

THE **hub**

NEPEAN SENIORS RECREATION CENTRE
Nepean Sportsplex, 1701 Woodroffe Avenue

November and December 2010



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

A WORD FROM THE CHAIR

By Sheila Pitt - The fall is here! I am fascinated by the magnificence of God's creation with the glorious colours of the leaves, as I am sure you are. Once more, the Centre is alive with its many activities.



The Activity Reps. Meeting was very informative. Our Treasurer reported that there are surplus funds which can be used for enhancements at the centre and he encouraged members to submit ideas for their use and the estimated costs.

In the public relations area, your Board has two main tasks established for this semester: 1) To improve our currently (non-existent) public image through the media and seniors organizations with like long term goals: 2) To impress upon City Hall that without more space it is pointless to hold membership drives, even though demographics and needs dictate that we should.

Please mark your calendars for the upcoming Annual General Meeting on October 22nd, 2010. Just a gentle reminder to renew your memberships at that time.

Also, long term, we need to fill four positions on the Board come December 2011. Please let us know of your interest. Enjoy the beautiful fall season.

PROGRAM COORDINATOR'S CORNER

By Leslie Dondale
613 580 2828 Ex 2



WHAT'S UP AND COMING

OACAO Fun Day - On **Wednesday November 3rd**, the Eastern Region of the Older Adults Centres Association of Ontario will be having a Fun Day. This is an opportunity to get together with seniors from other Centres to play games, share ideas and enjoy lunch, all for just \$10 per person. The event will be held at the Centre Pauline Charron in Vanier. More information is posted on the bulletin board and you can register at the front desk.

MILITARY WHIST - The next Military Whist will be held on **Friday November 12th 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, December 3rd** at the same time. Tickets for that one will go on sale November 12th.

LUNCHES AT SIR GUY CARLETON SECONDARY SCHOOL - The next Sir Guy Carleton Lunch takes place on **Thursday, November 18th at 11:30 a.m. to 12:30 pm.**

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Tickets will go on sale November 1st. The cost is \$7.50. Tipping is optional - the money will go directly to the students, not the school. The **Christmas Lunch** will be on **Thursday December 9th, 2010** again at **11:30 a.m. to 12:30 pm.**

CHRISTMAS DINNER - Don't forget that **Thursday November 25th** is the Seniors Centre's annual Christmas Dinner. Get out your diaries and reserve the date for a great evening with your friends from the Seniors Centre. The cost will be \$43 for members, \$48 for non-members and includes a 3-course meal, complimentary glass of wine, musical entertainment with EIO George and door prizes.




The dinner will be held at **Capone's at the Nepean Sportsplex**. Tickets are on sale *now* at the front desk. See the enclosed flyer for all of the details.

DAY TRIP - Once again we have reserved seats with Ottawa Valley Tours, and if we get 10 participants on this trip 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.

Alight at Night Festival - December 7th. You will leave in the afternoon and head to Morrisburg for a delicious festive buffet dinner at the McIntosh Country Inn. Following dinner is your chance to see Upper Canada Village as it is brought to life with over a quarter million lights. Hop aboard a horse-drawn wagon for an old-fashioned ride through the village. **Cost: \$105 includes transportation, dinner and wagon ride.**

CHRISTMAS BREAKFAST - Our annual Christmas Breakfast will be held this year on **December 10th, 9:30 a.m. to 11:30 a.m. in the Heritage room.** Members can sign up in the Heritage room, no charge. This event is sponsored by the Seniors Centre Management Board and is for Centre Members only.



 Have a great hot and cold buffet and beverage with your friends, followed by Christmas songs by the Nepean Songsters.

Don't forget to sing along with the choir to the traditional carols.

WINTER PROGRAMS - Winter registration is ongoing and there is still space in some of our programs, so come on out! You can register 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 - Feb 28th to June 20th
Mondays 2 p.m. to 3 p.m. \$102.25 Barcode: 450516
Tap Dancing Level 2 - Feb 28th to June 20th
Mondays 1 p.m. to 2 p.m. \$102.25 (must have some previous tap experience) Barcode: 450702
Tap Dancing Level 2 - March 2nd to June 22nd
Wednesdays 1 p.m. to 2 p.m. \$116 (must be registered in Monday's class) Barcode: 450727
Tap Dancing Performance Group - March 2nd to June 22nd Wednesdays 2 p.m. to 3 p.m. \$116
Barcode: 450752
Chair-ercise - Jan 3rd to March 14th Mondays
10:30 a.m. to 11:30 a.m. \$42 Barcode: 450411
Chair-ercise - Jan 5th to March 9th Wednesdays
9 a.m. to 10 a.m. \$42 Barcode: 632734
Chair-ercise - Jan 7th to March 11th Fridays 9 a.m.
to 10 a.m. \$42 Barcode: 632735
Tai Chi - Jan 4th to March 8th Tuesdays. **Level 1**,
11 a.m. to 12 noon **Level 2**, 10 a.m. to 11 a.m. **Level 3**,
9 a.m. to 10 a.m. \$71.00 Barcodes: Level 1 450454
Level 2 450466 Level 3 450473
Line Dancing - Jan 10th to March 7th Mondays 11
a.m. to 12 noon \$43.25 Barcode: 404502

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:

| | |
|--------|---------------------------------|
| Aug 20 | Gopal Kunchur - not registered |
| -Sep 3 | Ross McKenzie - not registered |
| Sep 17 | Beverly Cotter - not registered |

Remember you have to play to win!

ACTIVITY REPS MEETING - On Monday, September 14th we held our annual Activity Reps. meeting. We would like to thank all attendees for putting together the achievements and needs of each activity. This gives the Centre's Coordinator as well as your Board the chance to plan things to meet the needs of you all.

MEMBERSHIP FEE – Our yearly membership fee of \$24.00 for 2011 is now due. A convenient time to pay at the front desk is when you attend our annual Christmas Continental Breakfast or anytime you are in the Centre. Remember that after the first couple of times as a guest, you have to be a Member to attend any activities, events and Programs. Renew now for \$24.00 in order to beat the City's increase in January.

This year everyone, including Members renewing, **will be given a new membership form to fill out. It will include important questions about how you would like to receive the HUB. This will help us improve our service to you, while decreasing our costs and helping the environment.** Thanks in advance for your cooperation with this endeavour.

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 Seniors Centre:** Nepean Location (613) 226 3374
- **Lynwood Park Lodge:** Treats for the Activity groups (613) 596 6969

NEW BOARD MEMBERS NEEDED - At the Open House, the Volunteer Management Board will be looking to replace two of the Board members whose terms will be over as of December, 2010. The following December four members will be leaving. If you are interested and would like further information, please do not hesitate to contact any current Board Member or Leslie Dondale.

OACAO CONFERENCE - Sheila Pitt, your Volunteer Management Board Chair, and Leslie Dondale, the Centre's Program Coordinator will

attend the conference in Guelph in late October. As this is being written in advance of the conference it is hoped that they had a great time networking and learned lots of new things. The reports will be posted on the bulletin board in the Heritage room.

PUBLIC RELATIONS ASSISTANCE NEEDED - The *Public Relations Committee* of your Volunteer Management Board has been mandated to help increase the awareness of outside parties to the services provided by our Centre. We hope to accomplish this by working with various groups including the media; seniors oriented government officials at the municipal, provincial and federal levels; and with local retirement homes.

We are seeking Members, either with experience or contacts in one or more of these fields, or with just a willingness to help, to assist us in making these efforts a success. If you have writing and/or speaking skills and enjoy interacting with others - - - we desperately need you!!!

Please contact either Peter Warner at 613-825-1724 or Pat Duggan at 613-225-6106 or at his e-mail; p.j.duggan@hotmail.com for more information.

Thank you.

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 6th to 12th** 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 3rd**.

SNOWSHOEING / X-COUNTRY SKIING -

Last year there was interest in these great winter sports. We will use the trails located behind the Sportsplex on **Mondays at 10:30 a.m. and Fridays at 1:00 p.m.** There is no charge, but you must be a member of the Centre. If you are

interested, **please contact Leslie at the office at 613-580-2424 ext 46657.**

HOLIDAY CLOSING - Traditionally we have opened between Christmas and New Years from noon to 4:00 p.m. for anyone wishing to come and play cards.

This will be the case again this year for December 28th, 29th and 30th. Curlers please note there will be no curling on Thurs. Dec. 23rd, Tuesday, December 28th or Thursday, December 30th.

WHAT WE'VE BEEN GETTING UP TO!

CARPET BOWLING

By Lois Gonyer - Carpet Bowling started on Tuesday October 5th and runs to April on **Tuesdays and Thursdays from 1:00 p.m. to 3 p.m. on the Concourse.** No experience is necessary, just a willingness to try something different, to enjoy yourself and to make new friends. I hope to see you there.

CONTRACT BRIDGE ♠♣♦♠

By Gopal Kunchur - Last month I had an invitation to attend a bridge tutorial at one of the Amica upscale seniors' residences. Our master bridge player Peter Warner gave this tutorial with a couple of our members in attendance.

On September 15th we had a big luncheon for our group. The menu was *Bring your own sandwich* and enjoy extras like dessert, fruit, salads etc. supplied by our club. The event was a great success and we do want to thank all of the organisers and volunteers for their assistance.

In playing our game it is important to know if a bid is forcing, invitational or non-forcing. Demand bids like two clubs are always forcing. The responder's one no trump to a major suit opening is forcing for one round, indicating holding of 5 to 12 points. Jump shift rebid by the opener shows 19 or more points.

Reverse by the opener shows 16 or more points and the first suit is longer than the second and this bid is also forcing for one round. Sometimes the responder may not agree with opener's first suit but likes the second one better and has game invitational values with 9 to 12 points, then responder raises the opener's first suit. This helps him/her to bid a game.

For example opener bids one spade, the responder has a singleton spade but more than 9 points with good values in other suits, then after rebid of two spades, the responder bids two no trumps. This will help opener for next bid.

CREATIVE CRAFT GROUP

By Donna Butler - The group meets in the **Patio Room on Thursdays** between **9 a.m. and 11 a.m.** New members are welcome. Coffee is served.



At the BBQ in June our sale made \$250. We will have another sale and you will have an opportunity to view the Handmade Quilt (approximately 75" x 80") at the Open House on October 22nd. It is also on display in the cabinet in the Heritage Room. Tickets are \$2 for one and \$5 for three. All Group Reps. have tickets for purchase. The draw will take place at the Christmas Continental Breakfast.

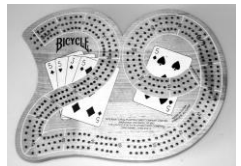
We tie Victoria Quilts once a month. These quilts are given to Cancer patients. The Birthing Centre at the Queensway Carleton Hospital has received 37 baby hats and 8 pairs of booties made by our ladies. We have given the Resource Centre T-shirts and aprons. Knitted cat-nip toys have been sent to the Cat Rescue Centre in Oxford Mills. We have donated goods to the Diabetic Society.

We do have one S.O.S. At the moment our supply of knitting yarn is short. We would welcome any donations.

We also would like to thank everyone who has sent donations of goods as, for the most part, that is what we make our crafts from. And a special thank you to Jessie Findlay for all of her help over the years.

CRIBBAGE

By Ken Hancock - In the last two months we've again had a bountiful share of *Memorable Moments*. The first afternoon covered by this issue saw the **second 28 memorable hand** held by **Charlotte Peever** this year .



Congratulations Charlotte, but how do you do it? If the odds of a 28 hand for four handed cribbage are calculated, using all possible combinations, we get an incredible **1,297,613 to 1 against getting such a**

hand just once. However **all** calculated odds are very misleading in that they *CANNOT* take into account the skill and knowledge of the player in selecting the discard to give the best chance of a high score. And this of course is how Charlotte reduced the odds to a level where she twice scored 28 in playing 264 games.

The third **Perfect Afternoon** this year was achieved by **John Flook who won all 8 games.**

Then in our first session in September the team of **Jeannette Duggan and Russ Allen** each had hands of 24 in same round for a *memorable round* of 48 without a crib. The following session the team of **Bernice Fyfe and Teresa Proude** had a *memorable round* of 42, while later the same session, **Teresa**, this time with **Jim Broughall** as a partner, had another *memorable round*, this time of 46.

Carol Campbell is back again as our *Current Champion Scorer Contender* (the finalist of which is given an award at our Christmas party), having won 55% percent of the games she has played. Let's see if she can retain her position over the next two months!

This year our *Christmas Party* will be held on **Wednesday, December 15th at 6 p.m. at Macey's Best Weston hotel**, our usual venue on Carling Ave, opposite the Westgate mall. Mark it up!!

We have welcomed several new members over the last two months and we now have 64 players on our score sheet. We will be pleased to welcome anyone else wishing to join us. Simply show up in the **Heritage room** any **Tuesday or Thursday** afternoon around 12:50 p.m. 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. after eight games.**

CURLING

By Doug Mackechnie - Welcome all curlers for a new season starting October 26th. We curl every **Tuesday and Thursday** morning from **9:15 a.m. to 11:15 a.m.**

Please join us in **Hall E on the second level at the Curling Club entrance** between 8:30 a.m. and 9:00 a.m. when teams are made up by the Draw Master and his team. There is a modest charge of \$4:00. You just pay when you come and enjoy a coffee after your game.

New members can be accommodated as we can use up to 10 sheets (80 curlers) of ice. There is **free curling on Thursday October 28th** so come out and give it a try when some experienced curlers will be available to assist newcomers.

Our new Executive is already making plans for an interesting season with luncheons at Christmas and at the end of the season.

DUPLICATE BRIDGE ♠♣♦♠ --- ♠♣♦♠

By Peter Warner - Ethics - a difficult subject, if you are a believer you nod and read on - if not you probably don't understand the concept and enjoy *throwing a spanner into the works!*

Which brings us to *opening on rubbish*. If you are in this category you are insulting your partner; misleading your opponents; and ruining the whole board –and to what end? Some perverted degree of self-satisfaction? – go back to your cave!

Bridge is a partnership game. Consider – Partner opens with 1 no-trump. With 15 to 17 points in your hand or something of that neighbourhood, you have 5 of a major and a scattering of points 5 or 7 say. You transfer using 2 diamonds or 2 hearts, but your partner ignores the bids and calls 3 no-trumps.

Irrespective of the outcome you should have a long chat with your partner about honouring conventions; you know more about the combined hands than your partner from the time you are *Captain*.

If your partner doesn't *see the light*, buy him some matches and suggest cribbage. Here endeth the lesson (rant!) for October. Amen!

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.



I guess the fair weather has slowed down and our golfers and cottagers have returned. Judy announced that a BYOL (bring your own lunch) is planned to kick off the new season. October is when we start tracking the scores for the awards luncheon in May. The more games you attend the better are your chances to get on the "A-List". Good luck to everyone!

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.

5-PIN BOWLING

By John Kay - The new season started in September and we would welcome any new Members. The rate this year is \$8.25 per week. We play at the **Merivale Bowling Lanes** (near Hunt Club and Merivale Rd) on **Monday afternoons at 1:00 p.m.** so come on out!



500

By Lorrie Wilson - The group is off and running for the fall season. We've added a few new players and more are always welcome to join us for cards and snacks and companionship.



The summer session finished off with a delicious B.B.Q. Arnold looked after the hamburgers and other members supplied salads and desserts. Our Christmas party is already in the planning stages. The date and menu are set, so we just have to add the final touches.

Come on out and join us! You will find how challenging and entertaining 500 can be. We meet in the **Heritage Room** on **Thursday** afternoons at **12:45 p.m. to 3:30 p.m.** Hope to see you there.

FRIDAY FUN BRIDGE ☺ ♥ ♣ ♦ ♠

By Evie Snarr - The Fun Bridge Group continues to welcome new and returning members each **Friday between 1 p.m. and 3:30 p.m. in the Heritage room.**

Although we cannot offer bridge lessons to those new to the game, it is a good opportunity for those who

have completed their basic lessons to develop their bridge skills in a relaxed venue.

We are blessed with many members who volunteer to help make our afternoon get-togethers most enjoyable. Adele McAlear and Lynn Miskelly looked after the hospitality table in September; Wynn McIntosh and Christine Reedyk were our October hosts. Thanks to these ladies and to those who drop off special treats for our afternoons.

NEPEAN SONGSTERS

By Betty Usher - I am making a huge assumption that, by the time you are reading this issue of the Hub, our concert *Musical Potpourri* was a success! Your support and attendance makes this annual event exciting and gratifying for the choir as entertainers. If you *are* reading this before **Sunday October 24th**, there may well be some tickets still available at Seniors Centre. We hope to see you at the show!



On behalf of the Songsters I would like to thank both Director Sandra and Pianist Barbara for their leadership and thanks as well to the executive members of the Songsters for their team effort. Our activities now focus on Christmas music for sing-outs and the Centre's Christmas breakfast.

If you would like to pick up your old *singing habits*, come on out **Thursday mornings in the Heritage Room at 9 a.m.** You'll be warmly welcomed!

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.** Come and join us.



We all owe our thanks to Marcel who, before each session, now waxes the base of all disks that are going to be used that day with his own machine, ensuring that their surfaces are standard and that we get a faster and more equitable game.

I thought that it might be useful to find out a little about the history of shuffleboard and, in fact, came

across a lot interesting information, enough for several issues of the hub. Here is one chunk for you to ponder on. In New Hanover, Pennsylvania, in 1848, the case of ***The State vs. John Bishop*** turned on the question of whether shuffleboard was a game of chance or a game of skill. The judge's decision stated "Though the defendant kept a public gaming table, as charged, and though diverse persons played thereat and bet spirituous liquors on the game, **the game was not a game of chance, but was altogether a game of skill.**"

Our *Shuffleboard Christmas Dinner* this year will Be held in the **Heritage room on Monday, December 6th at 4 p.m. after shuffleboard.**

TRAVEL CLUB NEWS

By John Flook - The committee has selected our proposed trips for 2011. Signup for a 2 week beach vacation at Holguin in the East end of Cuba. At the time of writing there is very limited space left on the trip, leaving Ottawa January 25th, returning February 8th, 2011.



Our spring and summer tour will be to the Eastern Townships of Quebec at Mont Orford from June 6th to 9th, 2011. Signup will be on February 14th. As this is a popular trip, an early sign up is suggested. Look for the circular in the January to February Hub.

The Club is negotiating with a travel agent for a trip to the San Francisco area in September 2011. This will include touring the area by train. Signup will be in March 2011.

The PEI Trip

By Ross Brown - On September the 7th, twenty four members of the Travel Club left for a 7 day bus trip to Prince Edward Island, with stops in New Brunswick and Quebec. We saw quite a bit of rain but fortunately the timing was such that it didn't affect our plans. On our arrival in PEI we stopped at the Cavendish Figurines where we met many interesting *Annes of Green Gables!!!* (See OUR *Annes* in the photo.)

The day we visited Anne of Green Gables and Cavendish Beach was almost perfect but the water was cold enough that only a few hardy souls got their feet wet.

The tour guide, the lobster supper at Fishermen's

Wharf, the live performance of *Hairspray*, the supper in the historical building in Saint John and the



Chateau Saint John Hotel all received very high marks from us. Even a bus breakdown near Fredericton, which was quickly rectified with a substitute bus and driver, only added to camaraderie and friendships made on the trip.

SOME ABORIGINAL WISDOM

A Cherokee warrior said to his grandson, "All of us, my son, have two wolves inside us, constantly fighting with one another. One wolf is Evil, he embodies hate, anger, envy, greed, jealousy, arrogance, lies, false pride and inflated ego. The other is Good. He controls love, joy, peace, empathy, hope, serenity, humility, kindness, truth, compassion and faith." The grandson thought for a minute and then asked, "Grandfather, which wolf wins the fight?" The old Cherokee replied wisely. "The one you feed."

SENIORS SMILES - Now This Is Planning

Bob, a 70-year-old, extremely wealthy and active widower, shows up at the Country Club with a breathtakingly beautiful and very sexy 25 year old blonde who knocks everyone's socks off with her youthful sex appeal and charm. She hangs onto Bob's arm and listens intently to his every word. His buddies at the club are all astonished. At the very first chance, they corner him and ask, "Bob, how did you get the trophy girlfriend?" Bob replies, "girlfriend? She's my wife!" They're amazed, but continue to ask. "So, how did you persuade her to marry you?" Bob replies "I lied about my age". "What, did you tell her you were only 50?"

Bob smiles and says, "Oh no, I told her I was 90!"

MEMBER'S MEMORABLE

ACCOMPLISHMENTS - The *Memorable Accomplishment* that we are highlighting this issue is that of one of our nonagenarian members **Nada Wolfe**.

Nada's *Memorable Accomplishment* is in fact the twenty five years she has spent as a Member of our Seniors Centre. In a manner typical of Nada's modesty it was only after a lot of discussion was she persuaded that indeed her many activities as a Member since 1985 were *Memorable* and worthy of being recounted. But let Nada describe them in her own words.

"Yes, I did become a Member of the Sportsplex twenty five years ago, after I had retired and was looking for new activities. The *Nepean Seniors Recreation Centre*, as such, was non-existent at that time. I have loved playing Cribbage since I was a girl, so when May Perkins and I were able to interest six others in playing crib regularly, we approached the Sportsplex Management and were kindly allocated a room over the squash courts. We almost froze, but I think that this was really the true precursor of the *Nepean Seniors Recreation Centre*.



The next year we had twelve players and were offered accommodation in our current area. We thought that we had gone to heaven! Our cribbage membership has continuously increased and we now average around thirty six members on the two afternoons we play each week. At the beginning of this August it was great to see May Perkins come to Cribbage again (and she was as sharp as ever). To my chagrin, I couldn't beat the number of games she won!!

Before Nepean and all the other cities and districts were absorbed into the City of Ottawa in 2000, in June of each year we took part in the District Games – a tournament of all the various activities offered by the individual Seniors Centres from Richmond and Carp, East to Rockland. The winners of each centre competed on the day of the games at the Seniors Centre that was host that year.

The huge tournament was followed by a fantastic banquet for the several hundred participants and by the presentation of prizes and trophies. The gathering was a very colourful affair as the individual clubs provided the players with tee shirts of the colour of their choice. On arrival on the morning of the tournament the players from each centre lined up and marched into the building. I still have several trophies etc and wonderful memories of these tournaments.

Shuffleboard has been another of my loves and, apart from playing it almost since I joined the Centre, I was its *Activity Rep* for many years. I still play and manage to avoid too many *kitchens*!

Military Whist has been a relatively new introduction and I have found it to be fun and fast paced. It's a great way to meet old friends and to make new acquaintances with all the moving from table to table involved. I love the prizes and refreshments too!

For a number of years I was asked to sit on the Board and did so, and was also Chair for part of that time.

I have found in particular that my activities, responsibilities and many friends at the Centre have helped me a great deal in getting through the problems and losses that come to most of us as seniors, such as my retirement and the deaths of my husband and daughter.

Although I am no longer on the Board, nor am I an *Activity Rep*, I get to Shuffleboard as I mentioned, and I still enjoy participating regularly in Military Whist and Cribbage. I must admit 'though that, at the moment, the score sheet at Cribbage does not do justice to my long experience at the game!!'

This section of the Hub highlights various accomplishments that Members have achieved in their lives as seniors and which may be of interest to our readers.

So if you have had a Memorable Accomplishment that you have had, that you would like to share with our readers, write it up and mail or email it to Leslie, or tell it to our editor, Ken Hancock (613 225 6385), who will draft it up for your review.