



NEPEAN SENIORS RECREATION CENTRE

SUMMER 2011



Nepean Sportsplex, 1701 Woodroffe Avenue
Information: 613 580 2828 Ex 2 or nepeanseniorscentre.ca

SPECIAL INFORMATION ISSUE

What the Nepean Seniors Recreation Centre is all about

As part of its services to its citizens, the City of Ottawa provides the facilities and staff for the Nepean Seniors Recreation Centre. Although the staff includes a dedicated and very active Program Coordinator, Leslie Dondale and her administrative assistants, many of the seniors' activities, plus their management, are organized and run by the Members themselves.

The big thing to remember is that the Members of the Centre, from the age of 55 to 90 plus, do NOT consider themselves OLD, but just people who enjoy keeping mentally and or physically active in the company of others and who use the Centre to do that.

Their interests, whether they are year round or seasonal, can usually be provided by one or more of the Centre's Activities, Events, Programs or Services. The Centre's newsletter is normally distributed to Members every two months. However this special *additional issue* (**Updated to January 2012**) is organized to give you a full picture of what you can currently participate in. **If you can think of anything else that you and others might be interested in, give our Program Coordinator, Leslie Dondale, a call at 613 580 2828 ex 2 or an email at leslie.dondale@ottawa.ca**

To get to the Nepean Seniors Recreation Centre, turn into the Nepean Sportsplex (on Woodroffe, one set of lights South of Hunt Club), and drive to the back parking lot (plenty of handicap parking), go in Entrance #3 and the Seniors Recreation Centre is on the right.



inside this issue

Membership-----	2
Our Activities, year-round and seasonal-----	2
Events to attend-----	3
Our range of Programs-----	4
Special Services-----	6
Our Volunteer Management Board-----	7
Our hard working City staff-----	7

MEMBERSHIP: Membership of the Nepean Seniors Recreation Centre is annual (January to December) and costs \$24.00 per person including HST. Thus a couple of dollars a month gives Members the opportunity to participate in any or all of the Centre's Activities, Events and Programs and to use its Services and discounts. The Open House or the Christmas breakfast, are good times to sign on.

OUR ACTIVITIES: Our Activities are generally organized and run by volunteers from the membership. Guests are welcome, but after attending three times, a membership is required. As well, there is a \$1.00 drop-in fee for most activities. Some groups collect an extra 25 or 50 cents to cover the cost of refreshments, cards for the sick or bereaved, a Christmas dinner or an occasional luncheon.

Activities			
Activity	HUB Contact	Time Frame	Day(s), Time and Location
Carpet Bowling	Marilyn Ryan	4 th October to the end of April	Tuesdays and Thursdays between 1 p.m. and 3 p.m. on the Sportsplex Concourse.
Computer Club	Muriel Black	September 6 th to June 5 th	First Tuesday of the month from 9:30 a.m. to 11:30 a.m. in Hall F.
Contract Bridge	Gopal Kunchur	Year around	Wednesdays between 1 p.m. and 3:30 p.m. in the Heritage room.
Creative Crafts	Donna Butler	September 8 th to end of June	Thursdays between 9 a.m. and 11 a.m. in Hall F
Cribbage	Ken Hancock 613 225 6385	Year around	Tuesdays and Thursdays between 1 p.m. and 3:30 p.m. in the Heritage Room.
Cross-country skiing and snow shoeing.	Leslie Dondale (No drop-in fee) 613 580 2828 ex 2.	From the start of good snow to final thaw.	Mondays at 10:30 a.m. and Fridays at 1 p.m. Meet at the Seniors Centre for the trails behind the Sportsplex.
Curling	Ross Brown	November 1 st to March 22 nd	Tuesdays and Thursdays between 9 a.m. and 11:30 a.m. in Hall E / Curling rinks.
Cycling Club	Leslie Dondale (No drop-in fee) 613 580 2828 ex 2.	June to September/October. (weather permitting)	Tuesdays at 9:30 a.m. We meet at Britannia Beach. Helmets are required.
Duplicate Bridge	Peter Warner 613 825 1724	Year around	Sundays between 12:30 p.m. and 3:30 p.m. in the Heritage Room. Wednesdays between 6:30 p.m and 9:30 p.m. in the Heritage Room. Thurs between 1 p.m. and 4 p.m. in Hall F. Fridays between 1 p.m. and 4 p.m. in Hall F.
Euchre	Kathy Kerr	Year around	Tuesdays 1 p.m. to 3:30 p.m. in Hall F.
Five Hundred	Lorrie Wilson	Year around	Thursdays between 1 p.m. and 3:30 p.m. in the Heritage Room.
Five Pin Bowling	John Kay 613 596 9768	September 12 th to the end of April.	Mondays between 1 p.m. and 3 p.m. at the Merivale bowling lanes.
Floor Shuffleboard	Annie Smith	Year around	Mondays and Wednesdays between 1 p.m. and 3 p.m. on the Sportsplex Concourse.
Fun Bridge	Wilmer Machett	Year around	Fridays between 1 p.m. and 3:30 p.m. in the Heritage room.
Nepean Songsters	Betty Usher	August 25 th to the end of May	Thursdays between 9:00 a.m. and 10:45 a.m. in the Heritage room.
Walking Club	Front Desk (No drop- in fee)	May to November 10 th .(weather permitting)	Mondays, Tuesdays and Thursdays at 9:30 a.m. on the trails behind the Sportsplex.

EVENTS: The Centre, through its Fundraising Committee, puts on a number of events each year to help raise funds for activities and free events. Members may purchase tickets for these events at

the front desk. Given below is a list of the regular events. In addition dances, variety shows, mystery dinners and similar events are occasionally organized.

Year-round Events		
Event	Contact and Cost	Frequency, Time and Location
Military Whist	Front Desk Cost \$6.00.	Monthly except July and Aug. Usually third or fourth Friday in the month, between 7:00 p.m. and 9:30 p.m. in the Heritage Room of the Centre. Fee includes sandwiches, dessert and beverage, cash prizes.
Rideau Carleton Slots Trip	Front Desk Cost is \$12 for members, \$15 for non-members.	Three times a year, in March, June and October. A hired bus leaves the Seniors Centre at 4:00 p.m. for the Rideau Carleton Raceway slots and restaurant and returns around 9:00 p.m. Cost includes transportation, a \$10 slots token voucher and a \$5 food voucher. In order to receive these vouchers, you must bring your Winners Circle card AND a valid Government Issue photo ID.
Lunches	Front Desk Cost: \$10.50. Tipping is optional - the money will go directly to the students involved.	Monthly except during the school summer vacation of June to September inclusive. Usually on the third Thursday in the month 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 go on sale the 1 st of the month.
Attendance Draw	Front desk foyer. Cost \$1.00.	The draw takes place every two weeks on Friday, unless it's a statutory holiday. Just put in your Loonie 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 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 winner gets 50% of all money collected and the rest goes to help pay for the free events and program supplies.
Travel Club	John Flook	All members of the Seniors Centre are members of the Travel Club. So far this year the seniors went to <i>Holguin, Cuba</i> , in January. The next trip for 2011 is to <i>The Historic Trains of California</i> starting September 18 th . The trips for 2012 will be announced at the AGM on September 12 th , 2011
Annual Events		
Event	Contact and Cost	When, Time and Location
Winter Blahs Bash	Front Desk Cost: \$8.50.	February 24 th : All-day event in at the Centre. The cost includes activities, lunch and prizes.
Volunteer Appreciation	By invitation. No charge.	April: At the Centre, special lunch to recognize the work done by our many volunteers
Canada Day BBQ	Front Desk Cost: \$8.75.	June 23 rd , 2011 at 1:30 a.m. at Capones in the Sportsplex. The cost includes burger, salad, drink, dessert, entertainment and prizes
Open House	No charge, just come.	October 3, 2011: 12:30 p.m. to 4:00 p.m. at the Centre. Participate in or watch demonstrations of everything the Centre has to offer during this free event. Entertainment and refreshments provided
Christmas Dinner	Front Desk. Cost: Approx \$45.00	December 1 st : Capones in the Sportsplex. Cost includes dinner, entertainment and prizes.

Christmas Breakfast	Members sign up in the Heritage room. No charge, just sign up.	December 9 th : 9:30 a.m. to 11:30 a.m. in the Heritage room. A great hot and cold buffet and beverage with your friends, followed by carols with the <i>Nepean Songsters</i>
---------------------	--	--

CENTRE PROGRAMS: The Centre organizes a wide range of specific Programs over given seasonal time frames throughout the year. The fall and winter programs are given below. There is a fixed charge for most Programs. Registration and

payment can be made at the front desk, online, via automated phone or any City of Ottawa client service centre. Members pay a lower fee than Non-members. Prices listed are Member costs. Registration starts on August 11th, 2011

Fall Programs

Programme	Brief Description, Contact and Cost	Time frame	Day(s)Time and Location
Chair-ercise Drop-in fee \$4.30	Exercises are performed while sitting in a chair, or using the chair as an adaptive device. Designed to improve muscle tone, flexibility and endurance. Front Desk. \$54.50 for Monday, held in the Heritage Room. \$54.50 for Wednesday or Friday, held in Hall F.	September 9 th to December 12 th	Mondays, 10:30 to 11:30; Wednesdays and Fridays, 9. to 10.
Line Dancing	A variety of line dances will be taught during this session. No experience is necessary. Front Desk, \$43.25.	September 26 th to November 21 st	Mondays between 11 a.m. and noon - Hall F.
Nordic Walking	Low-impact, high-energy ultimate workout that enhances your walking. All fitness levels welcome. Front Desk, \$51.50.	September 16 th to November 4 th	Fridays between 10 a.m. and 11 a.m. Meet at the Centre.
Tai Chi Level 1	The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes. Front Desk, \$71.00	September 27 th to November 29 th	Tuesdays between 11 a.m. and noon in the Heritage Room.
Tai Chi Level 2	The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes. Front Desk, \$71.00	September 27 th to November 29 th	Tuesdays between 10 a.m. and 11 a.m. in the Heritage Room.
Tai Chi Level 3	The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes. Front Desk. \$71.00	September 27 th to November 29 th	Tuesdays between 9 a.m. and 10 a.m. in the Heritage Room.
Tap Dancing Level 1	Basic tap for fun and exercise. Learn the steps and then put them together for a snappy routine. Front Desk \$95.50	September 12 th to December 19 th	Mondays between 2 p.m. and 3 p.m. at the

			Creative Arts Centre, Bells Corners.
Tap Dancing Level 2	Intermediate tap for fun and exercise. Previous tap experience or completion of a beginner class is a prerequisite for this course. Front Desk, Mondays, \$95.50. Wednesdays, \$102.25. Note must be in the Monday class in order to register.	September 12 th to December 19 th	Mon & Wed, 1 p.m. to 2 p.m. at the Creative Arts Centre, Bells Corners.
Tap Dancing Performance Group	Work towards a polished routine in order to perform for other seniors around the city. Front Desk, \$102.25.	September 7 th to December 14 th	Wed between 2 p.m. and 3.30 p.m. at the Creative Arts Centre, Bells Corners.
Seniors Performance stage Class	Singing and stage dancing (simple jazz). Work on large production singing and dance numbers as well as smaller ones – from solos to quartets, and comedic numbers. The goal is to perform at retirement homes plus one larger show. Front Desk, \$102.25.	September 7 th to December 14 th	Wed between noon and 1.00 p.m. at the Creative Arts Centre, Bells Corners
Wellness 101	This course prolongs independence at home. Each week you'll learn from a health care expert about a different aspect of healthy aging in a relaxed, social setting. Held in the Heritage Room. Front Desk, no charge.	October 5 th to November 23 rd .	Wednesdays between 10 a.m. and 11.00 a.m.
Wellness 201	Brings you NEW topics, new presenters but the same goal of helping you prolong your independence! Wellness 101 is NOT a prerequisite. Held in the Heritage Room. Front Desk, no charge.	October 5 th to November 23 rd .	Wednesdays between 11 a.m. and noon
Winter Programs			
Chair-ercise Drop-in fee \$4.30	Exercises are performed while sitting in a chair, or using the chair as an adaptive device. Designed to improve muscle tone, flexibility and endurance. Front Desk. \$42.00 for Monday, held in the Heritage Room. \$42.00 for Wednesday or Friday, held in Hall F.	January 4 th 2012 to March 19 th , 2012	Mondays, 10:30 a.m. to 11:30 a.m. Wednesdays and Fridays, 9 a.m. to 10 a.m.
Line Dancing	A variety of line dances will be taught during this session. No experience is necessary. Front Desk. \$43.25.	January 9 th 2012 to March 15 th , 2012	Mondays between 11 a.m. and noon - Hall F.
Tai Chi Level 1	The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes. Front Desk, \$71.00.	January 10 th 2012 to March 13 th , 2012	Tuesdays between 11 a.m. and noon in the Heritage Room.
Tai Chi Level 2	The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.	January 10 th 2012 to March	Tuesdays between 10 a.m. and 11

	Front Desk, \$71.00.	13 th 2012	a.m. in the Heritage Room.
Tai Chi Level 3	The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes. Front Desk, \$71.00	January 10 th 2012 to March 13 th 2012	Tuesdays between 9 a.m. and 10 a.m. in the Heritage Room.
Tap Dancing Level 1	Basic tap for fun and exercise. Learn the steps and then put them together for a snappy routine. Front Desk, \$95.50.	March 5 th to June 18 th 2012	Mon, 2 p.m. to 3 p.m. at the Creative Arts Centre, Bells Corners
Tap Dancing Level 2	Intermediate tap for fun and exercise. Previous tap experience or completion of a beginner class is a prerequisite for this course. Front Desk, Mondays, \$95.50. Wednesdays, \$102.25. Note must be in the Monday class in order to register.	March 5 th to June 20 th 2012	Mon & Wed, 1 p.m. to 2 p.m. at the Creative Arts Centre, Bells Corners.
Tap Dancing Performance Group	Work towards a polished routine in order to perform for other seniors around the city. Front Desk, \$102.25.	March 7 th to June 20 th 2012	Wed, 2 p.m. to 3 p.m. at the Creative Arts Centre, Bells Corners.
Seniors Performance stage Class	Singing and stage dancing (simple jazz). Work on large production singing and dance numbers as well as smaller ones – from solos to quartets, and comedic numbers. The goal is to perform at retirement homes plus one larger show. Front Desk, \$102.25.	January 7 th 2012 to March 20 th 2012	Wed, noon to 1.00 p.m. at the Creative Arts Centre, Bells Corners

SPECIAL SERVICES

In addition to the activities, events and programs listed above, the Nepean Seniors Recreation Centre provides two more services to its members.

Foot Care Clinic

In partnership with West Ottawa Community Resource Centre, the Centre has a foot care clinic on the first and last Wednesday of each month. For more information or to book an appointment, please call Dee at 613-591-3686.

Informal Library

Provided and organized by volunteers and members, a small library of popular novels and mysteries is available to members.

Located in the small alcove in the Heritage room, it is run on the *honour system*. Borrow what books you wish, any reasonable number, and return them when you have read them. It's as simple as that.

New donations of popular books are always welcome.

VOLUNTEER MANAGEMENT BOARD

Much of the organization and planning of the Centre is carried out by the Volunteer Management Board. This Board is made up of eight members elected annually at the Centre's Annual General Meeting held at the Open House, with the term beginning on the following January 1st. Most Board Members serve three-year terms and may vary their responsibilities during their term. In addition there are four *ex-officio* members. Board meetings are held the second Wednesday of each month from September to June.

Currently the full Board Members are:

- CHAIR: **Sheila Pitt**
- VICE CHAIR: **Dave Butler**
- TREASURER: **Tony Ravenda**
- ASSISTANT TREASURER: **Amar Goomar**
- PUBLIC RELATIONS COORDINATOR: **Pat Duggan**
- ASSISTANT PUBLIC RELATIONS COORDINATOR: Not filled at this time.
- VOLUNTEER COORDINATOR: **Muriel McHaffie**
- ASSISTANT VOLUNTEER COORDINATOR: **Ralph Mousaw**
- SPECIAL EVENTS COORDINATOR: Not filled at this time.

Ex Officio Members are:

- PROGRAM COORDINATOR: **Leslie Dondale; 613 580 2828 Ex 2**
- RECORDING SECRETARY: **Patricia Hancock**
- HUB NEWSLETTER EDITOR: **Ken Hancock; 613 225 6385**
- HUB PHONE CALL COORDINATOR: **Margery Harper**

YOUR BOARD AT WORK



Patricia Tony Sheila

Leslie Amar

Dave

Pat

Ralph

CITY OF OTTAWA STAFF

The City of Ottawa provides a number of full and part time staff for the Centre. They provide support and assistance to members from 8:30 a.m. to 4:30 p.m., Monday to Friday and, during the winter, whenever there are evening or weekend activities, events or programs. The staff # is **613 580 2828 Ex 2**. The staff team is:

PROGRAM COORDINATOR: **Leslie Dondale**

THE PERMANENT FRONT DESK STAFF: **Karen Borrens**

THE PART TIME FRONT DESK TEAM: **Angi, Megan and Liz**

SPECIAL INFORMATION ISSUE

BRIDGE

Contract: ♥ ♣ ♦ ♠

Duplicate: ♥ ♣ ♦ ♠

-♥ ♣ ♦ ♠

Fun: ☺ ♥ ♣ ♦ ♠

CREATIVE CRAFTS



CRIBBAGE



EUCHRE



FIVE PIN BOWLING



FIVE HUNDRED



NEPEAN SONGSTERS SHUFFLEBOARD



TRAVEL CLUB WALKING CLUB



AND LOTS LOTS MORE

Inside this *Special Information Issue* of the HUB are given details of all of the Centre's Activities, Events, Programs and Services that Members can participate in or use. If you are already a Member, take a look; there could well be additional things that you can use the Centre for that you would enjoy in the company of friends.

If you are not a member, again take a look, the Centre's Activities, Events, Programs and Services are designed to be attractive to all over 55, and the cost to join is just two dollars a month.

The big thing to remember is that the Members of the Centre, from the age of 55 to 90 plus, do NOT consider themselves OLD, but just people who enjoy keeping mentally and or physically active in the company of others and who use the Centre to do that.

Feel free to come along at any time and try out the activity(ies) of your choice as our guest before deciding if you would like to become a member. We look forward to welcoming you.