



Nepean Sportsplex Sportsplex de Nepean

Fall 2017 - Winter 2018
Automne 2017 - hiver 2018



Nepean Seniors Recreation Centre Centre des loisirs pour les aînés de Nepean

Register at
ottawa.ca/recreation
Inscrivez-vous à
ottawa.ca/loisirs

ottawa.ca/sportsplex
nepeanseniorscentre.ca

1701 Woodroffe Ave.
613-580-2828

3-1-1 **TTY/ATS 613-580-2401**

201706-12

Nepean Seniors Recreation Centre

1701 Woodroffe Ave. Entrance #3
613-580-2828 option 2
nepeanseniorscentre.ca

Office Hours: Monday to Friday: 8:30 am-4:30 pm; Sunday: noon-4pm

Membership fee is \$25.50 for a full calendar year, which includes a newsletter six times per year, discounts on registered programs and access to the drop-in activities, Travel Club and special events.

DROP-IN ACTIVITIES

The following activities run for retired adults 50+ on a yearly basis and a small drop-in fee applies. You must be a member to participate in these activities; however, if you have never had a membership you can try an activity up to three times before purchasing a Centre membership.

500	Thu.	1 pm
Carpet Bowling	Tue./Thu.	1 pm
Contract Bridge	Wed.	1 pm
Cribbage	Tue./Thu.	1 pm
Duplicate Bridge	Thu./Fri.	12:45 pm
	Wed.	6:30 pm
	Sun.	12:30 pm
Euchre	Mon./Tue.	12:45 pm
Floor Shuffleboard	Mon./Wed.	1 pm
Fun Bridge	Fri.	1 pm

SEASONAL ACTIVITIES

5-Pin Bowling	Mon.	1 pm starting Sep 11
Choir	Thu.	9 am starting Sep 14
Computer Club	1 st and 3 rd Tue.	9:30 am starting Sep 5
Creative Crafts	Thu.	9 am starting Sep 14
Curling	Tue./Thu.	9 am starting Oct 31
Cycling Club	Tue.	9:30 am ending in Sep/Oct
Outdoor Walking Club	Mon./Tue./Thu.	9:30 am ending in Nov
Snowshoeing	Mon.	10:30 am
	Fri.	1 pm
		(when there is enough snow)
X-Country Skiing	Mon.	10:30 am
	Fri.	1 pm
		(when there is enough snow)

SERVICES AND SPECIAL EVENTS

Open House

On **October 11** come and join us for the afternoon and watch demonstrations as well as try various activities throughout the Nepean Sportsplex. Entertainment and refreshments will follow these activities. All are welcome to this free event.

Travel Club

If you are a member of the Seniors Centre, you are also a member of the Travel Club. Trips for 2018 will be announced at the Travel Club Annual General Meeting on **October 23**. Please call the office for more details.

Monthly Lunches

Each month during the school year (October to May), the students at Sir Guy Carleton Secondary School make lunch at their school for members of our Centre. For a nominal charge of \$12.50, the seniors can enjoy a three-course meal with homemade rolls, followed by tea and coffee.

Special Events

There are numerous special events taking place throughout the year including a Winter Blahs Bash, Slots trips, Concerts, Canada Day BBQ, Summer Fun Picnic, Christmas Breakfast, monthly Military Whist, Day trips and more.



Foot Care Clinics

We also offer in partnership with Western Ottawa Community Resource Centre, Foot Care Clinics the first and last Wednesday of each month. For more information, call Dee at 613-591-3686.

For more information about the many programs, monthly lunches, multi-day trips and social events taking place, visit our website at nepeanseniorscentre.ca, drop in or call the Seniors Centre Coordinator, Leslie Dondale at 613-580-2828 ext. 2.

Schedules and fees may be subject to change. Fees include HST.

arts
NCAC | NVAC

oil + acrylics
watercolours
pottery
life drawing
botanical art
coloured pencils
mixed media
studios

CHILDREN | YOUTH | ADULTS

Nepean Visual Arts Centre
Nepean Sportsplex - Entrance 3
ottawa.ca/nepeanvisualartscentre

REGISTERED PROGRAMS

Nepean Seniors Recreation Centre members pay less than non-members for the following registered programs. Prices listed are member prices. All programs are for ages 50+.

FITNESS

Chair Exercise



Complete and gentle workout done to lively music. Includes light strength training. A chair is available for balance.

Mon.	10:30-11:30 am		
Sep 11-Dec 18	\$118	1104150	
Jan 8-Mar 5	\$67.50	1104267	
Wed.	9-10 am		
Sep 13-Dec 13	\$118	1104151	
Jan 3-Mar 7	\$84.50	1104269	
Fri.	9-10 am		
Sep 15-Dec 15	\$118	1104152	
Jan 5-Mar 9	\$84.50	1104271	

Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength through the use of Nordic poles. All fitness levels welcome.

Fri.	10-11 am		
Sep 15-Oct 27	\$68.75	1104153	



Tai Chi



A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.

Level 1			
Tue.	11 am-noon		
Sep 19-Nov 21	\$98	1104155	
Jan 9-Mar 6	\$88.25	1104272	
Level 2			
Tue.	10-11 am		
Sep 19-Nov 21	\$98	1104157	
Jan 9-Mar 6	\$88.25	1104276	
Level 3			
Tue.	9-10 am		
Sep 19-Nov 21	\$98	1104160	
Jan 9-Mar 6	\$88.25	1104277	

Heart Wise Exercise Programs



In partnership with the University of Ottawa Heart Institute and other community agencies, Heart Wise Exercise programs are intended for participants who are interested or concerned about their heart health. Look for the Heart Wise Exercise logo shown above.

This project is supported by the Government of Ontario.



Online registration begins Aug 16 at 9 pm at ottawa.ca/recreation and in person during business hours on Aug 17.

L'inscription en ligne débute le 16 août à 21 h et en personne, le 17 août, pendant les heures normales d'ouverture.

PERFORMING ARTS

All Performing Arts classes take place at the Nepean Creative Arts Centre, 35 Stafford Rd in Bells Corners, 613-596-5783.

Line Dancing – Level 1

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

Nepean Creative Arts – 613-596-5783			
Fri.	10:30-11:30 am		
Sep 22-Nov 24	\$94.50	1104250	
Jan 12-Mar 9	\$85	1104283	

Line Dancing – Level 2

Prerequisite: Level 1

Nepean Creative Arts – 613-596-5783			
Mon.	10:30-11:30 am		
Sep 18-Nov 27	\$99	1104252	
Jan 8-Mar 5	\$79.25	1104284	

Tap Dance – Level 1

Basics of tap dance through enjoyable dance combinations and simple choreography. Emphasis on rhythm and clarity of step. Keep on tapping! Please note: The class from noon – 1 pm is for true beginners. The class from 2 – 3 pm is for those who have previously taken the beginner class.

Nepean Creative Arts – 613-596-5783			
Thu.	noon-1 pm		
Sep 7-Dec 14	\$135.75	1104258	
Thu.	2-3 pm		
Sep 7-Dec 14	\$135.75	1104260	

Schedules and fees are subject to change. Fees include HST.

Tap Dance – Level 2

Tappers, it's time to shuffle scuff! Learn more difficult techniques like the pull back or the bell step—while engaging in intricate yet easy-to-follow choreography.

Nepean Creative Arts – 613-596-5783			
Tue.	2-3 pm		
Sep 5-Dec 12	\$145.50	1104261	
Thu.	1-2 pm		
Sep 7-Dec 14	\$135.75	1104262	

Tap Dance Performance Group

Work towards a polished routine in order to perform for other seniors around the City.

Nepean Creative Arts – 613-596-5783			
Tue.	1-2 pm		
Sep 5-Dec 12	\$145.25	1104264	

Performance Stage Class

Work on large and small choreographed numbers — from solos, to quartets and comedic numbers. Enjoy performing at retirement homes and one large show for friends and family. All skill levels welcome.

Nepean Creative Arts – 613-596-5783			
Tue.	noon-1 pm		
Sep 5-Dec 12	\$145.50	1104265	



GENERAL INTEREST

Bridge Lessons – Level 1

For the beginner bridge player or for the person who needs a refresher.

Wed.	10:30 am-12:30 pm		
Sep 13-Nov 1	\$117.75	1104248	

Bridge – Level 2

Wed.	10:30 am-12:30 pm		
Jan 10-Feb 28	\$117.75	1104282	

The courses below are "presentations" only, and you do not have to own an iPad® or iPhone® to attend and benefit.

iPad® Lesson 1

Designed for new users or those undecided about purchasing an iPad®. See how to keep in touch with family and friends using e-mail and messaging. Learn how to find stuff on the internet. Learn about the different options available on the iPad® before you buy one. No iPad® required.

Sat.	10 am-1 pm		
Nov 4	\$35.75	1104243	

iPhone® Lesson 1

If you are a new iPhone® user, or want to know if you should buy an iPhone®, then this is for you! Learn the basics. Create contacts, make calls, send messages, get directions, take pictures and share them immediately. Use your voice to control the iPhone®. No iPhone® required.

Sat.	10 am-1 pm		
Nov 18	\$35.75	1104193	

iPad® / iPhone® Special Event

Presentations only. No iPad® or iPhone® required.

Sat.	10 am-1 pm		
Dec 9	\$35.75	1104245	

(Learn Apple TV basics.)

Sat.	10 am-1 pm		
Mar 10	\$35.75	1104281	

(Using iPad®/iPhone® with other devices)

The courses below are all-day "full participation" courses. Students bring their own working iPad® for iPad® courses. Wifi is available. Make sure your device is charged and bring your power cable. Bring your Apple ID and password and your mail user and password with you (just in case). Bring a lunch.

iPad® Basics

Learn iPad® basics. Keep in touch with friends using email, messaging, and video calls. Gain experience browsing the internet and saving web pages. Share iPad® content with others. Control the iPad® using your voice. Bring your own iPad® (iPad® 2 or later).

Sat.	9:30 am-2:30 pm		
Jan 27	\$59.25	1104278	

iPad® – Beyond the Basics

Move to the next steps. Learn about the amazing photo and video capabilities of the iPad®. Share photo albums in the cloud. Experience entertainment capabilities such home movies, streaming TV, and collecting music. Bring your own iPad® (iPad® 2 or later). Prerequisite is iPad® Lesson 1.

Sat.	9:30 am-2:30 pm		
Feb 10	\$59.25	1104279	

iPad® 4 – Using the iPad® to Get Organized

Use the iPad® to keep yourself organized. Create notes, lists, and appointments. Be reminded of important tasks and events. Find and save map locations. Learn about the amazing capabilities of iCloud. Use the iPad® as an e-Reader. Bring your own iPad® (iPad® 2 or later). Prerequisite is iPad® Lesson 1.

Sat.	9:30 am-2:30 pm		
Feb 24	\$59.25	1104280	

For more 50+ Adult programs, see the Nepean Sportsplex Fitness and Adult Sports & Recreation flyer.