



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

Nov/Dec08

WORD FROM THE CHAIR

By Betty Usher

Greetings All;
I hope that many of you attended and enjoyed the 20th Anniversary party on October 30th. There were a lot of members and others who made it a great success. This column is my "swan song", so to speak, as my term as Chair of the Volunteer Management Board ends at the close of 2008. My thanks to those who are also leaving--to Sandy McHaffie, a Treasurer, a Scot and a man with a wonderful quiet humour--to Mary Pearson, who enriched the role of Volunteer Co-ordinator--to Howard Chamberlain, who resigned due to health problems but served as Assistant Treasurer--to Carol Laplante, who also resigned earlier in the year. Thanks for your contributions. Steve McIntyre steps in as the new Chair and will do an exceptional job working for all of us. Best wishes, Betty Usher.

UP AND COMING

Military Whist: The next one will be held on **Friday November 7th 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 5th. Tickets for that one will start to go on sale at the Whist in November.

Lunches at Sir Guy Carleton Secondary School:
When: Thursday, November 13th. Tickets will go on sale starting October 27th. 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. The next one will be **Tuesday December 16th.** Please note that it is on a Tuesday, not a Thursday. Tickets will go on sale starting November 24th.

OACAO Fun Day: Don't forget to sign up for the OACAO Fun Day on Wednesday November 5th at Centre Pauline Charron in Vanier. Teams can sign up for Cribbage, Carpet Bowling, Petanque Atout and Sand Bag Toss. I would love to have a team representing our Centre in each activity. The cost is only \$10 per person and includes coffee and muffins in the morning, lunch and prizes. Carpooling can be arranged. Please see the flyers posted up at the Centre for more information and let Leslie know if you have a team ready to go.

Christmas Dinner: Remember to buy your tickets for the Christmas dinner on **Thursday November 27th** for a wonderful evening with your friends from the Seniors Centre. The dinner will take place at

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Capones Restaurant, conveniently located in the Nepean Sportsplex, entrance # 4. 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. Margaret Egan plays the piano and sings songs from the 1920's up to the 1980's. She'll play danceable songs as well as sing-a-long songs. She loves to take requests so bring your song list with you!

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 6 – March 10
Tuesdays 2 – 3 pm \$57.50 Barcode: 372124
- **Tap Dancing Level 2** - January 6 – March 10
Tuesdays 1 – 2 pm \$57.50 (must have some previous tap experience) Barcode: 361036
- **Chair-ercise** – January 7 – March 13
Wednesdays & Fridays 9 – 10 am \$92.00
Barcode: 360982
- **Tai Chi** – January 6 – March 10 Tuesdays
Level 1 11 – 12 pm, Level 2 10 – 11 am,
Level 3 9 – 10 am \$65.00 Barcodes: Level 1
361008 Level 2 361020 Level 3 361024
- **Weight & Balance Your Life** – January 5 –
March 12 Tuesdays & Thursdays 11:30 –
12:30 pm \$92.00 Barcode: 360994
- **Line Dancing** – January 12 – March 2
Mondays 11 – 12 pm \$ 36.50 Barcode:
361043

NEWS FROM THE OFFICE

20th Anniversary Celebrations

I would like to give a GREAT BIG THANK YOU to the volunteers who worked diligently on the Committee to put together this event. The members were Diane Andrew - logistics, Inga Siple and Betty

Usher – Promotions/Advertising/Protocol, Sandy McHaffie – Gifts/Awards and Maxine Jones – Refreshments/Decorations/Entertainment. There were other volunteers who helped out the committee, including the Creative Crafters, Ron Lassenba, Pat Moran, Mike Roach, Moe Clermont, Peter Warner and Gerry Frazer. Of course we can't forget the numerous other volunteers who helped the day of event. Thanks to everyone for a job well done! Perhaps I am being a bit presumptuous, since I am writing this before the event has even taken place, but with such great people involved, how can it not be great?

Holiday Breakfast

Friday, December 14th, from 9:30 am to 11:00 am. Our annual continental style breakfast is planned for this day. Make sure you sign up on the sheet provided in the Seniors Heritage room or call in and leave your name with our staff. This event is sponsored by the Seniors Centre Management Board and is for Centre Members only.

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 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 **Dec 5th**.

Snowshoeing / X-Country Skiing

Last year there was some interest in these great winter sports. We used the trails located behind the Sportsplex. If you are also interested, please contact Leslie at the office at 613-580-2424 ext 46657.

See more **NEWS FROM THE OFFICE on PAGE 4**

Fun & Games

5-PIN BOWLING

By John Kay



We began our new season on September 8, 2008. We have been averaging approximately 25 bowlers each week. We have plenty of space for more bowlers.

If you do not have an activity on Monday afternoons, why not come out and see us at Merivale Bowling Lanes on Merivale Road between 1 & 3 pm.

Statistics to date:

High Single Female- Betty Lyon-226
High Single Male- Steve McIntyre-238

High Cross Female- Carole Meincke- 554
High Cross Male- Gerry Cotter- 641

CURLING

By David Goff



Our 2008/09 curling season begins on Tuesday, October 28th. **Please arrive before 9am** at the **end of Hall E** to give the Drawmasters enough time to prepare the draw

before play at 9:15am.

For the information of New Curlers, Nepean Seniors (55+) Curling Club is a **pay as you play** activity. The cost is **\$3.50 per day** and **includes refreshments**. On **Thursday, October 30th**, being the 20th anniversary of the Nepean Seniors Recreation Centre and **Open**

House, curling will be from 2pm to 3:30pm rather than in the regular morning time slot and will be **free of charge for both seasoned and new curlers!**

The **Christmas Luncheon** is tentatively scheduled to take place on **Tuesday, December 16/08**. We welcome spouses and previous NSCC Members to join us.

The **Christmas break** will begin after curling on **Thursday, December 18th** and curling will resume on **Tuesday, January 6th**.

If you are looking for some good fun and exercise, give curling a try or call the **Seniors Centre at 613-580-2828 ext.#2** for more information.

CARPET BOWLING

Come on out on Tuesdays and Thursdays at 1:00 pm to try carpet bowling. It is very similar to lawn bowling and it is played indoors. The group meets on the concourse of the Sportsplex around 12:45. Never played? No problem! The friendly regulars would love to teach any newcomers how it's done, so come on out and try something new.

WEDNESDAY BRIDGE

By Gopal Kunchur



We enjoyed a big Pizza party with fresh fruits and drinks on the first of October, a good way to start a month. Bertha, Dorothy Peck, Diane Berryman, Bert and Diny

Van Deberg helped to organize this event along with other volunteers. It was difficult to concentrate on the game after a relatively heavy meal. As advertised in last issue, we will chat about one notrump forcing. If opening bid is in major suit (heart or spade) and responder is not a passed hand, the one notrump is conventional. The responder's point range may be between 5 to 12 high card points. Above 12 points responder will bid at 2 level (exception is with one heart opening, the responder may bid one spade with 4 spades and more than 12 points). One notrump response to one heart denies 4 card spade holding. After one notrump bid, the opener must declare that it is forcing. If there is interference after opener's bid,

then forcing one notrump is not in play. Major suit opener will rebid his suit if it is six carder or another major suit if four carder or any other longest minor.

EUCHRE REPORT

By *Ross Kerr*

At our meeting of 14th of Oct, 2008, the Euchre Group set a milestone of having 50 players turn out occupying 13 tables. This has to be the largest turnout to date in the history of the Club. Fortunately the room was not divided and we all managed to all fit in with some degree of comfort. With the number of attendees we are now experiencing space has become a major issue, but we are confident that the “powers that be” have made this issue a priority and will provide a solution in the immediate future, so please do not get discouraged to the point where you decide to take your euchre expertise elsewhere. We would dearly miss you and after all, this is your home.

This year’s High Average Score Awards Luncheon will be held on the 28th of October 2008, with a complete list of the winners included in the next issue of the HUB. Remember the official recording of players’ scores for the 2008-2009 High Average Score Awards will start on Oct 7th, 2008, and run through to April 28th, 2009, so plan to attend as many as possible. The more sessions you attend during this period, the higher your average score.

Planning and arrangements for our Christmas Dinner are now being worked on. We will keep you up-to-date once things are firmed up. Should you have any suggestions, donations or offers to volunteer please contact Judy Wilson.

As always, thanks to our volunteers who continue to pitch in and manage to keep us organized. We could not do it without you.

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.

“Looking forward to meeting, greeting and talking with you then.”

CRIBBAGE

By *Jeannette Duggan*
THE HUB

Wow, summer is already gone; how time flies. What a season it was though. We have had real good turnouts and to top things off, on August 12, SADIE ADAMSON HAD A PERFECT HAND: She held the 5 of hearts, spades and clubs, and the Jack of diamonds and what gets turned up but the 5 of diamonds. Sadie, you sure know how to cause a commotion. Congratulations!!!

What are the Odds? According to the American Cribbage Congress, the odds of being dealt a Perfect Hand are 1 in 649,740 if you are playing against two or three opponents.

Despite the fact that our numbers are growing there is always room for one more! Who knows, you could be our next player with a 29 hand. We play at 1pm on Tuesdays and Thursdays in the Heritage room.

NEWS FROM THE OFFICE

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Holiday Closing

Traditionally we have opened during Christmas and New Years from noon to 4:00 pm for anyone wishing to come and play cards and that will be the case again this year for December 29th and 30th. Curlers please note there will be no curling on Tues. Dec. 23rd, Thurs. Dec. 25th, Tuesday December 30th or Thursday January 1st. We will be open for Duplicate Bridge on Sunday December 28th.

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.

Aug 22	John Flook – registered – he won \$61.00
Sept 5	Lise Campbell – not registered

Sept 19 Alex Jessome – not registered
Oct 3 Marnie Lewis – not registered

VOLUNTEER REPORT

By *Mary Pearson*

As I write my final report for the Hub, I have a few “Thank you” to say to: the Board, for all your hard work; Margery Harper, for contacting the Activity Representatives; Leslie, who worked closely with me; all the Activity Representatives, for reporting to their group hours and making sure that everyone handed in the time to be recorded. I know that our Centre would not be the success it is today if we did not have a strong commitment and contribution of volunteer service from our membership. I am asking you to reinforce the importance of this to all the volunteers in your activity.

Thank you for taking time to report the time you spent working to benefit our Centre. I leave this position in good hands with Diane Berryman. Wishing you all the Best for the year 2009.

TRAVEL CLUB REPORT

By *John Flook*



The Travel Club’s AGM was held September 22 with approx. 45 members in attendance. The following trips for 2009 were outlined. The registration dates

will be outlined in future HUB flyers.

The trip to **Varadero Cuba** still has a few places available. To book this trip please contact Diana Saliba @ Marlin Travel 613 596- 5872. The price is slightly higher than originally advertised.

On Nov. 17 at 10:00 am a presentation will be held in the Heritage Room for **Exploring Greece and Its Islands**. The trip is from April 24-May 8, 2009. Please see enclosed flyer.

THE HUB

Mont Orford - Shades of Magog. June 8-11, 2009. This is a trip to the Eastern Townships of Quebec for a weekend of fun and laughter. The sign up date will be in January. The exact date will be advertised in a future Hub.

Niagara Falls, Festival of Lights. This trip is proposed for late Nov. or early Dec. 2009.

If you have any questions please call any member of the Travel Club executive, or the Seniors Centre Office.

CREATIVE CRAFTS

By *Donna Butler*



The Creative Craft Group is busy as ever. With the 20th Anniversary celebrations coming up, our group has decorating to do at the main door, craft room and creating a

banner for Halls A and B. One of our members is making a quilted wall hanging for the Heritage Room depicting all of the different activities of the Centre.

The knitters and sewing ladies are active making items for our charity work and for our sales that support the Senior Centre. Our charity items go to local organizations. We will be holding a sale at the Anniversary celebrations Oct 30th and one at the Continental Christmas Breakfast. There is a sale every day, of course, with items from our cabinets in the Heritage Room. We will also be drawing for the raffle prizes at the Christmas Breakfast. A hand hooked rug with three bears on it is the first prize and a tea cozy with matching place mats for the second prize. The tickets are \$1 each and \$2 for three. Don’t forget to buy your tickets for the draw!! We want to thank everyone for donating yarn and fabric over the last few months.

We are commissioned to make another baby quilt to be sent to Belgium as a baby gift. It is for a boy and will have an appliquéd Inukshuk. The Inukshuk has become a symbol of hope, friendship and hospitality of Canada. The first two quilts were for girls, with

tulips as a symbol of Ottawa. The third quilt was for a boy, with sailing ships with the Canadian and Belgium flags on top of the masts. Is there anything you would like us to make for you? Pictures of the quilts may be seen in the Heritage Room on top of our cabinets.

If you are interested in joining us for friendship and participating in interesting handwork, please join us in the Craft Room on Thursday mornings between 9AM and 11 AM. We serve coffee as well.

NEPEAN SONGSTERS



The Nepean Songsters presented their “Happy Memories” concert at the Chambers, Ben Franklin Place, Sunday, October 19, before a sell-out

crowd of 250 patrons. Guest soloist, Garth Hampson, was the highlight of the afternoon show, which featured a broad range of musical favourites. The “Memories” concert is the highlight of the Songsters’ annual program which consists of regular sing outs at retirement and seniors homes throughout the city.

We would like to express appreciation to Director, Sandra Vandenberg and Accompanist, Barbara Creech, for their continued support to our musical program.

The Songsters annual luncheon was held at the Sportsplex, Monday, October 20 and was attended by Songsters and their spouses. We would like to express appreciation to Vera Collier and Betty Usher for all arrangements related to this event.

Rehearsals are held Thursday mornings from 9:00 – 10:30 at the Nepean Sportsplex and sing outs are scheduled approximately every second week. The Songsters provide an opportunity for seniors to continue their participation in choral music and to share that experience throughout the community at large. Please feel free to drop in any Thursday to

participate in one of our practices and to share our hospitality.

CONGRATULATIONS
Nepean Seniors Recreation Centre
on your 20th Anniversary!

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Real Health Care

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman—already dressed and sitting on the bed with a suitcase at his feet—who insisted he didn’t need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

“I don’t know,” he said. “She’s still upstairs in the bathroom changing out of her hospital gown.”