



# THE hub

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

Sep/Oct06

## GREETINGS FROM THE CHAIR

By *Wilma Matchett*

I hope everyone was able to find a comfortable hideaway during the heat and humidity this summer and was able to enjoy the beauty of summer with family and friends.

I would recommend that you take a good look at the calendar of activities and the notices of up-coming events featured in this edition of The Hub and come out and try something "new to you". We have all heard or read the publicity and advertisements suggesting that seniors who partake in activities that challenge their physical and mental capabilities have a better chance to enjoy life for a longer period of time. If you have any suggestions for additions to the Centre's programs, please let Leslie or a Board member know your suggestion.

Don't forget to mark Sunday, October 15th (1:00 p.m.) on your calendar - the Annual General Meeting is a great opportunity to learn more about the various activities offered at the Centre from the Activity Co-ordinators (members who volunteer their time and talents to ensure that the participants have a good see more **GREETINGS FROM THE CHAIR** on PAGE6

## UP AND COMING

**Military Whist:** The next one will be held on **Friday September 22<sup>nd</sup> at 7:00 p.m.** Tickets are almost sold out so hurry in quickly. Tickets for the next Whist on **October 27<sup>th</sup>** will go on sale following the one in September. The cost is \$6.00 and includes cash prizes and delicious refreshments.

**Slots Trip:** The next one will be on **Tuesday, October 3<sup>rd</sup>**. The cost is \$12 for members, \$15 for non-members. You will receive bus transportation, \$10 voucher for tokens and a \$5.00 coupon for the buffet. **Please bring your Winner's Circle card or government photo ID or you will not receive your vouchers.** The bus leaves the Sportsplex at 4:00 p.m. and returns from Rideau Carleton Raceway at 8:30 p.m. Tickets are on sale now at the Seniors centre.

**Activity Reps Meeting--**There will be a meeting of all the activity reps on **Monday, September 18<sup>th</sup>** from **11 – 12:30 p.m.** in the Heritage room. A light lunch will be provided. A reminder letter will be given to each of the groups the week of September 5<sup>th</sup>. Please ensure that at least one, if not two, members of your group can attend this very important meeting.

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**Lunch:** The students are back in school and that means that they are ready to prepare another fabulous lunch for us.

**When: Thursday, September 28.** Cost: \$6.50  
Tipping is optional. The money will go directly to the students, not the school.

**Menu:**

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

Tickets will go on sale **starting September 4<sup>th</sup>**. They will sell out fast.

The next lunch will be held on **Thursday, October 19<sup>th</sup>** and the tickets will go on sale starting October 2<sup>nd</sup>. Watch for flyers posted at the centre that will list the menu.

**Open House:** This year the Nepean Seniors Recreation Centre's annual Open House will take place on **Sunday, October 15<sup>th</sup> from 1:00 to 3:00 p.m.** Please plan to attend as there will be a short AGM, representatives from all of our activity groups, entertainment and refreshments.

**OACAO Conference:** The annual Older Adults Centres Association of Ontario Conference will be held in Ottawa this year at the Lord Elgin Hotel. This exciting event will take place from **Sunday October 22<sup>nd</sup> until Tuesday October 24<sup>th</sup>**. You can sign up for individual days or for all three days. Jack McKenzie, the man who skied the North Pole at the age of 78, will be the keynote speaker on the Sunday evening. Leonard Lee, owner of Lee Valley Tools, will be the plenary speaker on the Tuesday morning. For more detailed information on the other workshops, activities and costs please pick up a copy of the Conference brochure, available at the Centre.

**Free Presentation:** Do you have an operation scheduled and not sure if you can return home to recuperate? Join Cindy Willins from Lynwood Park Lodge Retirement Residence as she gives an informative session on short-term stays. What to look for, what to ask, how and when to book. It will take place at Lynwood Park Lodge on **Monday October 30<sup>th</sup> at 10:30 am.** It is located at **1 Eaton St. in Bells Corners just off of Richmond Rd.** Please sign up at the front desk or call the office if you plan to attend as there will be coffee/tea and munchies provided and we need to know numbers. Specific directions, should you require them, will be given to you at that time.

More presentations on topics such as Avian Flu and courses on Driver Refresher, learning to play Bridge, Pottery and Wine Tasting will all be coming up soon, if there is enough interest. Watch for information at the Open House.

**Christmas Dinner:** It's never too early to think about Christmas! This year our annual Christmas Dinner will take place on **Friday, November 17<sup>th</sup>** at the International Restaurant at Algonquin College. There will be a cash bar at 5:30 pm with dinner being served at 6:30 pm. It will be a four-course meal with the entrée being one of two choices. Tickets will be less than \$40.00 per person. Exact cost and more details will be available at the Open House. Just to peak your interest, there will be a **Murder Mystery with a Medieval Theme!** Come one, come all!

**Bocce:** This exciting game is being held on **Tuesday evenings at 6:30 p.m.** It will continue into the Fall season, as long as the weather and daylight holds out, starting at 6:00 pm. Were you too busy to try it in the summer? Come on out. We'd love to have you try it. A \$1.00 drop-in fee applies. We will meet at the Seniors Centre before heading outside.

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**I Can Hear Just Fine!**

Three retirees, each with a hearing loss, were playing golf one fine March day. One remarked to the other, "Windy, isn't it?"

"No" the second man replied, "it's Thursday."

And the third man chimed in, "So am I. Let's have a beer."

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**The Walking Club:** The Walking Club will continue into the Fall season, weather permitting. Walking is an excellent form of cardiovascular exercise that is beneficial to everyone. It is offered on **Tuesday and Thursday mornings at 9:30 a.m.** We meet at the Centre and then walk the trails behind the Sportsplex. Please wear appropriate walking shoes and bring a water bottle and bug spray.

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## NEWS FROM THE OFFICE

**Parking Lot:** Hooray, 4 handicapped parking spots have been added to the back parking lot. Hopefully this will help out a little bit.

**Canada Day BBQ:** The skies were rainy but that couldn't dampen our spirits. Over 60 people ate very tasty burgers supplied by Capones catering. It took some doing, but I managed to convince everyone to take part in a Canada Day Trivia game that involved spelling out the correct answers to win top notch prizes donated by local businesses. Audience members held cards with letters on them and the contestants had to call up the people with the correct letters and spell the answer before their opponent in order to win. In the end, fun was had by all. Thanks to Ruby and Pat for washing and cutting up the strawberries for the delicious dessert.

**Annual Old Fashioned Pot Luck Picnic:** Although the weather was hot and muggy, we had about 30 people come out and enjoy great food, cold drinks, musical entertainment and fun games. I had borrowed giant games from my former community centre and they were a "big" hit. We played Checkers, Connect Four and Jenga, also known as tumbling tower. We also had a putting green to try. The more games people played, the more chances they had to win fabulous prizes that again were donated by local businesses. Thanks to Ruby, Pat, Debbie and Mark who helped set up the picnic and also thanks to everyone who came out. The only disappointment was that I was the only one who dressed up, but don't worry, I'll get you all in costume at Hallowe'en!

## DAY TRIPS

**Wakefield Steam Train:** Another hot and muggy day, just like the Farmer's Almanac predicted, but 39 of us ventured by bus to the Wakefield Steam Train. Luckily the train was air-conditioned. Along the way there were lots of people who waved at us as we flew by at top speed, especially as we went up the hill. Once in Wakefield we enjoyed a picnic lunch then people had the chance to tour the shops and even have a well-deserved ice cream before getting back on the train. Overall, the day was deemed very enjoyable.

**McIntosh Inn/Upper Canada Playhouse:** At the time of writing this article, the trip has yet to take place, but there are 30 people signed up and we look forward to another pleasant trip.

If anyone has suggestions as to where else they would like to go in the future, please let me know and I will see if there is enough interest.

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## 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!

June 16	Marguerite Hill – not registered
June 30	Molly Goddard – not registered
July 14	James Ingham – won \$336.00!!!
July 28	Barbara Woolsey – not registered
August 11	Audrey Fitzpatrick – not registered

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## Senior Driving

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful."

'Hell," said Herman, "It's not just one car, there's hundreds of them!"

# Fun & Games

## 5 PIN BOWLING

By *John Kay*



Attention 5 Pin Bowlers: The new season starts on September 11, 2006 at 1:00 pm at the Merrivale Bowling Centre. The fee will be \$6.00. All previous and new bowlers are welcome.

See you there.

## '500' CLUB

By *Shirley Spour*

Imagine, it is September already. Summer has just flown by!

We played "500" over the summer months and had pretty good turnouts. We are now starting up the regular season where we play Thursdays at 1 pm. We would like to have everyone there by 12:45 in order to get the tables set up.

The cost is \$1.50. There is always room for more players, so come out and try it. Sure fun!

## EUCHRE CLUB NEWS

By *Eric Schueneman*

For the past couple of months we have experienced the coming and going of the Snowbirds and the Cottagers. However, we managed to maintain an average of 26 persons per week, which is considered good during the summer months. Our membership is up to approximately 55.

In May, June and July we held 50/50 Draws with the winners (in alphabetical order) Mary Buchanan, Kay Ferguson, Cam Frederick, Betty Lyon, Donna MacDonald, Neil MacDonald, Peggy Manion, Emma

O'Connor and Muriel Wilson each winning an average of \$5.00.

Euchre is played each Tuesday throughout the year commencing at 1 pm. It is recommended that everyone arrive about 15 minutes early. New members are always welcome. Elections for the Club Executive will take place in September.

## CRIBBAGE

By *Pat O'Connell and Dot Steel*

The Cribbage Club continues to flourish. Attendance is growing as we have welcomed new players in the last couple of months. For fun and good company, come and join us for a game of Crib every Tuesday from 1 to 3 pm.

## FLOOR SHUFFLEBOARD

By *Lou Webb*

We continued to play on Mondays and Wednesdays during the Summer. As usual, given the variety of activities, trips and family visits people have during that Holiday Season, attendance was, to say the least, notably erratic, with a high of 21 and a low of 4. The comfort level in the corridor where we play is also quite unpredictable in the Summer, although on most hot days it is much better than outdoors. The between games beverage and cookie break is always pleasant and a good time to socialize. Now that September is here, why not give it a try some rainy day?

## FUN BRIDGE

By *Juliette Viens*

Summer is now behind us, but fun bridge is going as strong as ever with good attendance and plenty of finger food.

Carl Schlote received a nice surprise on Friday, August 4<sup>th</sup>, with a birthday cake presented to him on his 90<sup>th</sup> birthday.

We are looking forward to fun bridge in the Fall.

## TRAVEL CLUB

By *Jim Kirch*



There are still plenty of spaces left for the trip to Argentina that will be conducted by Senior Tours from Nov. 9<sup>th</sup> to 26<sup>th</sup>, 2006. The all-inclusive price is \$3797 for double occupancy. Registration is

continuing at the Centre. Further information can be obtained from Vera Collier (596-9468) or Betty Usher (828-9921).

Planning continues on the rest of the Travel Club Program for the Year 2007. Full details will be available at our **Travel Club AGM scheduled for Monday September 25<sup>th</sup>, 2006, from 2:00 to 3:30 pm. The Travel Agents that will conduct our trips in 2007 will be present.**

Attention beach lovers!!! We have a 2 week trip ready for Jamaica, January 28<sup>th</sup> to Feb 11<sup>th</sup>, staying at a five-star resort, Riu Negril. Price for twin-occupancy is \$2741.00 p.p. plus taxes. Deposit \$250. Congress Travel has reserved 26 places, half of which have already been taken. Registration is now ongoing at the Centre. Pick up a detailed flyer at the Centre or call either Sheila Pitt 723-8559 or Betty Usher 828-9921.

Your Travel Club Executive is looking into a possible 12-day visit to Portugal in March 2007. Details will follow later. The price would be about \$3,100 p.p., double occupancy. If you would be interested, kindly talk to Connie Walsh. (613-225-6017).

We hope your calendars are marked for **Sept 6<sup>th</sup> at 10:30am at Seniors Centre**. This will be for a presentation of our proposed trip to New Zealand in November 2007. It promises to be an exciting vacation, including one-night stopovers enroute in each direction (locations yet to be determined); a 14 day cruise with Holland America circling New Zealand as well as visiting three coastal resorts in

Australia. More details are available at the Centre and on the flyer you received in the mail this summer. Congress Travel will elaborate on this much anticipated trip. Hope to see you there!

Contributions from Betty Usher, Sheila Pitt and Connie Walsh gratefully received.

## BEST OF IRELAND

By *Margaret Milne*

20 Seniors left Nepean on June 7, 2006 and one left the following day for an 11-day truly unique experience to Ireland. We landed in Shannon and were transported to the Ennis County Clare hotel, where we met up with 10 people from across the USA. Two days later, we started on our journey. The Irish are a confident, outgoing race that have thrived and prospered on the opportunity presented in a changing world. They have retained their heritage, (road signs are in both languages, Gaelic and English), and culture and the love of fun. Gaelic is the country's first language. To say Ireland is greener than green, is a true statement. We were blessed with excellent weather. On to Killarney, Bunratty and Limerick. Spectacular scenery through plunging cliffs, lakes and mountains were experienced as we traveled around the Ring of Kerry. On to County Cork to Blarney Castle. Some have proof that they have kissed the "Blarney Stone".

Blarney Castle is a notable, rugged and romantic castle with 15th Century tower and beautiful gardens with flowers and rocks hidden in the green. A guided tour of the Waterford Crystal Factory was an eye opener. Outside of the historic town of Kildare, we toured a "Stud Farm" where we viewed some of the famous prize-winning horses.

Day 7, we arrived in Dublin for 2 days. They were power shopping days. Some viewed the book of Kells. While there, we attended an Irish Cabaret and Dinner. We saw lots of sheep but no roast of lamb on the menus. Rhododendrons grow wild in Ireland and were at their best while we were there. We drove to Ulster County, (Northern Ireland), to the Belleek

Factory to see how fine china is made and painted. The relative calm of Galway Bay contrasts sharply with the raw beauty and power of the West Coast. We stopped and walked the cliffs of Moher, towering above the Atlantic. Our farewell dinner was an Irish Ceili, (traditional Irish music,dance, sing-a-long and a great meal). We then said farewell to the Emerald Isle.

A BIG THANK YOU to Vera and Connie for getting us all safely home, albeit tired and happy.

## CREATIVE CRAFTS

By *Bernice Evans*



The Creative Crafts group ended a very successful 2005-06 season with a sale of their items at the Canada Day Barbecue. The members that attended got a good insight of the many

talents of this great group. From dishcloths, scrubbies, sweaters, toques, afghans, beads and quilts, we did it all.

Our group is dedicated to creating items for sale to raise funds for the Senior Centre and donate knitted sweaters, toques and blankets to the Red Cross and Snowsuit fund. In addition we tie quilts for Victoria Quilts.

We also complete (UFOs) unfinished items. If you have a knitted sweater that needs to be completed or a quilt or anything, bring it in or drop it off one Thursday morning and we will give you an estimate of the work and cost involved.

The showcase in the Heritage Room is where we display many of the items we have on sale. Also in the showcase there is a Quilt on display. This Quilt was made by our group for raffle. At the start of the new season we will be asking each activity group to sell tickets for the quilt. Draw will be held at the Christmas Continental Breakfast.

Creative Crafts will start our new season at 9:00 A.M. on September 7. New members are always

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welcome. Even if you think you have no creative talents, drop in for a cup of coffee and friendship.

## VOLUNTEER REPORT

By *Ron Lassenba*

Believe it or not, but summer is almost over and we are beginning our new Fall Season! A special welcome to all and looking forward to having new Volunteers participate in our Fall activities. Have you completed your Volunteer Hours for the period April to June? If not, PLEASE submit these ASAP!

Important date: Monday, September 18<sup>th</sup>, 11:00 am Heritage room. This is when we will have our Activity Reps meeting. Please ensure that at least one or two members of your activity attend. A light lunch will be served following the meeting.

The Annual Seniors Centre **Open House** is on Sunday, October 15 from 1 - 3 pm. We are pleased to have Barb Tiffin, Volunteer Services of the City of Ottawa, attend to speak to us on "Volunteer Involvement". Your presence to learn of the great part Volunteers play in our Centre, will be of great interest to all.

## GREETINGS FROM THE CHAIR

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time). We hope that the Activity Co-ordinators and some of their participants will take this opportunity to showcase the fun and fitness available at our Centre.

Last but not least, I would again request that you minimize your use of scented products when coming to activities at the Centre (and indeed to any other venue where there might be people who suffer from lung disease, chemical or other allergies and sensitivities). The scent of these perfumed products (including dryer sheets) tends to linger on clothes for some time and while it is your "right" to use whatever products you want to, some of us have a real "need" to breathe cleaner air.

Have fun and keep healthy.