



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

Jly/Aug07

GREETINGS FROM THE CHAIR

By *Wilma Matchett*

Happy Canada Day one and all,

If the forecasts are correct (and how often is that?) this will be a hot summer and we will be bombarded with warnings to make sure we get some sun for the benefits of Vitamin D (but not too much because of the risk of skin cancer), to keep cool, drink plenty of fluids, etc., etc. However, we do need to balance all these "cautions" with some fun and exercise and the Seniors Centre and the Sportsplex offer many alternatives this summer.

Check out the activities listed in The Hub and in the Summer schedule for the Sportsplex. Summer is a good time to try something new--and perhaps you could encourage family members and neighbours to broaden their horizons!

In October, 2008 the NSRC will be celebrating the 20th anniversary of its official opening. If you have any suggestions for our celebrations, the Board and Leslie would be pleased to receive your ideas.

Have a great summer!

UP AND COMING

Canada Day BBQ: Don't forget!!! Our annual Canada Day BBQ will take place on Friday June 29th at 11:30 am. Come and enjoy a burger, salad, drink, dessert, entertainment and prizes all for the low price of \$8.25! Tickets can be purchased at the Seniors Centre.

Annual Old Fashioned Pot Luck Picnic: This year it will be taking place on Monday, July 16th, 11:30 am at Andrew Hayden Park. 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!

Military Whist : The next one will not be held until Friday September 21st at 7:00 p.m. The tickets are already on sale. The cost is \$6.00 and includes cash prizes and delicious refreshments.

Day Trips: This summer I would like to bring back bus day trips organized by the Seniors Centre. In order to keep the cost as affordable as possible, we would be using a school bus, but the trips wouldn't be long and last year they were definitely worth it! The problem is that I need ideas of where to go and what to do. Please phone Leslie with your suggestions as soon as possible so that there will be time to organize something. Preferably it would be great to find

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something that won't be weather dependent, so that if it's really hot or pouring rain, we can still go. If something gets organized, a flyer will be sent out with all of the details.

NEWS FROM THE OFFICE

Cycling Club

The cycling club is up and cycling! We meet on Tuesday mornings at 9:00 am. All you need is a bike, equipped with a bell, a helmet, water and some energy. We are starting off with shorter bike rides (10 km) but will gradually increase the distance as we progress. Currently we are meeting at the Sportsplex in the back parking lot, but we may meet at other locations. If you are interested in joining us, please call Leslie at the office for more details.

Ottawa Valley Tours' Day Trips

It has recently been brought to my attention that Ottawa Valley Tours donates money to our Centre for every one of our members that go on one of their trips. I knew that they did that for trips that we organized with them, but I didn't realize that they do it even if a member books with them directly for a trip not organized by us. So, if ever you are traveling with them, please let them know that you are a member of this Centre and let Leslie know so that she can follow up with Ottawa Valley Tours. What a great partnership! For a list of the various tours they offer, please see their books located in the lobby of our Centre.

Bridge Tables for Sale

We have recently purchased 10 new bridge tables so we need to make room for them. I have 5 tables for sale to a good home. The tables are the vinyl covered ones, which we will sell for \$5.00 each. They will be sold on a first-come basis starting June 29th. Please see Leslie if you are interested.

Summer Hours

Effective for July and August, the Seniors Centre will close on Fridays at 4 pm and will be closed all day Saturdays.

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!

NEW RULES

Due to the concerns raised by the Board, staff and members of the centre, new rules have been implemented. **Remember, if no one wins within 10 draws, on that 10th draw we will continue to draw numbers until a winner has been established.** If you have any questions, please speak to Leslie or a Board member.

April 20	Gerald Marling – not registered
May 4	Frank Whitteker – not registered
May 18	Eunice Watson – registered She won \$422.00!!! Congratulations!
June 1	George Warr – not registered

CREATIVE CRAFTS

By *Audrey Fitzpatrick*

The Creative Crafts group has been busy this year, and have made some interesting items. On June 29th, during the Canada Day Bar-B-Q, there will be a sale of these articles in **Studio 2**. We hope you will drop by and check them out.

We are busy completing our 2007 Fund Raising Quilt, it will be available by September. Keep your eye out to check this beautiful colourful Queen Size Quilt. Have your money ready to take a chance on winning.

We will stop meeting for the summer on June 29th and commence again on September 6th. We meet every Thursday morning from 9:00 A.M. to 11:00 A.M. New members are always welcome, so come out and have a cup of coffee with us and see what we do.

VOLUNTEER REPORT

By *Mary Pearson*

REMINDER: Volunteer hours for April, May and June are due. Hoping everyone has a safe, healthy and enjoyable summer.

TRAVEL CLUB NEWS

By *Betty Usher*



Greetings all readers! Hope you have some interesting summer plans ready for the next two months. However, looking ahead to the fall, we have our annual "Mystery Trip" all ready to roll! Hop on the bus on

September 13th at the Sportsplex and drive off to wherever we are headed! You are promised fun, entertainment, nice accommodation, scenery, excellent food and most importantly – great traveling companions. Registration is ongoing at the Senior Centre so reserve your spot with a deposit of \$100. Balance of \$590 is due July 27th, cheques payable to Ottawa Valley Tours; Visa; Mastercard or American Express. To finish 2007 off we have our exciting trip to Australia and New Zealand. The flights are shortened with stopovers in Los Angeles and a 3 day stopover in Honolulu. After arriving in Sydney, we board a Holland America cruise ship for two weeks touring the coast of Australia, Tasmania and New Zealand. Just think! No long bus trips, no constant hotel changes, each day is yours to choose what to do but you always come back to your "home away from home" for excellent meals and entertainment. Registration is ongoing at the Senior Centre but your first call must be to K.J. Scoffield at Barrhaven Travel 613-823-4700. She will confirm what cabins etc are currently available and costs. Those already registered feel this is their "trip of a lifetime!" Come join us! Vera Collier 596-9468 and Betty Usher 828-9921. The Travel Club has organized each year a winter resort vacation and the winter of 2008 is no exception. The group will spend two weeks in THE HUB

Panama at the Grand Playa Blanca Resort. Excellent accommodation and activities. The cost stands at \$2449 CDN, but subject to change. Deposit required immediately of \$250 and balance by August 27th. This winter trip is always much in demand so check it out quickly. Sheila Pitt 723-8559 and Nancy Wallace 592-6231 are working with Congress Travel. On June 5th a group of 30 early risers headed off to Mackinac Island and Frankenmuth visiting the historic Grand Hotel and other points of interest. Vera Collier and Judith Mohindra organized this trip with Ottawa Valley Tours. NEWS! Mark the calendar for the Annual General Meeting of your Travel Club on Monday September 24th, 10am in the Heritage Room at the Senior Centre. We hope to have the preliminary plans for 2008 trips, introduce new executive members and say goodbye to those retiring. The current executive includes, Vera Collier, Pat Duggan, Connie Walsh, Sheila Pitt, Nancy Wallace, Mary Fowler, Judith Mohindra, Betty Usher and Leslie Dondale (staff).

TREASURER'S REPORT

By *Sandy McHaffie*

The Treasurer would again like to draw members' attention to the fact that the Board's Terms of Reference require that our Financial books be reviewed on a bi-annual basis by an independent source. It is most important that this review be done now, and we believe could be done by someone from the Seniors' Centre, who is in the best position to understand our various activities. We are looking for a volunteer with some accounting or financial experience to undertake this review. It is not a particularly onerous task, and should not take up too much time. Anyone willing to help out please contact Leslie at her office at the Centre, or by phone at 613-580-2424 ext. 46657, or phone the Treasurer, Sandy McHaffie, at 613-823-9491.

Fun & Games

FUN BRIDGE

By *Juliette Viens*



A heat wave is hitting us earlier than usual reminding us that summer is at hand and I'm sure most of us are pleased that Fun Bridge does not take a holiday.

On April 27, we had a belated celebration for

May Aiken whose 91st birthday was in March. She was unable to attend bridge by reason of an operation. Barbara Goble's daughter, Aimée Garson, an accomplished bagpipe player, played the Happy Birthday song for May to which all joined by singing. Again we are grateful to the volunteers who cheerfully do their share to make sure our Friday afternoons are so pleasant.

“500” CLUB

By *Shirley Spour*

April 5, 2007, we had a great get together for Easter. Served lasagne, buns, salad, goodies, ginger ale. Servers were Bill Wilson, Donnie Duval, Shirley Spour. Thanks to all who helped, cooked lasagne, goodies and all!

May 17, 2007, had our Award luncheon, before everyone left for cottages etc.; seventeen of us enjoyed sandwiches, cheese, crackers, goodies and ginger ale. Steve McIntyre kept very good records!

Awards for:

High Average

1)	2494	Steve McIntyre
2)	2479	Myrtle Deavy
3)	2426	Bill Wilson

High Singles

1)	5680	Shirley Spour
2)	4660	Ross McKenzie
3)	4630	Myrtle Deavy

Just want to thank everyone for all the help I received while Chairman.

Ferd Ortiz volunteered to take over as Chairman.

WEDNESDAY BRIDGE

By *Gopal Kunchur*

In case you are around the seniors' office on Wednesday afternoon, you will hear the big roar of wars. "Pass" or "no bid" is a very rare occurrence. A significant increase in the number of card players has proven the popularity of the game and the friendliness of the participants.

In this column we will be talking about “Standard American Bidding Systems.

You are welcome to join us for Lunch on June 20th.

CRIBBAGE CLUB

By *Jeannette Duggan*

Summer is almost upon us!!

We don't take a summer holiday though. Cribbage goes on just the same every Tuesday and Thursday from 1:00pm to 3:30pm. Our aim is to have fun and socialize while playing an interesting game.

If you enjoy the game, and would like to join us, please do so. You don't need a partner, nor do you have to be a pro; players of all levels are welcome. Also, if you feel that twice a week is too much, don't fret, some people show up just once a week. That's OK too.

Looking forward to meeting you!!

FLOOR SHUFFLEBOARD

By *Lou Webb*



The Shuffleboard activities continued through the winter and spring with an average attendance of about twelve players. The coffee break continues to be a popular

feature with lots of chatter and renewal of friendships. Over the year we have had some new players join us, but have lost some old ones due to various reasons.

We held our spring luncheon on May 7th at the Bell's Corners Legion in conjunction with a rehearsal of the Four Chords. Even in rehearsal, the Four Chords provide excellent entertainment. Thanks Guys.

After three years as Convener of the Shuffleboard activity I feel it is time for someone else to take over. I want to thank all those who have come out and supported me. The activity could not carry on without those who help set up the courts and who clean up and put away the equipment afterwards. We all owe a big thank you to Nada who has been the backbone of the club since about 1990. I also want to thank Eleanor who has looked after coffee and milk supplies.

Ron and Sadie have agreed to take over as co-conveners as of June first.

Lets all give them all the support they need.

CARPET BOWLING

By *Reg. St. George*

For those of us who braved the Canadian Winter, carpet bowling was a nice bi-weekly break. Jean Getty came back from Scotland after vacationing most of the winter there. She said she had not bowled while away. Jean is still a very skilled bowler. Bill and Betty Lambert are active members. Bill, in a previous letter to the Hub, spoke about Art Scobie not

being able to go south after Christmas. Early in the season, Art was in his shed when a young deer came in. He seemed tame. Maybe he was saying "get that darn mobile out of here so that I can move around this winter."

We welcome new members and would like to meet you next time.

EUCHRE NEWS

By *Eric Scheuneman*

On May 8th we held our Awards Day & Luncheon with an attendance of 37. The menu consisted of various sandwiches, vegetable and fruit platters beside tea and coffee. Due to everyone helping in various ways it was a huge success.

Awards were as follows for the 2006/2007 Season, October 3rd, 2006 to March 27th, 2007:

Top 3 Ladies:

Cam Frederick, T & C
Myrtle Deavy, C
Peggy Manion, C

Top 3 Men:

Ross McKenzie, C
Neil MacDonald, C
Frank Rosen, C

Cam Frederick is the third lady to win the High Average since the trophy was first awarded during the 1994/95 Season.

A Review of Euchre records for over 10 years revealed the three highest scorers in any week were as follows:

Ross McKenzie (90), T & C
Donnie Duval (85), C
Cam Frederick (84), C

Note: 'T' or 'C' as shown above means a small trophy and/or certificate were received.

Since our last report we have had 2 – 50/50 draws with winners as follows: Ernie Declare, Ross Kerr, Peggy Manion, Gerry Marling, Christina Philip, Frank Rosen & Francine Timothy.

NEPEAN SONGSTERS

By *Vera Collier*

NEWS FLASH- Well, the songsters are returning on August 30th at 9:15 AM for another season. Yes, we are having a CONCERT. It will be held on Sunday, October 14th-2 PM in the Chambers at Ben Franklin Place. The cost will be \$ 10.00 which includes prizes and refreshments. The concert features some surprises, in addition to great music by the songsters and guests. This will be under the direction of Saundra Vandenberg. We are very fortunate that she has agreed to direct the choir along with Helen Sutherland. I would say that we are in GREAT SHAPE. Our gal, Nellie, has already booked some sing-outs. We are sure looking forward to GREAT SINGING, ENJOYMENT, FUN & FELLOWSHIP. If you are interested, we still have room and, of course, you are most welcome. The last time that the concert was held the tickets were sold out rather quickly and some were looking for tickets and they were sold out.

Don't forget, the tickets will be on sale in mid-August. Please check with the Centre.

On behalf of the Songsters, I would like to thank Peter Griffith for his contribution to the choir and wish him well.

PORTUGAL TRIP

By *Pat Duggan*

We are, I'm sure, all aware from our school days that Portugal was known for its history of marine exploration. Its explorers roamed the world establishing the Portugese language and culture in far away places such as Africa, Ceylon (now Sri Lanka), China and South America. In return, Portugal gained enormous wealth from trade. When we arrived in Lisbon the sense of history was all around us from the narrow cobblestone streets, statues to the memory of navigators, such as Vasco da Gama and Henry the Explorer, and to leaders in little known battles of centuries past. There was even an ancient castle overlooking our hotel! Lisbon is known as the city of seven hills (now actually closer to fifteen with

suburban expansion) and wherever you went you seemed to be going up or down.

Our first dinner was a delight (always a great way to start a trip!). The pleasure and hospitality of that first meal, I am sure, helped our group of eight to rest and relax after our long flight. The next day we met our tour guide and the balance of people taking the tour. The balance consisted of two additional Canadians, six Americans, two Australians and two Israelis. The tour guide told us that with a group of twenty and a modern, air conditioned bus capable of handling over forty we had assured freedom and comfort for our whole trip.

Our tour began and finished in Lisbon. In between, we visited numerous ancient churches and castles (as someone jokingly said "ABC –another bloody church/castle"). There were impressive, even awesome, examples of architectural and engineering achievements long before our time (Roman ruins, the temple of Diana, Moorish designed buildings. etc.). My memories include walking through a small village graveyard where Christians and Jews shared burial sites, seeing pilgrims at Fatima, on their knees in prayer while shuffling over an excruciating long distance, as well as the sights of: roosting storks with nests in most unlikely places, grape vineyards, cork trees, the beautiful gardens of the Mateus family orchards. Other pleasurable memories also include sipping light and dark port wines with friends during a morning winery tour, enjoying a sumptuous buffet of ethnic foods, attending an evening "Fado" – an evening of traditional Portugese music, dance and unlimited wine.

As you can see, the trip offered something for everyone and was thoroughly enjoyable. Hope to see you on one of our upcoming Travel Club trips!

KIDS IN CHURCH

I had been teaching my three-year old daughter the Lord's Prayer for several evenings at bedtime. She would repeat after me each line from the prayer.

Finally she decided to go solo.

I listened with pride as she enunciated each word right up to the end..."Lead us not into temptation," "but deliver us some E-mail!"