



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

September and October, 2009.

## WORD FROM THE CHAIR

*By Steve McIntyre*

If you are still waiting for the lazy, hazy days of summer and blinked – you missed it. If you spent time at a cottage, did some travelling to visit relatives and friends, or just relaxed and enjoyed your regular activities, I hope you are energized and ready for the fall activities. I draw your attention to the annual Open House to take place on Monday, October 5<sup>th</sup>. Details are provided below.

The Nepean Seniors Recreation Centre has many programs that are available this fall. Please check below or talk with the Seniors staff to find an activity that will meet your needs.

Try to participate any way you can. This is your Seniors Centre.

## PROGRAM COORDINATOR'S CORNER

*By Leslie Dondale 613 580 2828 Ex 2*

### What's up and Coming

**ACTIVITY REPS MEETING** - This years Activity Reps meeting will be held **Monday morning,**

**September 14<sup>th</sup> at 10:30 a.m.** in the Heritage room.

We look forward to hearing the achievements and needs of each activity from each rep. This is also the chance for all members to provide their inputs to their reps before the meeting so their concerns and opinions can be put forward. This key meeting provides much of the planning input needed by your Executive Committee to ensure that all members are served to the best of our ability.

**MILITARY WHIST**- The first Military Whist of this season will be held on **Friday September 25<sup>th</sup> at 7:00 p.m.** The cost is \$6.00 and includes cash prizes and delicious refreshments. Tickets are already on sale, but not many are left.

The October Military Whist will be held on **Friday October 23<sup>rd</sup>, also at 7:00 p.m.** Tickets will be on sale from September 25<sup>th</sup>. We are 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.

**OPEN HOUSE** - Just a further reminder that **Monday October 5<sup>th</sup> 2009 from 12:30 p.m. to 3:30 p.m.** is our Annual Open House, when potential and current members will have the

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opportunity of trying out any of the activities that they are interested in.

Also 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 2009. The positions available are Assistant Volunteer Coordinator and Assistant Public Relations. If you are interested and would like further information, please do not hesitate to contact a current Board member (whose names are listed in the Special Edition of the Hub that was sent out during the summer) or Leslie Dondale.

**SLOTS TRIP**- The next Slots Trip is taking place on **Tuesday, October 6th**. The bus will be leaving the Seniors Centre at 4:00 p.m. and returning around 9:00 p.m. Cost is \$12 for members, \$15 for non-members and it includes transportation and \$15 in vouchers. In order to get these incentives, we need to go by bus. If you need to take your own car, you must clear it with Leslie first. Also, they are asking us to use our Winner's Circle cards when we use the machines as they keep tabs on how much a group is spending. They are looking closely at all of the groups and are starting to withdraw some of their incentives. Please see the enclosed flyer for more details.

**SIR GUY CARLETON LUNCH**-The first lunch of this season is on **Thursday, October 22<sup>nd</sup> from 11:30 a.m. to 12:30 p.m.** at the Sir Guy Carleton Secondary School. The lunch is a superb three-course meal plus homemade bread, rolls and beverage. Tickets will go on sale starting October 1<sup>st</sup>. They will sell out fast. The menu will be available in the Heritage room of the Centre when the tickets go on sale. The cost will be increased from \$6.50 in order to cover the cost of the food. It hasn't as yet been determined. Tipping is optional - the money will go directly to the students involved, not to the school.

**SENIORS CENTRE CHRISTMAS DINNER** - It's never too early to start booking your Christmas events so get out your agendas and reserve **Saturday, November 28<sup>th</sup>** for a wonderful evening with your friends from the Seniors Centre. The cost be approximately \$43 for members and will include a 3-course meal (choice of turkey or salmon), musical entertainment with Harry Egan and door prizes. Harry Egan is an Accordionist,

both Acoustic and Electronic, who has entertained for 40 years with the Dance Band "The Harry Egan Group". More details about Harry's accomplishments will be found on the bulletin board in the Heritage room.

**The event will be held at the Travelodge Hotel on Carling in the Greenery room.**

Tickets will go on sale starting October 5<sup>th</sup>, at the Open House. There will be a cash bar and patrons will be able to order bottles of wine for table service at their own expense. Table settings are for 8 persons, so feel free to make up a table of friends. Microphones and speakers will be available for the dinner and for the entertainment.

There will be an enclosed flyer with all of the details in the Nov/Dec issue of the Hub.

**OUTDOOR WALKING CLUB** – The walking club will continue to walk on Mondays, Tuesdays and Thursdays at 9:30 a.m. on the trails behind the Sportsplex until the end of October, providing the trails are still in good condition. There is no charge, but you must be a member of the Seniors Centre.

**CYCLING CLUB**- Weather permitting, the cycling club will continue to meet on Tuesdays at 9:30 am until the end of September. 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.

**FALL/WINTER PROGRAMS**

Registration started on August 13th 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.

**Tap Dancing Level 1** – Sept. 15 to November 17, Tuesday 2 p.m. to 3 p.m. \$60.00 Barcode: 404115  
**Tap Dancing Level 2** – Sept. 15 to November 17, Tuesdays 1 p.m. to 2 p.m. \$60.00 (must have some previous tap experience) Barcode: 404121  
**Tap Dancing Level 2** - September 17 to November 19, Thursdays 1 p.m. to 2 p.m. \$60.00

(must be registered in Tuesday's class) Barcode: 404125

**Tap Dancing Performance Group** – Sept. 17 to Nov. 19, Thursdays 2 p.m. to 3 pm, \$60.00

Barcode: 404131

**Chair-ercise** – Sept. 9 to December 4, Wednesdays & Fridays 9 a.m. to 10 a.m. \$95.75,

Barcode: 404078

**Tai Chi** – Sept. 22 to Nov. 24, Tuesdays, \$65.00

**Level 1**, 11 a.m. to 12 noon. Barcode: 404099

**Level 2**, 10 a.m. to 11 a.m. Barcode: 404105

**Level 3**, 9 a.m. to 10 a.m. Barcode: 404110

**Weight & Balance Your Life** – September 15 to November 19, Tuesdays & Thursdays 11:30 a.m. to 12:30 p.m. \$95.75. Barcode: 404091

**Line Dancing** – Sept. 21 to November 16, Mondays 11 a.m. to 12 noon. \$ 38.00 Barcode: 404143

## News and Views

### ATTENDANCE DRAW

Our attendance draw takes place every two weeks on Friday, unless it's a statutory holiday. Just put in your Loonie in the box in the Heritage Room, near the outside glass doors, and register your name in the book provided. Then cross your fingers and hope that your name gets drawn from our list of **all** members. If you don't register and put in your Loonie, you don't win even if your name is drawn. The money then stays in the kitty. If no one wins within ten draws we will continue to draw until we get a registered winner. The results of the last five draws are:

June 19	John Fitzpatrick – registered – he won \$210.00!!!
July 3	Brenda Worswick – not registered
July 17	Bill Lund - not registered
July 31	Pam Thompson – not registered
August 14	John Fitzpatrick - registered - he won \$251.50 !! Yes, you CAN win twice!

### CANADA DAY BBQ

The BBQ was well attended with more than 100 participants. We actually had to take a waiting list! Once again the festivities were held indoors so that weather, hot or more likely wet, wouldn't be a factor. The room looked fabulous, the burgers were tasty and the music was flowing. Capone's Catering

provided the food while John Foster kept us entertained with his guitar and singing. All had a good time.

Prizes were donated by the Creative Crafters (a lovely bracelet), Loblaws (Carlingwood), Loblaws (Merivale), Loblaws (Baseline), Independent Grocers (Fairlawn Plaza), Loeb (Greenbank Square), Loeb (Bells Corners) and Loeb (Merivale Rd).

### SEMINARS

We held two seminars in July, one on *Long Term Care Insurance*, which 10 people attended. The other was the *Merchants Against Financial Crime Program*, which 30 people attended. If you have suggestions of other seminars you would like to see offered in the future, please let Leslie know.

### EARLY HUB REP'S INPUT DEADLINE FOR NOVEMBER- DECEMBER ISSUE

Would all Activity Reps please note that, to allow the November- December Hub to be issued before Leslie's late fall long vacation, the deadline for all Hub inputs has been brought forward to **October 2<sup>nd</sup>**. If you can make it earlier, so much the better.

### OACAO CONFERENCE

The Nepean Seniors Recreation Centre is a member of the Older Adults Centres Association of Ontario (OACAO). Every year a Conference is held where seniors and staff who are members of the OACAO get together and learn from each other through various workshops and networking sessions. This year the theme of the conference is *Strengthening our Future: Information, Collaboration, Innovation* and it will be held in Mississauga on October 18, 19 & 20. There will be 2 or 3 of the Centre's Board members attending and they will write reports upon their return. If any of you are interested in finding out what they learn, let me know and I'll make the reports will be made available to you.

### WHAT WE'VE BEEN GETTING UP TO

#### CURLING

*by Dave Goff* The 2009/2010 curling season will commence **on Tuesday October 27<sup>th</sup>, 2009 at 9:00 a.m. in the Hall E/ curling rinks.** We

play from 9:00 a.m. until 11:30 a.m., Tuesdays and Thursdays. We look forward to welcoming you all again and why not bring a friend or two? Newcomers are always most welcome to join us on a 'pay-as-you-play' basis (\$4/day).

### **CONTRACT BRIDGE**

*By Gobal Kunchur 613 825 2535*

The summer doesn't appear to be winding down and there could be quite a few hot days still left, as to date, with the unending rains, the sun has had very little chance to shine. However the **Wednesday** Bridge Sessions from **1:00 p.m. to 3:30 p.m.** did cheer up most of us.

Unfortunately the masses of social bridge players still use 1930's outdated and inconvenient bidding systems. In modern times these methods have now been proved to be crude and wrong. In the old method, jumps were popular to show strong hands.

This has been replaced by either a no trump bid by the partner responding to one level call, while a two level response is now game forcing. Space is left for subtle exploration and there is now room to verify secondary fits. The new method tells us whether we should be in a game or a part-game and, because of slow pace of bidding, there is enough space to find appropriate fits and the possibility of slams. Splinter is considered one of the most powerful tools for evaluation of a hand. Splinter bids indicate shortness in a suit and support for partner's suit with values. With this information, the declarer can decide about a suit or no trump contract and slam decisions as and when possible.

### **CREATIVE CRAFTS GROUP**

*by Donna Butler*

We will resume our meetings on **September 10, 2009 from 9:00 a.m. to 11 a.m.** in the Patio room. Come and join us if you are interested in making crafts. We even serve coffee.

At the Canada Day Barbeque we did very well, raising \$500 for the Seniors Centre from our sale. We will be having another sale at the Open House on October 5th. We hope to see you there and we

would like to thank everyone who has supported our group's work over the years.

### **CRIBBAGE**

*By Jeannette Duggan*

I hope everyone is having a wonderful summer. We here at the Cribbage club continue counting our time away. Fifteen two and a pair is four, etc, etc.... If you would like to join us, simply show up any **Tuesday or Thursday afternoon at approximately 12:45 a.m. and we will find you a seat. The games start at 1:00 p.m. in the Heritage room.** We always welcome new faces.

### **EUCHRE NEWS**

*By Kathi Kerr*

I guess the summer is just about over and everyone is still waiting for it to start. Definitely there have been more rainy days than sunny days this year. Attendance over the July-August period stayed in the 40's to 50's area (to match the temperature in Fahrenheit) so some of our group found summer somewhere.

At our group play today, Judy announced the possibility of a "pizza lunch" near the end of September to welcome everyone back and to start the "real" season – which means your score counts towards the 2010 high score and lone hands awards.

A note in regards to THE LAST GAME OF THE REGULAR DAY. Some players need to leave at 3:30 p.m. or a little before, to catch their rides home (or for other reasons). Therefore it is requested, please, of everyone who is staying, NOT TO start playing until the bell rings. This will give time for the organizers to shift people between tables, if needed, making sure that everyone who stays can finish the last game of the day.

We play organized Euchre **every Tuesday sharp at 1:00 p.m. 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 ringing her bell).

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

## **FIVE PIN BOWLING**

*By John Kay*

Our new season of Five Pin Bowling will begin on **Monday, September 14<sup>th</sup>, 2009 at 1:00 p.m.** at the Merivale Bowling Lanes. The cost for this season will be \$7.75 for three games, with shoe rental being extra.

We look forward to seeing you all again for another enjoyable season and, of course, new bowlers are very welcome. As part of this welcome, there will be **a free bowling day on October 19, 2009 for all newcomers.**

## **500**

*By Lorrie Wilson*

Each **Thursday** afternoon our group meets at **12:45 p.m. so we can start to play 500 at 1:00 p.m.** We are very willing to teach the game to anyone interested. The club plays all year, but official scores are kept from October 1 to April 30.

We started off our summer session with a BBQ at the centre, with Arnold manning the BBQ and doing a great job. Many of the members helped out setting up, cleaning up and bringing salads, desserts, etc., all coordinated by Donnie, our president.

The luncheon was followed by an enjoyable afternoon of 500. We would be happy to have some new members, so come on out and try your hand.

## **FRIDAY FUN BRIDGE**

*By Wilma Matchett*

In spite of the *summer that isn't*, attendance at Friday's Fun Bridge games has been great and we've welcomed several new members and a few visitors who seemed to enjoy the ambiance of our group.

Many thanks to Evie Snarr and her band of helpers for organizing a most enjoyable summer luncheon. Thanks also to Jean Graham, Maxine Jones and Gen Leonard for providing us with an enjoyable variety of snacks during the month of July.

In August, Verlie Watson was our Chief Caterer, and several friends have helped with set-up and clean-up. Like all activities in the Centre, we rely on volunteers to efficiently operate our Fun Bridge. Betty Lyon (attendance), Bert Bridgewater (50/50) and Bert Van den Berg (Treasurer) are three of our regular volunteers.

Please remember to bring your own mugs to activities at the NSRC so that the NSRC can cut down on the expense of purchasing Styrofoam cups - but most importantly, we are not making needless contributions to Ottawa's landfill. If you need a *mug tote*, the Creative Crafts Group has these for sale - available through Evie or the Front Desk. Don't forget to take the mugs home and wash them - and perhaps keep your name tag with the mug so you have one less thing to remember.

## **FLOOR SHUFFLEBOARD**

*By Ron Taylor*

This summer has been a disappointing one for floor shuffleboarders in more than one way. While we share everyone's concern with rain and more rain, the high humidity has made the shuffleboard courts a most uncomfortable place to play, giving headaches, dizzy spells and general discomfort.

This in turn has dropped our numbers from a high of 23 in the spring, to a (less than a full court) low of three this week, and even then we could only play two games instead of the usual four before the heat and humidity drove even the stalwarts back home.

While we had heat problems last year, we were in high hopes of the City installing fans over the winter in response to a letter from us, which was supported by the Board. But I guess the economic downturn scuttled that.

The good news is that Leslie has taken it upon herself to expeditiously look into possibility of providing temporary fans to alleviate the problem.

We invite all of our old players and friends, and any new members interested, to join us again as soon as you can, so we can return to our fun afternoons from **1:00 p.m. to 3:00 p.m. on Mondays and Wednesdays.**

## NEPEAN SONGSTERS

*By Betty Usher*

The Songsters are ready to begin a new season! Our rehearsals resume **Thursday, September 3<sup>rd</sup>, at 9.15 a.m. in the Heritage Room.**

Come a bit early and share a friendly cup of coffee at 9 a.m. thanks to Mary Williams and her group. It's a chance for us all to catch up on the exciting things that happened over the summer.

If you decide to join the Songsters you must be a member of the Senior Centre and pay an annual membership fee to the choir.

We'll be back to business, getting ready for October 25<sup>th</sup> at 2 p.m. when we present "From Leicester Square to Old Broadway" in the Chambers at Ben Franklin Place. Tickets are \$10 and available from a choir member or at the front desk. Don't miss it!

## TRAVEL CLUB NEWS

*by John Flook*

The Travel Club invites all members to attend the Travel Showcase on **Monday, September 21, 2009 at 9:30 a.m. in the Heritage Lounge.**

Our first trip planned for 2010 is Arizona from Feb.

14th to 21st, 2010. It will include a flight to Las Vegas and return and then a bus tour to and of, Arizona. In order to better serve you, the Committee would appreciate an indication of interest in this trip as soon as possible. Actual registration will take place later in the Fall.

Other trips planned for 2010 include Philadelphia in the Spring, Prince Edward Island in the Summer and New York City in the Fall. These will be expanded upon at the Showcase.

**At approximately 10:30 a.m., following the Showcase, registration will take place for our Fall tour to Niagara Falls for the Festival of Lights Nov. 18-20, 2009.** Come on this trip and view the spectacular lighting display.

## VOLUNTEER REPORT

*By Diane Berryman*

I hope you have all enjoyed a good summer and are looking forward to the start of our fall activities.

The number of volunteer hours recorded were up in the first quarter. A great big thanks to all who remembered to submit their hours. Keep up the good work. You, our volunteers ensure the successful running of our centre.

### TELL US WHAT YOU THINK Your Opinion Matters!

A strategy for 50+ Adult Recreation Services is being developed for the City of Ottawa. A committee of City staff have put together a presentation to give to focus groups of older adults. We are inviting you to give us your feedback on the City's strategy on **Monday, September 28th at 9 a.m. in the Heritage room.**

This Feedback session will take approximately 2 hours and will include answering questions on current recreation activities and what you would like to see available in the future. Have your say in how the City will provide services to you! You don't need to be a member to attend, so invite your friends to come along.

**If you are interested in attending, please let the front desk staff know so we have an idea of how many to expect.** If you are interested, but can't attend this particular date, there will be another presentation on **Thursday October 1<sup>st</sup> at noon at the Kanata Seniors Centre.**