Thursdays between 1 p.m. and 3 p.m.** on the Sportsplex Concourse.

Anyone wishing to give Carpet Bowling a try can just show up on either date mentioned above at approximately 12:45 p.m. For further information call Lois at 613-226-2731. Please note that **once the weather is suitable, the Carpet Bowlers will head outside to Lawn Bowl**. See our Lawn Bowling article for more details.

CONTRACT BRIDGE ♥ ♣ ♦ ♠

By Gopal Kunchur

All quiet on the *Wednesday Front*. The ever increasing popularity of contract bridge is bringing in new players all the time. Other reason for our

popularity are the delicious snacks provided by Dorothy Peck and her efficient volunteer crew. Our recently introduced number system has also helped smooth moves from one table to the next.

Please try the following bidding quiz:

After three successive passes your partner "North" bids one heart '♥'. What would you bid if you have:

Q1: ♠, jack, 10, 3; ♥, ace, 10, 8, 7, 2; ♦, king, queen, 9, 4; ♣ 6.

A1: Bid 4♥. If you bid 3♥, your partner may pass. With length in ♥, the shape of your hand is worth a game.

Q2: ♠, king, jack, 6, 3; ♥, 9; ♦ queen, 7, 4; ♣, king, queen, 9, 8, 5.

A2: ♣. You bid ♣ first to indicate a longer suit, your next bid being ♠. Your partner can pass two ♣ if he thinks the game is unlikely.

Q3: ♠, queen, 9, 5; ♥, jack, 2; ♦ king, jack, 7, 3; ♣, ace, jack, 6, 2.

A3: 2 no-trumps. You passed first. Partner now knows that you have more than 10 points with a balanced hand with stoppers in un-bid suits.

Q4: ♠, ace, 8; ♣, queen, 5, 4; ♦, jack, 6, 2; ♠, king, 7, 6, 4, 3.

A4: Two ♥. This is a constructive bid which indicates that partner may bid higher if he has the values. If you bid one no-trump or two ♣, they may be passed.

Q5: ♠, 8; ♥, queen, 9, 5, 3; ♦, ace queen, jack 7, 5; ♣ 10, 9, 4.

A5: three ♥. You did not have an opening bid. Your bid is not forcing to game. Partner can make his own judgement to pass or go to game.

CREATIVE CRAFT GROUP

by Donna Butler

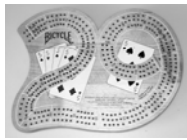


We are still meeting in the **Patio Room on Thursday mornings at 9:00 a.m. until 11:00 a.m.** If you are interested in working with crafts please come and join us.

Look for our next sale which will be at the Canada Day Bar-be-que. Hope to see you there.

CRIBBAGE

By Ken Hancock



I would like start this issue by expressing our thanks to our low profile leader, Pat O'Connell, who has kept the Cribbage Club on the *Straight and Narrow* for over ten years now and is continuing to do so. Our thanks also to our treasurer Bernice and volunteers Dot and Clint Steel and Sadie Adamson, all of whom help to make sure our afternoons run smoothly.

As well as having fun we have, on occasion, some memorable moments during our afternoons. In the past a hand of 24 or above has not been common, with typically one being dealt every month or so. However this year, we seem to have learned the knack of selecting the discard that leaves us with the best chance of a 24 hand. Since the last issue of the Hub all of the following of our players have achieved *Memorable hands* of over 24 points

Betty Irving	Eunice Kimber
Jake Enns (Twice)	Jim Broughall (Twice)
John Flook	Ken Hancock
Larry Larable	Nada Wolfe
Ron Taylor	Sadie Adamson
Shirley Hodgins (Twice)	

Also the team of
Agnes Simpson & Sadie Adamson
achieved a *memorable round* by scoring **38** points total in their two hands and crib.

In addition on February 18th **Jim Barnes** scored the first *Perfect Afternoon* of the year, winning all **eight** games.

You guys get better and better!

The *Current Champion Scorer Contender* (the finalist of which is given an award at our Christmas party) is **Gerry Juneau** who has won **55.51%** of the games he has played. Watch the next issue of the Hub to see if Gerry retains his position.

Welcome to the new players who have joined us during the last two months. We 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 be happy to include you in the fun. We start at **1:00 p.m.** and go on to around **3:30 p.m.**

CURLING

By Dave Goff

The Closing Banquet and A.G.M. were held in the Richmond Room of the Nepean Sportsplex. There were 51 curlers and spouses in attendance. Once again, Ron Gibbins, Social Covenor, did a great job of arranging the banquet, which was catered by Capone's.

Awards Presentations: The Seniors Centre Curling Club Trophy was won by Reg Gilstorf and his team of Bruno Spagnol, Alf McCabe, James McGraw. The Trophy was presented by the President, Dave Goff and medal presentations were made to all winning team members by Leslie Dondale, Seniors Centre Coordinator and were as follows:

Team #1. Reg Gilstorf, Bruno Spagnol, Alf McCabe, James McGraw.

Team #2. Milt Pelly, Rodney Ferguson, Bob Duncan, William Smalluk.

Team #3. George Holmes, Alex Jessome, Doug Clancy, Larry White.

Team #4. Doug Hicks, Maurice McEwen, Don West, Dorothy Hols.

The fifth place team, made up of Richard Scott, Peter Strecker, Joan Read, and Gary Switzer played Leslie Dondale's *City of Ottawa Team* for the Challenge Trophy. The Nepean Seniors team came out the winners.

Doug MacKechnie, on behalf of the curlers, presented Peter Strecker with a framed memento and a rock launcher to honor his many years of service as Draw Master, etc. Peter was also honoured with a poem written by Gerry Frazer.

A sincere thank-you was extended to Dorothy and Robert Hols for their work as House Conveners over the past four years. They go to the Toronto area to be closer to family and we wished them well.

The Executive Committee for 2010/2011, is:

President: Doug Mackechnie

Vice President: Ross Brown

Secretary: Wendy Cassidy

Treasurer: Joan Pattison

Membership: Joan Read

Social Convener: Ron Gibbins
House Convener: Carol Goff
Friendlies: Richard Scott
Draw Masters: Doug Hicks, Jean Dugas and George Holmes
Past President: David Goff

Another Curling year drew to a close following curling on Thursday March 25th. Curling resumes next fall on **Tuesday, October 26th, 2010**. Have a great summer!

DUPLICATE BRIDGE ♥ ♣ ♦ ♠ - - - ♥ ♣ ♦ ♠
By Peter Warner

Give or take a year or two, our club has been in existence for two decades. It has grown from two or three tables to 14 or 16 on Thursdays and Fridays; somewhat fewer on Wednesdays and Sundays.

The mix has remained homogenous throughout and shows no sign of flagging. Cries of DIRECTOR! are few and far between and fire and slaughter remain unknown. Strangers to the club looking for easy pickings, make grudging assent to the standard of play and don't come back.

Into this 'Doo-plicate Paradise' comes one caveat---*Casual Partnerships*. These cannot be avoided for obvious reason: but may I make a suggestion?

Most of the time one of the two is tacitly the better player; the rest of the time it seems to me that the more aggressive of the two sets the agenda for the session -----something like this. "We'll play 2/1; with RKCB for slam bidding; weak no trumps in 3rd and 4th, blah, blah, blah. You can spend a lifetime *learning* 2/1! An afternoon won't cut it, so LET THE WEAKER PLAYER SET THE AGENDA.

Thank you for your kind attention.

EUCHRE NEWS
By Kathi Kerr



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 5-10 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 you arrive after game 1 has started you are asked to wait and join in for game 2.

One of our members scored an 87 which is very high (50-60 is considered a fair score for 9 games).

Since the New Year we have been busy. The *Maple Syrup Elf* visited and took orders for his wares in support of cancer; we have a new kitchenette in the hall that is very well laid out for all the treats, etc. that are donated by our players and it will make the coffee/tea making much easier; finally, our *Easter Bunny* fed us cake, ice cream and candies the Tuesday before Easter holiday (there was definitely a *sugar high* in the room judging by the laughter).

We meet to play organized **Euchre** every **Tuesday in Hall F at 12:40 p.m.** and the card playing starts with the ringing of the bell. **We end around 3:15 p.m.** *Looking forward in meeting, greeting and talking with you then.*

500
By Lorrie Wilson

The 500 Club continues to grow and we would still welcome new members. If you enjoy Euchre and or Bridge, you'll like 500 - it's sort of a cross between the two.

We celebrated the end of February with a delicious lunch of pizza and desserts (contributed by the members). Following this, we had a pleasant afternoon of 500.

Carole Collins bid and made 10 hearts - a very rare occurrence. Congratulations, Carole!

We play **Thursdays between 1 p.m. and 3:30 p.m.** in the **Heritage Room**, come and join us!

FRIDAY FUN BRIDGE ☺ ♥ ♣ ♦ ♠
By Wilma Matchett

We are welcoming *home* our *Snow Birds* from various southern retreats and they are making new friends among the various members that have joined our group these past few months.

By the time this edition of *The Hub* is distributed, the Fun Bridge Group will have enjoyed their annual Spring Lunch, which will be catered by the staff and students in the Culinary Department of Sir Guy Carleton High School. The students are learning life skills and we are enjoying great meals.

Our thanks to Diane Irwin for looking after our hospitality table these past several weeks and to all those who have added tasty treats to the table. We do appreciate the help various members regularly give to setting up and cleaning up each Friday afternoon. Volunteers are the life blood of the Centre and the Fun Bridge Group has a great core who keep things running smoothly. New members and visitors are always welcome at the *Fun Bridge Group*, **Fridays between 1 p.m. and 3:30 p.m. in the Heritage room**. We do enjoy a good game of bridge but we don't take ourselves too seriously.

LAWN BOWLING

Lois Gonyer

Lawn Bowling commences each year with an Open House in early May. This is well attended by other members and coaching is available at that time. Anyone who is a curler is usually a natural for Lawn Bowling.

For further information call our coach Gerry LaPorte at 613-825-4345 or e-mail gerrylaporte@rogers.com or Lois Gonyer at 613-226-2731. This year's Lawn Bowling *Open House* will take place on **May 8 from 10 a.m. to 3 p.m.** Watch for a posted notice in the Seniors Centre for more information.

NEPEAN SONGSTERS

By Betty Usher



Our Thursday morning rehearsals are coming to a close in early June. This concludes a busy and enjoyable season for all of us. We have enjoyed our social events; our singout visits to senior residences; and our weekly rehearsals. We leave all of these events energized by singing and sharing lots of laughs. We have also welcomed some new members.

Our spring singouts have included Perley Rideau Veterans Centre, River Park in Bells Corners and Amico Place in Westboro. If you have a suggestion of a Seniors Residence that would enjoy a visit from us, please speak to a choir member.

With our concert scheduled for October 24th at Ben Franklin Place in the Chambers, we are learning new music. This really challenges us, not only to learn the music but, as seniors, to remember it!!!

Our sad news is the passing in April of one of the original members of the Songsters, Mary Lunz. Mary always contributed to the choir in some capacity and will be remembered for her warm smile and helpfulness.

In closing we wish you all a pleasant and healthy summer! See you in the fall at our concert!

SHUFFLEBOARD

By Ron Taylor



Once more March and April have been active months for the shuffleboard group, with three to 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 our new players.

We would all like to thank Annie for taking over the job of *Entertainment Planner and Coordinator* for the group and look forward to some great lunches and dinners.

As part of the City's ongoing program to introduce students to alternative sports, during March I again had the pleasure of spending mornings with very active groups of teenagers to teach them the fun of Shuffleboard!

The City's *Accessibility Day* program has now been fully implemented and roughly once every two weeks we host our colleagues with disabilities who join us to play shuffleboard. Their caregivers give them great support and enable us to all play as integrated teams. On occasion the caregivers were also able to join in with us on the teams.

TRAVEL CLUB NEWS

by John Flook

Join the Travel Club to see *New York in the fall*. The trip will leave Ottawa on October 14th, 2010 by bus. We will stay in downtown New York where the action is. Registration will be in the Heritage Room at 1:30 p.m. On June 7th, 2010. Flyers will be available at the Seniors Centre.

There is still room for travelers to join our trip to Prince Edward Island from September 7th to the 13th, 2010

It is with great regret that we have had to cancel the trip to Philadelphia because of low interest.

Watch for our next Winter vacation in the Sun to be advertised in September.

Arizona Trip Report by Ross Brown

On Valentines Day, nine members of the Nepean Seniors Recreation Centre joined five Americans and 10 other Canadians on a Trafalgar bus tour around the Grand Canyon. We flew out of Ottawa with some concerns about new US security measures but we all got through Customs without much of a problem. The small size of the group and an excellent tour director resulted in a trip that met or exceeded our expectations.

During the tour, we experienced many changes of scenery and weather within the period of a few hours. Las Vegas and Sedona were summer like but as we climbed towards the canyon, we encountered cooler temperatures, interesting rock formations, forests and snow along the sides of the road. The views of the Grand Canyon were spectacular from the rim or optional flights. On the last morning in Zion National Park, we awoke to snow on the ground but we soon drove out of it as we descended through the desert on our return to Las Vegas.

VOLUNTEER REPORT

By Muriel McHaffie:

Our Volunteers did a great job in 2009, submitting even more hours than they did in 2008.

For those who have entered their first quarter 2010 hours, thank you, and please continue to do so for

the next quarter. However we know that there are many of you who are putting in lots of hours but are not submitting them. Please do so soon, so they can be added to the first quarter results. The more volunteer hours we do *and submit*, the more the City funds us! For everyone who has volunteered this year, we thank you.

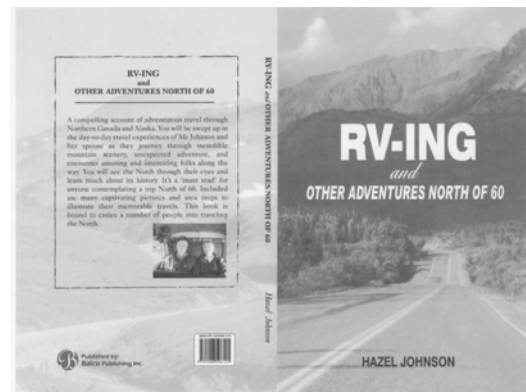
MEMBER'S ACCOMPLISHMENTS

On occasion, members of the Centre tell us of various interesting accomplishments that they have achieved outside of the Centre's activities. We thought that readers might like to hear of some of these, so we will be including this new section in this and future issues of the Hub, space permitting.

So please let Leslie know of any memorable events in your lives, outside of your activities at the Centre. These can be anything you would like other Members to know about; from learning to fly, to having a major role in a public performance, to taking a balloon trip in the fall or any other *memorable accomplishment*.

The *Member's Accomplishment* we are highlighting this issue is that of Member **Hazel Johnson, who not only planned and took a major recreational vehicle (RV) trip North of 60 but also wrote a book about it entitled 'RV-ING and Other Adventures North of 60.'** and had it published (see cover photo below).

Congratulations Hazel. For further information you can contact Hazel at: 613-225-2486, or email at hb4johnson@hotmail.com.



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