



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

Sep/Oct08

## GREETINGS FROM THE CHAIR

By *Betty Usher*

Hope it's been a good summer for you all. Wonderful opportunity to visit small communities nearby – Merrickville, Westport, Newboro, up the valley to Pembroke and Barry's Bay – as the travel ads say “get to know your neighbours !” A reminder to give me a call if you are interested in joining the Management Board come January 2009. Here at the Centre the Anniversary committee has been working all summer on our celebration party. Don't miss it! Refreshments, entertainment, prizes, gifts and a chance to try an activity you've been thinking about. Mark your calendars for Oct 30<sup>th</sup> starting at 12:30 in Halls A and B. Read about it in this HUB and we'll see you there.

We are very pleased to welcome Capital Memorial Gardens as one of our major donors to our 20th Anniversary celebration on October 30th. Will O'Neill, representing the company, has provided us with an advertisement of their services for this issue of the HUB in recognition of their contribution. We are very appreciative of their support as well as the support of Crystal View Lodge, another major donor.

## UP AND COMING

**Military Whist:** The next one will be held on **Friday September 19<sup>th</sup> 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 October 17<sup>th</sup>**. Tickets for that one will start to go on sale at the Whist in September.

**Lunches at Sir Guy Carleton Secondary School:** Unfortunately the students and teachers will be too busy to offer us a lunch in September so the first one won't be until October.

**When: Thursday, October 23<sup>rd</sup>.** Tickets will go on sale starting October 1<sup>st</sup>. They will sell out fast. **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.

**Slots Trip:** The next Slots Trip is taking place on **Tuesday, October 7<sup>th</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 and \$15 in vouchers.** Please see attached flyer for more details.

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**20<sup>th</sup> Anniversary:** If you haven't already, mark your calendars now! The Nepean Seniors Recreation Centre's 20<sup>th</sup> Anniversary celebrations will take place on **Thursday, October 30<sup>th</sup>, starting at 12:30 p.m.** Keep an eye on your mailbox for your special invitation to this exciting event.

**Christmas Dinner:** It's never too early to start booking your Christmas events, so get out your agendas and reserve **Thursday, November 27<sup>th</sup>** for a wonderful evening with your friends from the Seniors Centre. The cost is a mere \$40 for members and will include a 3-course meal, complimentary drink of your choice, musical entertainment with Margaret Egan, door prizes and maybe, if you've been good, a visit from Santa. Please see the enclosed flyer for all of the details.

### **Fall/Winter Programs**

Registration started on August 14 for both Fall and Winter programs. If there is still space, you can register here at the Centre, online, or at any Client Service Centre or Community Centre across the City of Ottawa.

### **\*\*\*NEW\*\*\***

**Nordic Walking – September 12 – October 31 Fridays 10 – 11 am**  
**\$43.50 Barcode 378825** Low-impact, high energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of the Nordic Poles. Poles will be provided.

**Happy Tappers Level 1** - September 16 – November 18 Tuesdays 2 – 3 pm \$57.50 Barcode: 372102  
**Happy Tappers Level 2** - September 16 – November 18 Tuesdays 1 – 2 pm \$57.50 (must have some previous tap experience) Barcode: 360939

**Chair-ercise** – September 10 – December 5  
Wednesdays & Fridays 9 – 10 am \$92.00  
Barcode: 360883

**Tai Chi** – September 23 – November 25 Tuesdays  
**Level 1** 11 – 12 pm, **Level 2** 10 – 11 am, **Level 3**  
9 – 10 am \$65.00 Barcodes: Level 1 360920 Level 2  
360928 Level 3 360931.

**Weight & Balance Your Life** – September 16 –  
November 20 Tuesdays & Thursdays 11:30 – 12:30  
pm \$92.00 Barcode: 360894

**Line Dancing** – September 22 – November 17  
Mondays 11 – 12 pm \$ 36.50 Barcode: 360956

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### **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 10<sup>th</sup> draw we will continue to draw numbers until a winner has been established.

June 27	Ron McNamara – not registered
July 11	Allan Ogston – not registered
July 25	Helen MacKechnie – not registered
Aug 8	May Aiken – registered – she won \$417.50!!

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### **NEWS FROM THE OFFICE**

#### **Canada Day BBQ**

The BBQ was well attended by more than 70 people. Although the festivities had to be moved indoors due to the construction happening outside, the room looked fabulous, the burgers were tasty and the music was flowing. The food was provided by Capone's Catering and the entertainment by EIO George. Prizes were donated by Summerhays Restaurant (Baseline Rd), Swiss Chalet (Merivale Rd.), Loeb (Greenbank Square) and Loeb (Merivale Rd). A good time was had by all.

## Review your Options

**Please check the Calendar of Events at the Back of this newsletter to see all of the activities and courses we are offering. If you would like to try something new, plan to show up at least 15 minutes prior to the start time for any of the activities listed.**

## EUCHRE NEWS

By *Ross Kerr*



The Euchre group continues to grow with the number of recorded members presently at seventy four (74). This should be a red flag in that, should all our members be in attendance, say for an Awards or

Christmas Luncheon, the space we currently have will definitely be a major problem.

This year's Awards Luncheon will be held in October with the exact date yet to be confirmed. Judy promises to inform all members, either by an announcement and/or a phone call, once all the arrangements have been finalized.

The official recording of players' scores for the 2008-2009 High Average Score Awards will start on Oct 7<sup>th</sup>, 2008 and run through to April 28<sup>th</sup>, 2009, so remember to mark these dates on your calendars and plan to attend as many as possible. The more sessions you attend during this period, the higher your average score.

Our thanks go out to all those volunteers who continually pitch in and unselfishly give of their time and efforts in keeping us running like a well oiled machine, week after week.

We continue to meet every Tuesday at 1:00pm, so come on in and join us for an afternoon of enjoyment and relaxation. Please plan to arrive by 12:45pm so that we can, "*Ring The Bell*" promptly at 1:00pm.

THE HUB

*"Looking forward in meeting, greeting and talking with you then."*

## TRAVEL CLUB REPORT

This year's AGM will be held Sept. 22 at 10:00 AM (see Flyer attached with the HUB) where we will present several trips proposed by the executive for next year. Travel agents will make these presentations.

As well, we will have a presentation by someone from *Routes to Learning, Canada*. This is a nonprofit organization. They will outline their services to Seniors. We ask that as many members as possible attend these presentations.

There is still space on our specifically chosen trip to Washington DC Oct. 17-22, 2008.

Also available, at a slight price increase, a trip to Cuba at the outstanding Melia Las Antillas Resort, Veradero Beach. This is the New Cuba with relaxed controls. For more information contact Connie Walsh 613 225-6071, Judy Mohindra 613 820-3181 or the Nepean Seniors Recreation Centre 613 580-2828 Ext.2.

FASHION SHOW –  
THURS. OCT. 23RD, 2008

**Nepean Support Services** proudly presents a Fall Fashion Show at the **Chambers in Ben Franklin Place**, Thursday October 23rd, 2008 at 7:00 p.m. This is a fundraiser to help the Nepean Support Services provide the many needed services to seniors and disabled in our community. Fashions are by Nygaard, Tan Jay and Alia. Tickets are \$20.00, which include refreshments. They can be purchased at Nepean Support Services, 3865 Richmond Road or by calling (613) 829 1133



**Capital Memorial Gardens  
Cemetery, Cremation  
Centre & Mausoleum**

**William O'Neill  
Cemetery Director  
Preplanning Specialist  
Planning Today For  
Tomorrow**

**3700 Prince of Wales Drive,  
Ottawa (Nepean) , ON  
K2C 3H1**

**Tel.: (613) 692-3588 ext.: 243**

**Fax: (613) 692-2433**

[www.capital-memorial.ca](http://www.capital-memorial.ca)  
[woneill@capitalmemorial.ca](mailto:woneill@capitalmemorial.ca)

**Come one! Come all!**

Join us for an **OACAO** (Older Adults Centres Association of Ontario) **Fun Day** on **Wednesday November 5th**. The cost is \$10 per person which includes refreshments, lunch and activities. Activities will range from Cribbage to Sand Bag Baseball and more. It will take place at **Centre Pauline Charron** in Vanier. If there is enough interest, car pooling can be arranged.

Please watch for a detailed flyer that will be posted up at the Centre soon or call the **Nepean Seniors Recreation Centre** for more information.

**Answers to the last crossword puzzle  
(bolded letters are the ones that were  
missing):**

OUR 20<sup>th</sup> **ANNIVERSARY PARTY AWARDS**  
**GAMES DEMOS TOURS TREATS**

**The Best of All Possible Worlds**

**CRYSTAL VIEW LODGE  
Gracious Retirement Living**

- Three nutritious home cooked meals
- Resident manager on-site 24 hours a day
- Month-to-month rent
- Weekly housekeeping and linen service
- Free local transportation
- Emergency pull-cords
- No buy-in fees

***6 Meridian Place***

CentrepoinTE, Nepean 613-225-  
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**ANNIVERSARY SEAL**

