



THE hub

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

Jly/Aug 06

GREETINGS FROM THE CHAIR

By *Wilma Matchett*

I hope everyone has a safe and healthy summer, with lots of fun and good food with family and friends.

As many of you are aware, I have been very active in promoting the need for a scent-free environment because of my own personal difficulties in breathing when I have been exposed to multiple sources of chemicals. I am only one of several members (that I know of) who suffer various degrees of breathing difficulties when we attend social activities and we all do appreciate the compassion and co-operation of those refraining from wearing scents to NSRC or public functions.

On another note, I would like to draw your attention to the City of Ottawa booklet entitled "Are You Ready?", copies of which are available at your local Library and at City Client Service Centres.. This booklet draws attention to the need to know what to do in case of an influenza pandemic and indeed, in the event of any type of emergency situation. "Be Prepared" should be the motto that all of us follow, not just the Scouts and Guides!

Have fun everyone.

UP AND COMING

Military Whist: The last one before summer was held on **June 23rd**. The next one will be in September and it will be advertised in the September/October issue of the Hub. Tickets will go on sale after Labour Day.

Slots Trip: The next one will be on **Tuesday, October 3rd**. Mark your calendars now. More details will be in the September/October issue of the Hub.

Lunches: The lunches in May and June held at the Sir Guy Carleton Secondary School were sold out in record time! The students served a fabulous three course lunch in a professional and courteous manner. There was lovely music performed by some of the students on the keyboard and guitar. At the first lunch one person from each table won a draw for the plant that was their centerpiece.

The next one will be held on **Thursday, September 28th**. The menu will be:

- Cream of Potato and Leek soup.
- Herbed Crêpes filled with slivers of chicken breast in a mushroom cream sauce with tossed market greens in a light lemon vinaigrette.

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- Lemon Meringue pie with garnish followed by coffee and tea.

Tickets will go on sale after Labour Day. They will sell out fast.

Day Trips: This summer we are bringing back bus trips organized by the Seniors Centre. In order to keep the cost as affordable as possible, we will be using a school bus, but the trips aren't long and they will definitely be worth it! We will need a minimum of 20 people to keep it at the advertised price, so talk to your friends. Sign up soon as we need to book the tickets in advance and we need to know numbers. The enclosed flyer has all of the details. Please read both sides.

Bocce: This exciting game will be held on Tuesday evenings starting at 6:30 p.m. A one dollar drop-in fee will apply. We will meet at the Seniors Centre before heading outside. If it's hot, bring water with you. Not sure what it is? Come and try it at the Canada Day BBQ, weather permitting, or call Leslie at the office. Anyone can play so give it a try!

The Walking Club: Walking is an excellent form of cardiovascular exercise that is beneficial to everyone. The Walking Club will be offered on Thursday mornings at 9:30 a.m. We will meet at the Centre and then walk the trails behind the Sportsplex. Please wear appropriate walking shoes and bring a water bottle. We will start out at a pace that suits you, so not to worry. We will gradually increase the distance and the pace as the group progresses. More mornings may be added if there is enough interest in doing so in the future.

More new events are being considered for the Fall. For example, **Wine Tasting** and **Photography classes**. Make sure you check at the Centre and in the next Hub for more details so you don't miss out.

NEWS FROM THE OFFICE

Parking Lot --There is good news! Although we cannot designate any of the parking spots for the

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Seniors Centre, we are getting 6 more handicap parking spaces in the back lot. These will be in the first 6 spaces in the first double row.

Canada Day BBQ--Don't forget, our annual Canada Day BBQ will be held on **Friday, June 30th**. Tickets are \$8.00 and can be purchased at the Seniors Centre.

Annual Old Fashioned Pot Luck Picnic--This year it will be taking place on **Monday, July 17th** at Andrew Hayden Park. Wear your most outrageous golf outfit. The sign up sheet for what food item you will be bringing is in the Heritage room. Great games and prizes to be won so come on out and have some fun!

Sale! Sale! Sale—the Board is now slashing prices on their T-shirts : Regular T-shirts are now just \$5.00 and Golf Shirts \$10.00. Please contact Leslie if you are interested in making a purchase.

"No scent is good sense!"

Some words of wisdom for our readers. We are now seeing more and more advertising signs similar to this in public places. Why? - because so many of our families are being told that the allergies and asthma-like symptoms one of the family has been suffering are caused by continued exposure to chemicals and "the environment".

Many of us have to avoid going to the theatre, to fine restaurants, or to social events because so many of the patrons don't feel "dressed" unless they have used their perfumes, colognes, after-shave, etc. Some of us have experienced breathing problems entering an area minutes after someone wearing perfumed products has passed by!

Thanks for thinking of others whenever you get ready for a social event.

Fun & Games

5 PIN BOWLING

By John Kay



We completed our 2005/2006 season on April 24, 2006 and had our year end party. Our new season will begin on September 11, 2006 and all seniors interested in bowling are welcome.

FRIDAY FUN BRIDGE

By Juliette Matte-Viens



Bridge is better than ever with Maxine Jones in charge, who puts out innovative things for munching while we play. There is still room if you care to join us at 1:00 p.m. on Friday afternoons.

FLOOR SHUFFLEBOARD

By Lou Webb



We have experienced an improvement in turn-out recently. This is partly because of the termination of the Bowling league for the summer. Also, the cooler temperature in the concourse

may be attractive on the warmer days.

Our spring luncheon was quite enjoyable. We visited the Bell's Corners Legion at noon and listened to the Four Chords in rehearsal. Pizzas and wings were ordered in and 23 members had quite an enjoyable

two hours. Many thanks to the Four Chords and to the Legion.

Special Report: Women Leave Men in the Kitchen!

On Monday, June 5, the Shuffleboard team of Lois and Annie gave the team of Ron and John a lesson they will not soon forget. The pair of women beat the men by a score of 106 to 1! This might be some kind of new record. (No names have been changed to protect the identity of the players involved. Way to go ladies!)

EUCHRE

By Eric Scheuneman

On March 14th we had our St. Patrick's Day Luncheon of Irish Stew and dessert which was enjoyed by all 33 present.

On March 28th & April 11th we had a 50/50 draw with 6 persons winning \$5 each. The winners were as follows: Vera Collier, Peggy Manion, Steve McIntyre, Ferd Ortiz, Doris Palmer & Muriel Wilson. 50/50 draws were held on May 9th & 30th only this time a bottle of maple Syrup was given to each: Mary Buchanan, Cam Frederick, Kay Ferguson, Donald MacDonald, Neil MacDonald & Muriel Wilson.

June 6th was our Annual Awards Day with Neil MacDonald taking top honours for the Season High Average Trophy as well as a smaller one to keep. The Top 3 Ladies were Christina Philip, Tommy Maxwell, and Cam Frederick. The Top 3 Men were Neil MacDonald, Ferd Ortiz & Eric Scheuneman. All 6 received a Certificate of Merit, (1st, 2nd, 3rd). The menu consisted of assorted sandwiches and a large carrot cake. Last, but not least, we wish to thank Ross Kerr for taking the photos of our presentation.

Previously we held a contest to see who could guess the names of the Top 3 Ladies & Top 3 Men. There were only 2 members who could come up with the correct names they were Gerry Marling & Ferd Ortiz and each of them received a \$5 prize for their efforts.

Euchre is played each Tuesday throughout the year commencing at 1 pm and it is recommended that everyone should arrive about 15 minutes early.

CRIBBAGE

By *Pat O'Connell and Eileen McLaughlan*

Although we are now enjoying nice warm weather, we are still playing cribbage all summer.

We have been getting a good turn out and would like to welcome our new members.

We play every Tuesday and Thursday afternoon from 1:00 to 3:30 pm so come and join us anytime.

'500' CLUB

By *Shirley Spour*

Seeing I was voted in as Chairman, I thought I would say hi!

Elections took place April 27th. The Assistant Chairman is Ferd Ortiz, the Treasurer is Donnie Duval, the Statistician is Steve McIntyre. Sorry that Ross McKenzie, past chairman, was ill and unable to attend. I hear you are coming along fine. Thanks to the former executive for a great job last season!

Season-ending luncheon was held May 4th, I was away but heard everyone enjoyed sandwiches and all. Myrtle Deavy won the award for top score for the season.

It is great having a few new members. We are still playing over the summer months, and anyone is more than welcome. We play on Thursdays from 1 – 3:30 pm - \$1.50.

WEDNESDAY BRIDGE

By *Bertha Nehme*

We enjoyed a nice luncheon on the 26th of April. This was funded by the sale of 50/50 tickets and the 25 cent coffee fee collected each week.

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During the summer months, we do not record scores. If you have a partner and would like to try us out, we always welcome new players.

We have an average of 10 tables and rotate every 4 hands. Officially, we start at 1:00 pm but most people arrive at 12:30 and start playing for fun.

NEPEAN SONGSTERS

By *Vera Collier*



The Songsters have been busy. We did bring a little joy to the residents of Lynwood Park Lodge. Another of the highlights the last two months was entertaining the Veterans at Perley Rideau Veterans Centre and, of course, our last official gathering with the students of the LINC Program. (The school is closing).

Our “Spring Fling” Concert 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 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; all of the volunteers and YOU, the audience. Your continued support is greatly appreciated.

The Songsters are taking a well-deserved break. Come September 7th, we will all be back for another fun-filled season. On behalf of the Nepean Songsters, I wish you a healthy and enjoyable summer. Continue staying active. It is a step to staying healthy.

(Editor’s note: go to p.6. to see a photo of the songsters *en route* to Kingston for a well-deserved fun weekend the day after their beautiful “Spring Fling” Concert.)

CREATIVE CRAFTS

By Donna Butler



Wait until you see the beautiful Quilt we are putting up for raffle. This is a fundraiser and the tickets go on sale June 30th at the BBQ. The tickets may be bought through the

different organizations and clubs of the Centre for \$2.00, or \$5.00 for three. The draw will take place on December 15th at the Continental Breakfast. Good luck on becoming the winner !!

VOLUNTEER REPORT

By Ron Lassenba

Here we are again to greet you before you head out on your summer vacations & leave behind some of your activities at the Centre. HOWEVER, before leaving, will you PLEASE SUBMIT your Volunteer Hours for the period April to June, inclusive. Note that there will be an **Activity Representatives' Meeting on Monday, September 18th from 11:00 to 12:30, with a light lunch.** Enter this date on your calendar!

TRAVEL CLUB

By Jim Kirch



By the time you read this copy of the HUB, our travellers

will have returned home from their tour of Southern Ireland. They will, no doubt, be telling us all about the good time they enjoyed there.

For those that have registered for the Quebec & Gaspé' trip scheduled for September 9th to 15th, the Meet and Greet session will be held in the Heritage THE HUB

Room at the Centre on August 28th at 1:30pm. Put a note in your diary or on your calendar for this meeting.

There are still plenty of spaces left for the trip to Argentina. This adventure will be managed and conducted by Senior Tours this fall from Nov.9th to 26th, 2006. The all-inclusive price is \$3797 for double occupancy. Argentina is an inexpensive and safe country to visit. Registration is now ongoing at the Centre. Further information can be obtained from Vera Collier (596-9468) or Betty Usher (828-9921).

Since considerable interest has been shown by a number of members of the NSRC in a trip to New Zealand, we are working with Congress Travel for November 2007. Tentatively the plan is to fly with Air New Zealand with a stopover both ways (possibly Fiji) and cruise with Holland America to visit several ports along the coasts of both New Zealand and Australia. There will be a presentation on September 6th at 10:30am in the Heritage Room.

Planning continues on the rest of the Travel Club Program for the Year 2007. Full details will be available at our AGM scheduled for Monday September 25th, 2006, from 2:00 to 3:30 pm. The Travel Agents that will conduct our trips in 2007 will be present. Also, watch for more information about our fabulous winter vacation already being planned for January 2007.

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!

April 21	Margaret Gallien-Ward - NR*
May 5	Lois Gonyer - won \$430.25!!!
May 19	Joan Pattison - NR
June 2	David Thompson - NR

*NR = Not Registered



Here are the Songsters and The Happy Tappers along with Soloist Grace Cook on their Day trip to Kingston

Great Thinkers of our time!?

“Whenever I watch TV and see those poor starving kids all over the world, I can’t help but cry. I mean, I’d love to be skinny like that but not with all those flies and death and stuff.”...Mariah Carey.

“Outside of the killings, Washington has one of the lowest crime rates in the country,”...Mayor Marion Barry, Washington D.C.

“I’m not going to have some reporters pawing through our papers. We are the President!”...Hillary Clinton commenting on the release of subpoenaed documents.

“When I have been asked during these last weeks who has caused the riots and the killing in L.A. my answer has been direct and simple: Who is to blame for the killings? The killers are to blame.”...Former U.S. Vice President Dan

Quayle on the complex social issues behind the Los Angeles Riots.

“I don’t feel we did anything wrong in taking this great country away from them. There were great numbers of people who needed new land, and the Indians were selfishly trying to keep it for themselves,”...John Wayne

“Without censorship things can get terribly confused in the public mind,”...General William Westmoreland.

Question: “If you could live forever, would you and why?”

Answer : “I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever,”...Miss Alabama in the 1994 Miss USA Contest.