

THE hub

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

May/Jun07

WORD FROM THE CHAIR

By *Wilma Matchett*

Happy Spring Everyone!

It's great to see the snowdrops blooming in my garden and to know that the strange winter weather didn't completely confuse the plants.

The NSRC has often received verbal compliments about the quality of the activities and the welcome offered by staff and members to new-comers. The Board wishes to acknowledge receipt of a very tangible "thank you to the NSRC" and to express our appreciation to the donors. And we wish to thank our staff and members for their efforts in helping the NSRC maintain our reputation.

Be daring - this spring and summer, why not try a new activity that will challenge you mentally and physically. There are many opportunities if you want to look for them, so...

...Eat Healthy—Keep fit—Have fun!,,,and remember: When you go somewhere, "No Scents" is still Good Sense!

UP AND COMING

Military Whist : The next one will be held on **Friday May 11th at 7:00 p.m.** followed by the one on **Friday June 15th**. Tickets sell out fast so hurry in quick. The tickets go on sale following the last Whist of each month. The cost is \$6.00 and includes cash prizes and delicious refreshments.

Slots Trip: Don't forget the Slots Trip is taking place on **Tuesday June 5th**. The bus will be leaving the Seniors Centre at 4:00 pm and returning around 9:00 pm. Cost is \$12 for members, \$15 for non-members and it includes transportation, and \$15 in vouchers to spend.

Canada Day BBQ: 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.

Book Signing and Discussion: Something new for us: One of our members, Ken Hancock, has written and had published by Baico Publishing, a historical novel based on the experiences of a young boy in London, England throughout the war. Ken will be discussing his book and signing any purchased, on **Monday June 18th** after Shuffleboard from **3:15 PM**

inside this issue



News from the Office—p.2 Travel Report—p.2
Volunteer Report—p.3 Treasurer's Report—p.3
Nepean Songsters— p.3 Fun & Games— p.4&5
Features—p.6

to 4:00 PM and after Cribbage and Euchre the following day, **Tuesday, June 19th from 3:30 PM to 4:15 PM**, both in the Heritage room. Copies of *Sweets off Coupons* will be on sale at a special price for our seniors, \$20.00, taxes included. There is no obligation to purchase. Come and support one of our own.

NEWS FROM THE OFFICE

Lunch: Unfortunately there will be no further lunches until the Fall as the students are too busy in May and June. Don't forget that we will have the **Canada Day BBQ on Friday June 29th** so that should help!

Walking Club: The Walking Club will be starting up again as soon as the trails are not so muddy! We will be walking on **Tuesday and Thursday mornings starting at 9:30 am**. On the calendar of events it is slated to **start on May 1st**, but that may be too early as winter doesn't seem to want to leave just yet, so please call the office before showing up.

Bocce: We had a very successful first season for Bocce last summer so we are doing it again. We play on Tuesday nights starting on May 15th at 6:30 pm. A dollar drop-in fee applies. No experience necessary so come on out and give it a try!

Cycling Club: There are many great cycling paths around the Sportsplex, so it's a great location to start a cycling club. I have had a few calls about the possibility and now it's time to make it a reality, but I need your input. **If you are interested, please come to a meeting on Thursday May 17th at 7:00 pm in the Heritage room.** If you are interested but can't make the meeting, please call Leslie at the office and leave your name and number so that she can contact you with details.

Day Trips

Swing Rosie & the Commodores – May 23

\$120.00: You will travel to the Bay of Quinte County where you will enjoy lunch at the Old Lumber Mill Restaurant in the quaint village of Stirling. Following lunch you will claim your seats at the Stirling Festival. See more **NEWS FROM THE OFFICE** on **PAGE 6**

TRAVEL CLUB NEWS

By *Betty Usher*

We have three more trips organized for 2007 - Frankenmuth and Mackinaw City; Mystery trip and New Zealand. All three are still taking registrations so plan for a fun vacation. Frankenmuth & Mackinaw City is in June, \$845 twin, includes a visit to the famous Grand Hotel; Bavarian Festival, meals, sightseeing;



shopping and more! Register at the Centre or call either Vera at 596-9468 or Judith at 820-3181 for more information. Our Mystery tour is in September and includes meals, accommodation, surprise events and of course, no information as to your destination! Twin cost is \$690 and you can now register at the Centre. Mary and I are organizing this trip with Ottawa Valley. To close the 2007 season we have our long awaited trip to New Zealand in November. We have stopovers both ways to break a long flight including Los Angeles, Sydney and Honolulu. We have a two week cruise with Holland America down the coast of Australia and many port calls in New Zealand. At this point, if you are interested, please call K.J. Scoffield at Barrhaven Travel directly. Cabins are now somewhat limited as well as available air space. The number is 613-823-4700. Twin cost is \$6282 for an inside cabin. Hope you can join us! Your Travel Club executive is Vera Collier, Chair, Pat Duggan, Vice Chair, Connie Walsh, Mary Fowler, Judith Mohindra, Sheila Pitt, Nancy Wallace, Betty Usher and Leslie Dondale, Centre staff.

Let's have some Pun:

* The short fortune teller who escaped from prison was a small medium at large.

* A thief who stole a calendar got twelve months.

* A thief fell in wet cement and broke his leg. He became a hardened criminal.

TREASURER'S REPORT

By *Sandy McHaffie*

The Board's Terms of Reference require that our Financial books be reviewed on a bi-annual basis by an independent source. The time has come for this review, which we believe could be done by someone from the Seniors' Centre, who would be in the best position to understand our various activities. We are looking for a volunteer with accounting or financial management experience to undertake this review. Hopefully there is a member who might be able to help out. It is not a particularly onerous task, and should not take up too much time. Would 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.

VOLUNTEER REPORT

By *Mary Pearson*

A Special "Thank You" to all of the volunteers who handed in their volunteer hours.
REMINDER: Your record of Volunteer hours for April, May and June is due at the end of June. In 2006, you recorded 6, 813 volunteer hours given to the Nepean Seniors Recreation Centre. Thank you very much. The following names have been added to our plaque, recognizing volunteers with over 150 hours. Barbara Kari, Vera Collier, Jim Shurtliff, Ferd Ortiz, Audrey Fitzpatrick, Gerry Frazer, Wilma Matchett, Bertha Nehme, Betty Usher, Doug Upex and the Nepean Songsters.

About 75 of the 90 volunteers who RSVP'd attended the Appreciation Luncheon on April 16th. It appeared everyone enjoyed the food and fellowship despite the weather! Thanks to Mary Pearson, Magery Harper, Patricia Hancock, Wilma Matchett, Mark Magee, Sarah Crampton and Leslie Dondale who assisted with the set-up. Hopefully I haven't forgotten to thank anyone, if I did, my apologies.

NEPEAN SONGSTERS

By *Vera Collier*



Well, the Nepean Songsters are approaching the end of another season. May will be our last month for sing-outs. We have two

scheduled performances and perhaps others to come. The Choir will sing at Crystal View Lodge in April, and in May for our **VETERANS** at Perley-Rideau Veterans Health Centre.

After May the choir along with Barbara Creech our pianist, Sandra Vandenburg and Peter Griffiths our two co-directors, will break for a well deserved holiday. Sandra and Peter had introduced a lot of new music and the songsters enjoyed every one of them. We were joined by some new members, a welcome addition I must say.

May I remind you we still have room for YOU. If you want to join us, we would love to have you. The main criteria is that you must enjoy singing and having fun. May I at this time, thank Betty Usher for keeping you up to date with the HUB in my absence.

The Nepean Songsters are contemplating a concert in June of this year. Please watch for announcements on the bulletin board.

I would like to take this opportunity and wish the choir and all of you, a wonderful safe and healthy summer. See you in September.

April was income tax month and here is one for you. A penny saved is a Government oversight.

Here we go again:

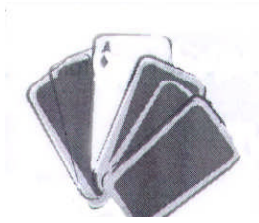
* Thieves who steal corn from a garden could be charged with stalking.

* We'll never run out of math teachers because they always multiply.

Fun & Games

FUN BRIDGE

By *Juliette Viens*



Spring has arrived and everyone is happy to leave their winter boots at home.

Our volunteers continue to present delicious

finger food including a beautiful cake on March 16th in honour of St. Patrick's Day.

We are looking forward to welcoming back our players from the South and your presence each Friday at 1:00 o'clock.

Our many volunteers continue to contribute and make our Friday afternoons a success.

EUCHRE NEWS

By *Eric Scheuneman*

Since January 2007 we have had an average attendance of 34 members over 13 weeks, with our highest at 39 and our lowest at 27.

We had three 50/50 Draws of four, each winning \$ 4. The winners were: Mary Buchanan, Donnie Duval, Kay Ferguson, Cam Frederick, Charlotte Lalonde, Tommy Maxwell, Doris Palmer, Dorothy Peck, Christina Philip, Eric Scheuneman, Shirley Spour and Judy Wilson. For a total of \$ 48.

On March 6th, a Birthday Party was held to honour Eric's 88th birthday. It was organized by Judy Wilson and Ross Kerr. There was a large cake, a card with everyone's signature on it as well as a \$60 Gift Certificate for the Bayshore Shopping Centre. This was a tremendous surprise for me and I thank everyone sincerely for their generosity.

On March 13th we celebrated St. Patrick's Day by having a luncheon with a main course of "Irish stew".
THE HUB

There were 39 members in attendance. The desserts and green napkins were supplied by Norm Alexander, Cam Frederick, Betty Lyon, Doris Palmer and Judy Wilson. Ferd Ortiz took care of the punch, Mary Buchanan provided the appropriate "green" tablecloths. Neil MacDonald served the stew while Ross Kerr assisted with the serving of the desserts. Many other members helped with the set up of the tables and other chores.

Our next big occasion will be our Awards Day celebration which will be held in early May.

CURLING

by *George Holmes*



The Seniors Curling Club held its final luncheon, catered by Capones, in the Richmond Room at the Sportsplex. Over sixty people were in attendance including curlers,

spouses and Leslie Dondale, Seniors Program Coordinator.

Appreciation was expressed for all curlers, volunteers and executive members. Curling pins were presented to the following teams:

First : John Dugas, Ross Brown, Mado Hunter, Moe Lamothe

Second: Reg Gilsdorf, Bill Green, Don West, Dorothy Hols

Third: Milt Pelley, John Fitzpatrick, Lorne Read, Ross Reid

Fourth: George Holmes, Alex Jessome, Bill Penney, Merv Healey

Sixteen different people won door prizes. Most executive members agreed to hold office for another year, but may be willing to step aside if ambitious candidates aspire to their positions.

Please watch "The Hub" newsletter for the Fall starting date for curling.

"500" CARDS

By *Shirley Spour*

Celebrating Valentine's Day on February 15, 2007 we had Swiss Chalet Chicken, potatoes, oriental salad, fruit platter, gingerale, cookies and donated baked goodies. It was served by Donnie Duval, Bill Wilson and Shirley Spour. As usual we all seemed to enjoy it for a change!

To all who helped, brought goodies, etc, I would like to say thanks very much, can't tell you how much I appreciate everything.

See you at cards on Thursdays at 1 pm!

5-PIN BOWLING

By *John Kay*

We have had a very successful season this year. We averaged about 40 bowlers each week.

The high singles for men and women since our last report are:

Men: Walter Sweetman - 326

Women: Georgina Hanna - 333

High Crosses:

Men: Ray Stewart - 709

Women: Georgina Hanna - 660

We will be having our season-ending party on Monday April 30, 2007.

The next season starts up on Monday September 10, 2007 at 1:00 pm. All are welcome.

CONTRACT BRIDGE

By *Gopal Kunchur*

Wednesday afternoon your watch gives a quiet bleep. Half past twelve. Showtime. Bertha's gang shuffle cards. Be ready, the action starts. Call it Rubber Bridge or Contract, whatever. On April 11th before the game there was enough delicious pizza and desserts to feed a whole army battalion. With 11

THE HUB

tables (four per table) in full swing, imagine the noise level. Friendly help is always available for new comers.

JAMAICAN TRIP

By *Gwen Pollet*



What a spot for a winter holiday! Perfect weather (not too hot), splendid sandy beach and clear calm water; perfect for the swimmers and even for the more timid who were taken by the hand and made to feel comfortable in the water!

Our group of twenty was like an extended family: the regulars on these trips encouraged others to join in their beach activities such as bocce, darts and at "happy hour" to hear updates on events, etc.

Accommodation at the three-year-old RIU NEGRIL HOTEL was first rate with food and beverages available at all times. During our first ten days, the hotel was but 82% filled, but then travellers began arriving from Britain, Spain, Germany and Italy. Almost daily there were weddings at one end of the beach--some beautiful, others casual.

Many optional tours were available for the more energetic, such as travelling through picturesque fishing villages, rafting in the interior, visiting Dunn's River Falls, swimming with dolphins, etc. to shopping at local craft markets and "Time Square".

At two of our special dinners, a number of birthdays were recognized with cards and cakes. On the final evening our capable (and tolerant) organizer/Club Rep Sheila Pitt (supported by Mary Pearson) was toasted with Champagne, compliments of the Maître d' (in lieu of the forgotten cake!).

This is a fabulous group to travel with, so look forward to what the Club plans for the next winter and come along.

NEWS FROM THE OFFICE

Continued from PAGE 2

Theatre to listen to the Andrews-Sisters 40's style harmonies by the award winning Swing Rosie Trio, the famous Commodores Swing Band and the professional jitterbug dancers. There will be a stop at the Ivanhoe Cheese factory on the way home. The cost includes transportation, lunch and the show.

Big Band Luncheon Cruise – June 21 \$99.00: Step aboard one of Kingston's classic ships for a memorable and entertaining three hour "Heart of the Islands" luncheon cruise throughout the worlds famous scenic 1000 Islands region. Enjoy the captain's commentary describing the islands' fascinating history and the sounds of the Big Band era while enjoying a delicious meal. The cost includes transportation and the Big Band luncheon cruise.

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. **Starting immediately, 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.

Following are the results of the last five Draws:

February 9	Margaret Westerby – not registered
February 23	Shirley-Ann Monahan – not registered
March 9	Ray Henry– registered He won \$1,438.50!!! Congratulations!
March 23	David Ash – not registered
April 5	Gavin Kempton – not registered

HEALTHY LIFESTYLE

By *Wilma Matchett*

"Age Well - for the Health of it!" This is the motto of Ottawa Public Health as it encourages everyone to keep better eating and health habits. They are encouraging older adults to keep physically active, and suggesting we aim for 30 to 60 minutes of moderate intensity physical activity each day. You can do this in 10 minute periods at various times of the day until you develop the stamina to exercise for 30 minutes or more at one time. Think about activities that will develop your flexibility, strength and balance.

Check out the Spring and Summer Sportsplex calendar to see what is going on. Get together with a friend or family member and do some "power-walking" through your neighbourhood - or in the mall when the weather is bad. Walking about the shops doesn't count as exercise!

For more information on physical activity opportunities that are right for you, contact the Ottawa Public Health Information Line at 613-580-6744 or e-mail healthsante@ottawa.ca.

Want to return to the Punitiveary?

* I wondered why the baseball was getting bigger. Then it hit me.

* Police were called to a daycare where a three-year-old was resisting a rest.

* Did you hear about the guy whose whole left side was cut off? He's all right now.

* The roundest knight at King Arthur's round table was Sir Cumference.

* To write with a broken pencil is pointless.

* When fish are in schools they sometimes take debate.