



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

Nov/Dec06

## GREETINGS FROM THE CHAIR

By Wilma Matchett

It was a pleasure to see so many members and visitors out to our open house on October 15<sup>th</sup> and the Board looks forward to having a good cross section of our membership come to the Continental Breakfast on December 15<sup>th</sup> – our way of saying “thank you” to our members for their active participation in the NSRC.

Kick off the festive season on November 17<sup>th</sup> at the NSRC Christmas Dinner at the International Restaurant at Algonquin College. This restaurant is a “well kept secret” in our neighbourhood and they offer great menus and service. It will be an entertaining evening! Tickets are on sale now and seating is limited.

Now that the colder weather is upon us and we tend to spend more time curled up with a good book, more people are scanning the book rack and finding out that some readers seem to be hoarding some good books! This book rack serves as a “book exchange” and it is to be hoped that fans of sci-fi, mysteries, political or commercial intrigue (and I know some will argue that they are the same thing, if not intertwined),

biographies, etc., will actively participate in the book exchange.

*All good wishes for a very Merry Christmas and a Happy and Healthy 2007.*

*Joyeux Noel – Frohe Weihnachten – Feliz Navidad*

## UP AND COMING

**Military Whist:** The next one will be held on **Friday November, 24th at 7:00 p.m.** Tickets sell out fast so hurry in quick. They start selling on October 27 following that evening’s Whist. Tickets for the next Whist on **December 8** will go on sale following the one in November. The cost is \$6.00 and includes cash prizes and delicious refreshments.

**Lunch: Thursday, November 23<sup>rd</sup>, 11:30am-12:30pm. Sir Guy Carleton Secondary School.** Cost: \$6.50. Tipping is optional. The money will go directly to the students, not to the school. Tickets will go on sale starting November 1<sup>st</sup>. They will sell out fast.

Unfortunately, the students are too busy to do a lunch for us in December, but do join us for the Continental Breakfast and our Christmas dinner. (See next page).

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**Free Presentation:** Join Financial Consultants Brenda Merkley, CFP and Naaseem Lakhani, M.A. from *Investers Group Financial Services* who will be conducting an informative session giving valuable tips on tax planning for seniors. The presentation will take place at the Centre on **Wednesday, November 15<sup>th</sup> from 10:30 am to 12:00 pm** and will provide **10 TAX-SAVING IDEAS** that are effective and quick to identify.

Come and see how to keep more money in your pockets. If you think you may be interested in attending, please sign up now on the list in the Heritage room.

**Pottery Course:** We are looking to start up a pottery course on Friday mornings from 10:00 a.m.–12:30 pm. It will run for 8 weeks and we need a minimum of 6 people in order for the class to run. The cost would be \$138.25 + \$25 for a bag of clay. There is a 10% discount if you are 65 years or older. I am hoping to run it before Christmas, but if there isn't enough time, we will start in January. Please call the office to let us know if you are interested.

**Workshop:** Learn how to create a Christmas Festive Table Centrepiece. We will be offering a three-hour workshop where you will create your very own beautiful table centrepiece with a candle. It will take place on **Monday, November 27<sup>th</sup>, 9:30 am–12:30 pm** in the Heritage room at the centre. The cost of the workshop will be \$30.00 and that will include all of your supplies. You are asked to bring a glue gun with lots of glue sticks, scissors and wire cutters. We need a minimum of 9 people but we can only take a maximum of 12, so sign up quickly!

**Christmas Dinner:** Please see the enclosed flyer with all the details. Make sure to read both sides.

**Holiday Breakfast:** Friday, December 15<sup>th</sup> from 9:30 am to 11:30 am. Our annual Continental style breakfast is planned for this day. Make sure you sign up on the sheet provided in the Seniors room or call in and leave your name with our staff. This event is sponsored by the Seniors Centre Management Board for centre members only.

**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!

August 25	Florence Pinet – not registered
September 8	Joan Rogers – not registered
September 22	Carolyn Ardley – not registered
October 6	Violet Kelly – not registered

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## NEWS FROM THE OFFICE

### Day trips

Once again we have reserved seats with Ottawa Valley Tours, and if we get 10 participants on these trips they will pick up at the Centre. You can register at the Centre for these trips by cheque, payable to **Ottawa Valley Tours**, or by credit card.

**Naughty Pinocchio:** You will depart on November 22<sup>nd</sup> for the charming village of Stirling to see a little “Naughty” pandemonium-packed panto of “Pinocchio” at the historic *Festival Theatre*. You will enjoy a buffet lunch at the *Two Loons* restaurant in Madoc before the performance. This is a truly humourous show with a distinctly grown-up flavour! The cost is \$116 and it includes transportation, lunch and theatre.

**Good Old Fashioned Christmas Party:** Join in the Holiday Fun as we depart on December 6<sup>th</sup> for St. Eustache, arriving at *Chez Constantin* for an evening of Festive Dining with soft music, a sing-a-long and social dancing. The cost is \$77 and it includes your transportation and the Festive Dinner.

**Alight at Night Festival:** You will depart in the afternoon of December 17<sup>th</sup> for Morrisburg for a delicious Festive Dinner. Following dinner you will see Upper Canada Village brought to life with over 200,000 lights. Hop aboard a horse-drawn wagon for a tour of the village and then visit the *Village Store* for last-minute gifts or a warm-you-up beverage. The cost is \$83 and includes your transportation, dinner and the Alight at Night tour.

**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 10<sup>th</sup> to 15<sup>th</sup> 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 in to the office in order that we may get them delivered to the Snowsuit Fund by December 8<sup>th</sup>.

**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 27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup>. Curlers please note there will be no curling on Tues. Dec. 26<sup>th</sup> or Thurs. Dec. 28<sup>th</sup>.

**OACAO Curling Bonspiel:** The annual Bonspiel, organized by our very own Centre, will be taking place on Friday, January 19<sup>th</sup> at the RCMP Curling Rink. Mark your calendars now and watch for more detailed information in the next Hub.

### **Actifest Ontario Seniors Games**

Congratulations to our very own James Lawson and Betty Irwin for their Silver Medal win in Cribbage at the Actifest Ontario Senior Games in Hamilton this past summer. They beat out 60 other Cribbage enthusiasts from across Ontario and there was stiff competition. Although Jim and Betty have won the local games many times, this is the first time they have traveled and competed in the provincial games. Great job on representing the Nepean Seniors Recreation Centre!

### **Heart Study**

A study of the “Genetic Risk factors for Coronary Heart Disease” is about to be carried out at the Ottawa Heart Institute under the supervision of Dr. Ruth McPherson and Dr. Robert Roberts. The major  
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purpose of this project is to understand the role of genetic variations in DNA and RNA expression in predisposing some people to coronary heart disease and/or risk factors for heart disease, including elevated blood fats, obesity, diabetes mellitus and high blood pressure. We will compare genetic material and blood lipids and proteins of people with heart disease to that of people without heart disease. Your participation will help the investigators to identify which genes are associated with coronary artery disease and which variations in those genes are important in making some people more susceptible to developing coronary heart disease and/or its risk factors. Some samples will be used for a data set of healthy normals to better define genetic causes of other common diseases (for example: respiratory, psychiatric, cancer, neurological, infectious, metabolic and bone diseases). This research will help scientists to study the genetic basis of heart disease. Your participation will require a one-time visit of approximately thirty minutes. The entire study will last about ten years.

### **We are looking for the following volunteers:**

- Group 1.**
1. 20,000 people with heart disease (angina, heart attack, heart blockage, angioplasty, stent, by-pass surgery etc)
  2. Caucasian
  3. Men or women who were under age 55 when first diagnosed with heart disease
- Group 2**
1. 20,000 individuals who are without any history or symptoms of heart disease
  2. Caucasian
  3. Men or women over the age of 70
  4. Not taking any anti-anginal medication

This research will help scientists understand the genetic basis of early heart disease. For more study information, visit the study website at [www.heartstudy.ca](http://www.heartstudy.ca).

The Heart Institute is located behind the Civic Hospital at 40 Ruskin Street. The participation in this study requires a one-time visit of **15 to 30 minutes**. A **fasting** blood sample will be collected for the DNA &

other tests. This sample will be encoded for confidentiality. Your test results will be reviewed by Dr Ruth McPherson, principal investigator of the study. Her report, along with the test results, will be forwarded to you by mail. Parking and breakfast vouchers will be issued after the blood collection.

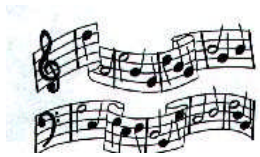
**To set up an appointment for this study, please contact Heather Doelle at (613) 761-4769.**

Appointments are made Mon. to Fri. from 7:15AM up to 11 AM. Thank you for your support in heart disease research.

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## NEPEAN SONGSTERS. I

By Vera Collier



(This article was unintentionally omitted from the Sep/Oct edition of TheHUB. An updated version follows).

The Songsters have been very busy. We brought a little joy to residents of Lynwood Park Lodge. One of the highlights was entertaining the Veterans and the Perley Rideau Veterans Health Centre and of course, our last official gathering with the students of the Link Programs. The school is closing. Our "Spring Fling" was a great success. As we anticipated, it was a sell-out. If you recall, in the May/June Hub, I did suggest that you get your tickets as soon as they were available. We know that quite a few of you were disappointed as we did run out of tickets. Those who were with us, were full of praise. Our thanks to our Special Guests, Pat Black's Happy Tappers, soloist Grace Cook, Barbara Creech, Peter Griffiths and all of the volunteers and you the audience. Your continued support is greatly appreciated.

The Songsters are taking a well-deserved break. Come September, we will all be back for another fun-filled season. On behalf of the Nepean Songsters, I wish you a healthy and enjoyable summer

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## NEPEAN SONGSTERS. II

By Vera Collier

Well, we did have our 'well-deserved break' after a busy and productive year.

The Songsters returned for another season on September 7<sup>th</sup>. Helen put us to work immediately with two (2) "Special Performances" coming up in October. The 15<sup>th</sup> is "Open House" and the 22<sup>nd</sup> at **Good Companions for the Older Adult Centres Association of Ontario**. The Songsters are sharing the stage with Pat Black's "Happy Tappers".

On a sad note, Helen Sutherland will be leaving us in December of this year. She has decided to retire. We wish her the very best and thank her for her hard work and dedication. The Choir is much richer for having her as the Director over the past several years. We will miss her.

Helen, on behalf of the Songsters, "Thank You" and the ""Best Of Health". Vera Collier. Remember, Happiness is staying healthy and active.

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### **Actual Items from a Church Bulletin:**

His father asked him three times what was wrong! Finally, the boy replied.. "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys!"

A wife invited some people to dinner. At the table she turned to her six-year-old daughter and said, "Would you like to say the blessing?" "I wouldn't know what to say," the girl replied. "Just say what you hear Mommy say," the wife answered. So the little girl bowed her head and said, "I wish I hadn't invited so many people."

One particular four-year-old prayed, "And God forgive our trash baskets."

## TRAVEL CLUB

By Vera Collier



Our annual Travel Showcase on Sept 25<sup>th</sup> at the Senior centre was a great success. **Ottawa Valley Tours, Congress Travel and Thomas Cook Travel** all made

presentations of proposed trips for 2007 and this created considerable interest with the approximately 60 Centre members in attendance. Interest sheets were signed for Portugal in March; Magog in April; Frankenmuth and Macinac island in June; Mystery tour in September and New Zealand in November--all in 2007. In addition, registration has begun for Jamaica this coming January. Demand for this 5-Star resort in Negril, as well as for air flights, has limited its availability. There are still two week periods from Jan 21 and Feb 4<sup>th</sup> or one week period from Jan 28. These dates give an overlap with the original period of Jan 28<sup>th</sup> to Feb 11<sup>th</sup>. If you are interested in joining the group, check it out at the Centre as soon as possible or call either Sheila Pitt at 723-8559 or Betty Usher at 828-9921.

Registration is also underway for New Zealand. This trip is a combination of Land and 14-day Ocean Cruises with *Holland America*. Congress Travel has designed a good trip for seniors with overnight stops en route both ways, as well as extra nights in both Auckland and Sydney, each of which includes some sightseeing as well. Although this is a year away, cruise bookings for some dates are already filled. Lots of information and flyers are at the Centre. Total price includes air, cruise, land portion and many other costs for \$8144 with a deposit of \$1500. Call either Vera Collier at 596-9468 or Betty Usher at 828-9921.

Watch for more information, more flyers, and dates for presentation for upcoming proposed trips. Portugal will have a presentation on Nov 6<sup>th</sup> at 10:30am; Magog will be presented on Nov 20<sup>th</sup> at

10am and Frankenmuth and Macinac island will be presented on Dec 11<sup>th</sup> at 10am. All presentations will be in the Heritage room at the Centre. Registration will begin for each trip when it is presented. This gives you the opportunity to plan 2007 with a great choice of vacations!! Travel Club executive members are: Vera Collier, 596-9468; Connie Walsh, 225-6017; Betty Usher, 828-9921; Mary Fowler, 225-6665; Pat Duggan, 225-6106; Sheila Pitt, 723-8559; and Judith Mohindra, 820-3181. We can help answer your questions, and can also provide more information about our trips.

## GASPE TRIP

By Betty Usher

Forty-four passengers spent a busy week exploring the St. Lawrence from Quebec to Gaspé, then up the Saguenay fjord countryside and over to Quebec City. What a beautiful part of Canada! Rimouski showed us the *Empress of Ireland Museum* where the ship sank in the St Lawrence with great loss of life. Perce showed us whales and harbor seals. Bonaventure told us about the plight of the displaced Acadians in an interesting collection. We were all thrilled by the sunset at Rivière du Loup, the historic *Hotel Tadoussac*, the cruise up the Saguenay with its overwhelming beauty of water, Beluga whales, and all of it, of course, in the company of a guide beyond compare!

Imagine our surprise when we arrived at St Rose du Nord (rated as one of the prettiest villages in Quebec) and found ourselves in time to watch an international competition of kayaking, cycling, rappelling, mountain biking and hiking... Wow!

Our last stop was at Quebec City where we were charmed by the city! Sunny weather, good company, an excellent tour guide in Mary Pearson of **Ottawa Valley Tours**--we were satisfied and traveled over 1000 miles. Even a bus breakdown didn't dim anyone's spirits. We did hear that Quebec City is celebrating its 450<sup>th</sup> anniversary in 2008--some comments about a possible trip then??

## CREATIVE CRAFTS

By Donna Butler



Fall is here and the Creative Craft group is busy, as usual, sewing and knitting. This summer we sent to the Red Cross 67 hats, 8 prs of mitts, 31 scarves, 10 baby sets,

7 baby blankets, 1 adult vest, 8 head rests and 4 bags. These items will help keep many people in the city warm this winter.

At the Open House we will have a table with items for sale. Have a peek when you are there.

This past summer Bernice Evans, Georgina Hanna, Audrey FitzPatrick and Donna Butler worked on a baby quilt as a commission for the centre. The applique on this quilt included tulips and a symbol of Ottawa as the quilt was being sent to Europe as a gift. It was a cream background with red flowered tulips, green leaves and green borders with a cosy red flannelette backing. Do let us know if we can make anything for you.

Remember to get your raffle ticket for our Quilt. The draw will be at the Christmas Breakfast. We meet Thursday mornings in the craft room at 9AM until 11AM. We accept new members, so do come along to learn more about our group and enjoy a cup of coffee with us.

## Fun & Games

### '500' CLUB

By Shirley Spour



August 31<sup>st</sup>, winding up for the summer, card players, 23 of us, enjoyed a pizza lunch from *Pavarazzi*. Seems as though everyone had plenty as nothing was left. Many thanks for great help: Ferd Ortiz looked after punch, Neil MacDonald served

the pizza, Noreen Vawer, Shirley Lahey and Donnie Duval brought lovely desserts.

The new Fall Season started in October. '500' always welcomes anyone who would like to play, Thursdays at 1 pm. Would appreciate you there by 12:45 pm and the cost is \$1.50. Sure is fun, so come and try it!

### WEDNESDAY BRIDGE

By Gopaz Kunchur

Under the energetic and capable leadership of Ms Bertha Nehme, we get together every Wednesday afternoon for a contract bridge session. Invariably, delicious cookies are provided by Ms Janice Cunningham at no extra cost. Even though called as 'contract' bridge, you can break all rules and still have a lot of fun!

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### Reasons Why The English Language Is Hard To Learn

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.

- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) The insurance was invalid for the invalid.