

THE **hub**

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

NOVEMBER/ DECEMBER 2009.

WORD FROM THE CHAIR

By Steve McIntyre

We are at the time of year when the snowbirds are off to the warmer climates. I hope you enjoy your winter stay and I look forward to seeing you all when you return. For those of you who spend most of the winter here in Ottawa, there are many activities to keep you busy here at the Sportsplex.

On behalf of the Board, I am pleased to invite all members of the Nepean Seniors to celebrate the season at our hot and cold buffet continental Christmas breakfast at the Nepean Seniors Recreation Centre. This event is free and will take place on DECEMBER 11TH AT 9.30 A.M UNTIL 11 A.M. The sign up sheet will be posted in the Heritage room. Remember - members only!

The Seniors Recreation Centre has many programs that are available this Fall through to the Spring. Please consult your Special issue of the Hub, the listings given below or talk with the Nepean Seniors Recreation Centre staff to find an activity that will meet your needs.

I hope you and your family enjoy this festive season. Best wishes!

PROGRAM COORDINATOR'S CORNER

By Leslie Dondale 613 580 2828 Ex 2

What's up and Coming

FREE HEARING CLINIC - November 16; drop in anytime between 9:00 a.m. and 10:30 am.

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. One in four Canadians has a hearing loss. Are you one of them?

Barrhaven Hearing Clinic would like to provide a chance for you to ask questions regarding your hearing and discuss your options, communication strategies, hearing aids and assistive listening devices. On-site repairs are also available at no charge.

SIR GUY CARLETON LUNCHESES-When: Thursday, November 19th at 11:30 a.m. to 12:30 p.m. Tickets will go on sale starting October 27th. They will sell out fast. Cost: \$7.50. Tipping is optional - the money will go directly to the students, not the school. The menu will be available shortly

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before the tickets go on sale. The next one will be **Thursday December 10th**.

MILITARY WHIST- The next one will be held on **Friday November 20th 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 **Friday December 4th**. Tickets for that one will start to go on sale at the Whist in November.

RETIREMENT AND ESTATE TAX PLANNING PRESENTATION- Monday, Nov 23, at 10:00 a.m. Presented by: Don Taylor CLU,Ch.F.C. Once retired – How much money can you spend?; How much to save for the unexpected; Long term care needs; Final taxes; Income for spouse; Inheritance

Come to this seminar to hear how other seniors are dealing with these tough financial and emotional decisions.

This presentation is FREE, however please let the front desk staff know if you are planning to attend so that we can have an idea of numbers.

SENIORS CENTRE CHRISTMAS DINNER - Remember to buy your tickets for the Christmas dinner on **Saturday November 28th** for a wonderful evening with your friends from the Seniors Centre. The dinner will take place in the Greenery Room at the Travelodge Hotel, conveniently located at 1376 Carling Ave. The cost is a mere \$43 for members and will include a 3-course meal (your choice of Turkey, Salmon or Vegetarian), musical entertainment with Harry Egan and door prizes. A list of Harry Egan's accomplishments can be found on the bulletin board in the Heritage room. **Please see the enclosed flyer for all of the details.**

A PRESENTATION ON THE NINETEEN SIXTY'S- On **November 30th from 10 a.m. to 11 a.m.** by Jessica Haynes.

The 1960s were a period of tumultuous change in Canada, particularly for young people. They experienced the "sexual revolution", the birth-control pill and hippie culture. But is this image the whole story? How did other Canadians experience

these changes? Did they feel their lives were transformed?

Jessica's work as a doctoral student tries to answer some of these questions. In particular, she explores the impact of the birth-control pill on married Canadian women. Many people don't realize that the pill was actually intended for married women and was far more accessible to them in the 1960s. The experiences of these women represent an important part of Canadian social history, which should not be lost.

This presentation is FREE, however please let the front desk staff know you are attending so that we can have an idea of numbers.

In addition to this presentation, Jessica invites Canadian women who were married and took the pill in the 1960s to contribute to her project. If interested, please contact her at 613-963-0371 or jhaynes2@connect.carleton.ca

WINTER PROGRAMS

Winter registration is ongoing and there is still space in some of our programs so come on out! You can register here at the centre, online or at any Client Service Centre or Community Centre across the city of Ottawa. Make sure you know the barcode of the program as that makes it easier to register. **Not sure if you would like the course? Come try a class for free. Please call the centre first to ensure that there is still space available in the course.**

Tap Dancing Level 1 – January 5 – March 9
Tuesdays 2 – 3 pm \$60.00 Barcode: 404181

Tap Dancing Level 2 – Tuesdays -January 5 – March 9
Tuesdays 1 – 2 pm \$60.00 (must have some previous tap experience) Barcode: 404187
Thursdays - January 7 – March 11
Tuesdays 1 – 2 pm \$60.00 (must be registered in Tuesdays' class)
Barcode: 404192

Tap Dance Performance Group - January 7 – March 11
Tuesdays 1 – 2 pm \$60.00 Barcode: 404199

Chair-ercise – January 6 – March 12
Wednesdays & Fridays 9 – 10 am \$95.75 Barcode: 404161

Tai Chi – January 5 – March 9
Tuesdays \$65.00
Level 1 11 – 12 pm Barcode: 404170

Level 2 10 – 11 am Barcode: 404174

Level 3 9 – 10 am Barcode: 404176

Weight & Balance Your Life – January 5 –
March 11 Tuesdays & Thursdays 11:30 – 12:30 pm
\$95.75 Barcode: 404167

Line Dancing – January 11 – March 8 Mondays 11 –
12 pm \$ 38.00 Barcode: 404205

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. 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. The results of the last three draws are:
Aug 28 Sarah Maguire – not registered
Sept 11 Gerald Cotter – not registered
Sept 25 Christiane Huycke– not registered

ACTIVITY REPS MEETING-On Monday, September 14th we held our annual Activity Reps meeting.

We would like to thank all of the many attendees. This meeting gives your Board the chance to plan things to meet the needs of you all.

Several points came up regarding the Hub. One is to ask you to cc Ken Hancock, our hub coordinator, in all of your Hub inputs to me. This will save time and effort. His email address is **kenhancock @ lapp-hancock.ca**. In addition, you may have noticed that when there is room in the Hub, we add your logo or photo (when we have them) against your title, thus giving more attention to your input. So if you have a logo or photo that you would like us to use when we have room, please email it to Leslie and Ken. Of course, if we do have one and you would like to change it, just send a new one. Finally, photos of any special event that your activity may have organized are especially welcome.

OPEN HOUSE AND AGM- On Monday October 5th 2009 we held our Open House and Volunteer Management Board Annual General Meeting. It was well attended and members and non-members alike had the chance to try out some new activities.

FOOD BANK WEEK- As we have in the past, we will once again be collecting non-perishable food to go to our local food bank, FAMSAC. We have always been able to collect a large amount of food supplies during this week and if you listen to the predictions for this coming year the food banks will need our support even more. The week of December 7th to 13th has been designated Food Bank Week at the Centre and boxes will be made available for your much appreciated voluntary contributions.

SNOWSUIT FUND-If you have been busy knitting mitts, hats, scarves, or similar items to donate to the Snowsuit Fund, please bring them into the office in order that we may get them delivered to the Snowsuit Fund by December 4th.

WHAT WE'VE BEEN GETTING UP TO

CARPET BOWLING

By Lois Gonyer

The Carpet Bowlers are looking to increase their numbers this year and they are welcoming new members. So, come on out and try it! It runs from October to April on **Tuesdays and Thursdays from 1:00 p.m. to 3 p.m. in the Concourse**. For more information, please call the office at 613-580-2424 ext 46657 or Lois at 613-226-2731. No experience is necessary, just a willingness to try something different and to make new friends.

CONTRACT BRIDGE

By Gopal Kunchur

There has been a steady increase in number of participants at our **Wednesday** Bridge Sessions **from 1:00 p.m. to 3:30 p.m.** The more the merrier. Spare players are available on request well in advance.

For our break, Dorothy Peck is looking for volunteers to arrange snacks.

Somebody was asking me about two over one response. For example: After opening bid of one diamond, the response of 3 clubs means a club suit of six cards and invitation to game if possible with 9 to 12 points. If the response is 2 no-trumps, to a minor suit bid, it shows no four card major with 9

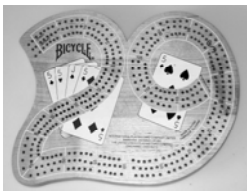
to 12 points. (game invitation). If the response is 2 clubs, it is game forcing.

Now let us review opener's rebid. The 2 diamond rebid indicates 5 card diamond suit. Any other bid denies a 5 card diamond. A rebid of 3 no-trumps shows a balanced hand with 18 to 19 points. A jump to 3 diamond promised 6 card diamond and 15 or more points. For splinter, jump to a new suit indicating 4 card support and shortness in the bid suit with good values. If you rebid major, it denies 5 card diamond (exception to this is 6 card diamond and 5 card major). A 2 no-trump rebid may hide 4 card majors. A major suit rebid tells partner that 2 no-trump may not be possible.

CREATIVE CRAFT GROUP

by Donna Butler

Our group meets from **9 a.m. to 11 a.m. on Thursdays in the Patio Room**. Our Fall work will be to continue with Victoria's Quilts once a month; knit and sew for charity in our community; and make items to sell to raise money for the Seniors Centre. We will be having another sale at the Open House on October 5th 2009. We welcome new members who wish to join the group. We even serve coffee.



CRIBBAGE

By Jeannette Duggan

We were very happy to welcome our new players; we hope you are enjoying your Tuesday and/or Thursday cribbage games as much as the rest of us do.

Sadly we have already started to say “so long” to some of the snowbirds in the group. We look forward to seeing you all again spring.

Anyone wishing to join us simply show up in the **Heritage room any Tuesday or Thursday** afternoon around 12:45 and we will

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find you a seat. The games start at **1:00 p.m. and finish after eight games at approximately 3:30 p.m.** You do not need a partner and you can choose to play once or twice a week; that is up to you. We would be happy to welcome you.

CURLING

By Dave Goff

For our current curlers, the 2009/2010 curling season starts **on Tuesday, October 27th at 9 a.m. to 11:30 a.m.** Looking forward to seeing you all then.

For all other NSRC Members, why not consider coming out and trying CURLING at our Nepean Seniors Curling Club OPEN HOUSE on **Thursday, October 29th at 9 a.m.?** We will offer FREE Lessons, FREE Use of equipment, FREE Refreshments and FREE CURLING for both NSCC Members and New Curlers.

DUPLICATE BRIDGE

By Peter Warner

Sometimes at two o'clock in the morning, time hangs heavily, and even *Horton hears a Who*, loses its magic. So, of course, an enquiring mind turns to the results of yesterday's duplicate bridge.

And Bingo! Board 1 in Section A certainly offers the following to the thoughtful analyst. (Note: * = doubled)

Final Bid	Bid By	Over/Under	Score	
			N/S	E/W
3S	E	-2	100	
3N	E	M		400
5C	E	+1		420
3N	E	-1	50	
2C	E	+1		110
1D	E	M		70
3N	E	-2	100	
3N	E	-1	50	
6D *	W	-4	800	

As can be seen, E/W played nine times, all but once by East- is any wonder sleep won't come? Now if you made this up and printed it as fact, you'd soon be in a rubber room, complete with straps and canvas sleeves!!

For comparison, and just to bring a little sanity to the exercise, Board 21 had 7 scores of 450, (4 hearts; + 1); 1 score of 420 and 1 of 50 (4 diamonds; down 1): a true radical!



EUCHRE NEWS

By Kathi Kerr

From the beginning of October to the end of April, the weekly scores will be accumulated to determine who in our group will win the four End-Of-Year prizes. The more games you play the better are your chances of winning, therefore plan to attend as many weeks as possible.

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 arrived before 12:40 p.m. this would allot 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.

At the time of writing the Euchre group was busy planning a "Pizza" lunch on Tuesday, October 20th. The Euchre Christmas luncheon is planned for December 15th and details will be announced in the weekly chat that Judy leads. Please mark the date on your calendars.

We play organized Euchre every **Tuesday in Hall F from 12:50 p.m. to 3:30 p.m.** and hope everyone can be there by 12:40 p.m. to hear the announcements, etc. before the card playing starts with the ringing of the bell. "Looking forward in meeting, greeting and talking with you then."

FIVE PIN BOWLING

By John Kay

Our 2009 season began on September 14th. We had a small group on our first day, but our numbers have picked up since then. The results so far are:

High Single Male - *Walter Sweetman* - 248
High Single Female
Judy McBride - 219 -
Carole Meincke - 219
High Cross Male - *Ray Stewart* - 598
High Cross Female - *Carole Meincke* - 530

We have space for more bowlers so feel free to come out and join us on **Monday afternoons from 1:00 p.m. to 3:30 p.m. at the Merivale bowling lanes.** There will be **free day for new bowlers on Monday October 19th.**

FRIDAY FUN BRIDGE

By Wilma Matchett

The Fun Bridge Group is still having fun on **Fridays between 1 p.m. and 3:30 p.m. in the Heritage room**, even though most of us are part of the masses of social bridge players who have not adapted to most of the "modern conventions". Although many of our participants are familiar with the various conventions, most of us go to the Fun Bridge afternoons because of the friendly and relaxed atmosphere.

In September and October, Maureen and Mike Roach provided us with a selection of both healthy and "temptation" treats which we enjoyed at snack time. Thanks too to Bill Lloyd, Betty Lyon, Bert Bridgewater and Bert Van den Berg for their continuing help with the administration! Many of our members have provided special treats, which are most appreciated, and a special thanks to Paula Kerr for the weekly dish of popcorn!

In early October we helped Bert Bridgewater celebrate his 95th birthday with a special cake for this auspicious milestone.



FLOOR SHUFFLE BOARD

By Ron Taylor

With the advent of cooler, more pleasant weather during the last three weeks of September, and thanks to Leslie for providing temporary fans at the

beginning of the month, when it was still hot and humid, we have returned to our normal numbers with typically four courts in play at our shuffleboard afternoons from **1:00 p.m. to 3:00 p.m. on Mondays and Wednesdays.**

We have also welcomed new players and the return of several of our long-term players who have recovered from health problems.

A special thanks goes to everyone who provides innovative and delicious snacks, often homemade, for our mid-session beverage break. These laid-back communal breaks (termed nosh and gab breaks by one of our irreverent players) gives everyone a chance to catch their breath and chat over a cup of tea, coffee or lemonade. We are now encouraging everyone to bring their own mugs to reduce the negative environmental impact of single use polystyrene cups (it tastes better in your own mug too!). We are making room for the mugs in the cupboard and they can be washed in the washrooms.

We hope to see lots of new and old players over the coming months to join in the sort fun we are having in this photo of us in action in September.



NEPEAN SONGSTERS

By Betty Usher

By the time you read this, our concert of October 25th will have come and gone! We're confident it was a success and would like to thank you all for your support. The Songsters are back in full swing with a membership of approximately 60 singers. If you have a yen to have fun, good exercise and to
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make new friends, come on out on **Thursday mornings from 9:00 am to 10:45 am in the Heritage Room** – just follow the music! Did you know that it has been proven that singing is definitely healthy – exercising both the lungs, heart and facial muscles - because we laugh so much!! One positive aspect of our choir is the pleasure we both give and receive when we visit nursing homes and retirement residences. This we do on a regular basis all season. Most recently we visited Perley Rideau Veterans, Starwood Extendicare, Park Place and our own Open House. Our Director is Sandra Vandenberg; our accompanist is Barbara Creech. We'll look forward to seeing you.



TRAVEL CLUB NEWS

By John Flook

The AGM was held Sept. 21 in the Heritage Room with very good attendance. Our four new members of the executive were welcomed. The new members are Barb Fulford, Bob Jennings, Dorothy Latour, and Marion Hopkinson. Unfortunately two of them had other commitments and were unable to be there.

Sharon Harding, from Algonquin Travel, described the Arizona tour to take place Feb. 14-21. Members may join this trip by contacting the front desk. Nancy Williams, from Ottawa Valley Tours presented the Philadelphia trip to depart on May 3-8, 2010. Presentation and sign-up for the Philadelphia Trip will be held Nov. 2, 2009 in the Heritage Room. Joyce Knapp described the Queensway Tour of P.E.I. This tour is being investigated for Aug. 2010.

At the time of writing, the Niagara Fall Tour of Lights is scheduled for Nov 18-20, 2009. Check with the front desk to join this tour.

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