

March and April, 2018



NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Ave

Entrance #3

Ottawa, Ontario, K2G 1W2

Information: 613-580-2828 ext 2

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NEWS FROM THE OFFICE

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By Leslie Dondale 613 580 2424 ext 41264

ATTENDANCE DRAW

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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! If no one wins within 5 draws, on that 5th draw we will continue to draw numbers until a winner has been established. **Note: The March 30 draw will be held on March 29 due to Good Friday.**

The money will be removed from the box most days by a Board Member and put into the Board's new safe they have purchased.

Dec 8	Louise McClelland – not registered
Dec 22	Barbara Charlton – not registered
Jan 5	Vi Robitaille – not registered
Jan 19	Ann Coker – registered – she won \$347.00!!!

Membership

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Since our very successful Open House back in October, we have had an impressive number of new members join. I would like to take this opportunity to welcome you. If you have any questions or concerns, please do not hesitate to contact me.

For those who are returning members, your membership fees for 2018 are now past due. If you have not already done so, please drop by the front desk to take care of payment. The fee is **\$26.25**. We accept cash, cheque, debit and credit as methods of payment.

Thank You

[\[HOME\]](#)

Your Volunteer Management Board agreed to get all the tablecloths that are used at our Open House, Canada Day BBQ and Christmas Breakfast cleaned. Art took them to Groovy Linen located at 19 Grenfell Crescent. They cleaned and pressed all 72 for only \$93.23 including tax. **Thanks to Art for taking them there and back and thanks to Groovy Linen for the incredible deal!**

Dance Competitions

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Every year the Canadian Dance Competitions and the American Dance Awards take place here at the Nepean Sportsplex. Due to the large number of contestants, we are not able to use the concourse those weeks for Floor Shuffleboard or Carpet Bowling. **The dates affected are April 25, 26 and May 2, 3. As well, the parking lot will be very busy from April 26 – 29 and May 3 - 6. Please consider car-pooling.**

Contract Bridge Tournament

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A new location has been found for the **May 5** Bridge tournament. It will be held at **VIVA Barrhaven**. Details will be posted and sent to all the Bridge groups. It will also be put on the website and in the May/June newsletter

30th Anniversary Committee

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Now that 2017 is over it's time to start planning the Centre's 30th Anniversary. The only questions are how do we want to celebrate and who will help plan the event(s). Some suggestions are a Wine & Cheese and a Hallowe'en party with a Thirties theme. If you have some other great ideas and want to

help, please contact Leslie at 613-580-2424 ext 41264 or leslie.dondale@ottawa.ca because I need some help!

UP AND COMING

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Military Whist

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The next one will be held on **Friday, March 23 at 7 p.m.** The cost is \$6.00 (exact change is greatly appreciated!) and includes cash prizes and delicious refreshments provided by **Island View Suites**. The following one will be on **Friday, April 20** and the refreshments will be provided by **The Ravines Seniors' Suites**, provided that our numbers don't drop any further.

Lunch at Sir Guy Carleton Secondary School

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The next lunch will be on **March 8 at 11:30 a.m.** The cost of the lunch is remaining at \$12.50. This is an amazing price for the wonderful three course lunch, including homemade rolls and coffee and tea. The menu is posted on the bulletin boards and on our website at www.nepeanseniorscentre.ca. It is also attached if you are receiving this as the e-Hub. The next lunch will be on **April 26, also at 11:30 a.m.** The menu will be available shortly.

BlaHS Bash

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This is a reminder that the **deadline to buy tickets is Friday, February 16** for the BlaHS Bash on February 23. A listing of all the generous businesses that donated prizes will appear in the next issue. Thanks to **The Redwoods** in advance for donating the delicious muffins in the morning and the desserts at lunch. **Note:** All regular activities are cancelled that day.

Slots Trip

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The next Slots Trip is taking place on **Tuesday, April 10**. The bus will be leaving the Seniors Centre at 4:00 pm and returning around 8:30 p.m. Cost is \$9 for members, \$10 for non-members and it includes transportation and a \$5 token voucher. Due to the transition to private ownership the incentives have been lowered so in return we have lowered the price of the tickets. This is used as a fundraiser for the Board, so come on out for some fun while supporting your Seniors Centre at the same time. Please see the separate flyer for all the details.

Falls Prevention Screening

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Did you know that 20 - 30% of seniors fall each year and that 85% of admission to hospitals is due to injury from falls?

Find out your falls risk estimate in just 10 minutes. With sensors strapped to your shins, you will stand up from sitting in a chair, walk 3 meters, turn around, and return to a seated position in the chair.

Get your FREE Personalized Falls Risk test here at the Seniors Centre in the Patio room on:

Date	Time
Tuesday March 20, 2018	9:30 am to 12:30 pm
Wednesday March 28, 2018	10:00 am to 12:30 pm
Friday April 6, 2018	9:30 am to 12:30 pm
Thursday April 12, 2018	10:45 am to 1:00 pm

Note: Available to persons 65 or older who live within the Champlain region.

Please register in advance as space is limited.

Call 613-580-2828 ext 2 to reserve your spot. For more information or to look for other dates and times that this screening is being offered, please [click here](#), email IMPACTT@LHINS.on.ca or call 613-745-8124 ext. 5879.

Snowshoeing / X-Country Skiing

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We will continue to use the trails located behind the Sportsplex on **Mondays at 10:30 am and Fridays at 1:00 pm**. The weather has been crazy, but we get out whenever we can. I have some snowshoes for people to borrow if you want to try before you buy, but call first to make sure I have enough. If you are interested, please contact Leslie at the office at 613-580-2424 ext 41264.

Volunteer Appreciation Event

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On **Saturday, April 21 from 2 – 4 pm**, during National Volunteer Appreciation Week, we will be celebrating the volunteers here at the Nepean Seniors Recreation Centre for all the work they do in keeping this Centre running. V!VA Barrhaven has graciously agreed to host the event this year at their residence. Invitations will be given out closer to the event. I know how busy you all are so mark your calendars now.

Spring Programs

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Please note: The Line Dancing, Tap Dance and Stage classes are held at the Creative Arts Centre, 35 Stafford Road, in Bells Corners. All program prices listed are Member prices. Non-Members pay an additional fee.

Chair Exercise – March 19 – June 18 Mondays 10:30 – 11:30 am \$103.25 Barcode: 1144013

Chair Exercise – March 21 – June 20 Wednesdays 9 – 10 am \$120.50 Barcode: 1144014

Chair Exercise – March 23 – June 22 Fridays 9 – 10 am \$112.00 Barcode: 1144015

Line Dancing Level 1 – April 6 – May 25 Fridays 10:30 – 11:30 am \$77.25 Barcode: 1145113

Line Dancing Level 2 – March 19 – June 4 Mondays 10:30 – 11:30 am \$101.00 Barcode: 1145121

Nordic Walking – May 4 – June 22 Fridays 10 – 11 am \$70.00 Barcode: 1144061

Tai Chi – March 27 – May 29 Tuesdays Level 1 11 - 12 pm Barcode: 1144078, Level 2 10 – 11 am Barcode: 1144066, Level 3 9 – 10 am Barcode: 1144073. All levels are \$100.00.

Tap Dancing Level 1 (for true beginners) - March 22 – June 21 Thursdays 12 – 1 pm \$138.50 Barcode: 1144101

Tap Dancing Level 1 (for those who have taken level 1 before) - March 22 – June 21 Thursdays 2 – 3 pm \$138.50 Barcode: 1144112

Tap Dancing Level 2 - March 20 – June 19 Tuesdays 2 – 3 pm (must have some previous tap experience) \$128.75 Barcode: 1144125 Thursdays – March 22 – June 21 1 – 2 pm (must be registered in Tuesdays class in order to register in this one) \$138.50 Barcode: 1144127

Tap Dancing Performance Group - March 20 – June 19 Tuesdays 1 – 2 pm (must have some previous tap experience) \$128.50 Barcode: 1144134

Performance Stage Class - March 20 – June 19 Tuesdays 12 – 1 pm \$128.50 Barcode: 1144140

Computer Presentations/Courses

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iPad®/iPhone® Special Event: Using the iPad® /iPhone® with Other Devices – March 10 Saturday 10 am – 1 pm \$35.75 Barcode: 1104281

Learn how to copy songs, and pictures to your iPad® or iPhone®. See how to use the iPad® with an iPhone®, computer, speakers and TV. Learn about iTunes, iCloud and Dropbox. No iPad® required.

Dropbox® – April 14 Saturday 10:00 am – 1:00 pm \$36.50 Barcode: 1161329

Learn to use Dropbox® to share your pictures, videos and files between all your devices, and with your friends. If you have a computer and an iPad® (or tablet) then you need Dropbox®! No computer or

iPad® required.

Facebook® – April 28 Saturday 10 am – 1 pm \$36.50 Barcode: 1161341

See how you can use Facebook® to share pictures, websites, and news with your family and friends, and to connect with old friends. Learn how to use Facebook® effectively and safely. No computer or iPad® required.

Social Media – May 12 Saturday 10 am – 1 pm \$36.50 Barcode: 1161357

Learn about popular social media apps. What is the difference between Instagram®, Pinterest®, Facebook®, and WhatsApp®? When should you use them? No computer or iPad® required.

iPad® Security – May 26 Saturday 10 am – 1 pm \$36.50 Barcode: 1161484

Learn about your iPad® security features and how to use it safely. Learn to change your passwords, understand privacy settings, use Touch ID and passcodes, and backup your iPad®. No iPad® required.

Summer programs

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Chair Exercise – July 2 – August 27 Mondays 9:30 – 10:30 am \$69.00 Barcode: 1142352

Chair Exercise – July 4 – August 22 Wednesdays 9 – 10 am \$69.00 Barcode: 1142356

Chair Exercise – July 6 – August 24 Fridays 9 – 10 am \$69.00 Barcode: 1142359

Tai Chi Drop-in – June 5 - August 28 Tuesdays 9 – 10 am \$2.25/week (No instruction provided)

Registration starts online / touchtone phone March 7 at 9 pm. In person, March 8. You can register here at the Centre, online or at any Client Service Centre or Community Centre across the City of Ottawa.

ACTIVITIES

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CARPET BOWLING

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By Alida Dopplinger

We are back to our regular carpet bowling on **Tuesdays and Thursdays** after the Christmas Holidays.

We bowl on the Concourse **from one until three p.m.** We pay \$1.25 and 25 cents for tea or coffee and a cookie.

We ask all who attend to come 15 minutes early to help set up.

Hope to see you there!

CREATIVE CRAFTERS

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By Audrey M. Fitzpatrick

Our Christmas sale and raffle netted us \$646. This year we offered two prizes, a basket of goodies made by our crafters, won by Karin Lynch and a colourful set of 8 Christmas placemats won by Joan Newton. Thanks to all who participated.

Winter has arrived with a vengeance. Our display cabinets have an array of sweaters, mitts, and hats. We have many others in our inventory. We also have a heavy man's sweater suitable for **curling** or any other outdoor activity.

At present we are working on a quilt commissioned by Extendicare Nursing Home. It is nearing completion. Our ladies are always willing to make items requested by our seniors.

We would look forward to having new members join us any **Thursday in Hall F from 9 a.m.-11 a.m.** The door is open and the coffee pot is on!

COMMUNICATIONS COORDINATOR

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By Janet Laframboise

We welcome Dorothy Latour and Terry Mayne to the Nepean Seniors Recreation Centre Management Board. Effective January 1, 2018,

Dorothy has taken on the position of Treasurer and Terry as the new Webmaster, with Art presently training Terry to take over.

Effective January 10, 2018, the Board approved the nomination of Art McCready as the NSRC Board Chair and we couldn't be in better hands as we move forward.

2018 is the 30th Anniversary of the NSRC and we would like to have members of the NSRC come on board to help plan some exciting functions during this year. Come and bring your ideas/suggestions to the table and then see it all happen. Beats sitting around and complaining about what should have happened.

CONTRACT BRIDGE

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By Gopal Kunchur

Like every year, our late Christmas dinner was scheduled on January 17. The room, with 54 members attending, was so full, that there was hardly any room to move around. The lunch menu consisted of lasagna, garlic bread, cheese and vegetable trays, fruit salad and a variety of salads from which to choose. Desserts were caramel brownies, carrot cake, ginger bread, raspberry squares (all home made by Sheila) as well as lemon cake, cheesecake, and cookies followed by tea and coffee. Along with many others, the following were a great help: Norma Jean, Rose, Steve, Edie, Gail, Joan, Joyce, Joy, Sheila and Dorothy.

During the past and this year the following members helped out doing various chores as indicated:

Arnold and Art: Bell Ringers

Norma Jean and Steve: Collection of money and bookkeeping.

Frank: 50 - 50 collection and distribution and wrap up.

Sheila and Dorothy: In Charge of all activities. Arrange lunch for special occasions.

Dorothy: Schedule members for weekly snacks, arrange for partnerships, update list of members and spares.

Please join us on **Wednesdays at 12:45 pm in the Heritage room.** Games start at 1 pm. If you need a partner, please contact the office and arrangements will try to be made.

CURLING

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By Lloyd Nieman

The Curling Club started off the second half of another successful season on January 2. Forty to fifty members share in two hours of friendly competition with a little exercise thrown in. There is room for up to 80 curlers, so feel free to join us any time.

We curl **Tuesday and Thursday mornings**, meeting in the Spectators' annex between 8:15 and 8:45; then curling from **9:00 to 11:00**. Curling brushes are available courtesy of the Sportsplex curling facility. Coffee, tea, hot chocolate, cookies and friendly conversation are available after the game.

The cost is \$4.00 per day to cover ice rental and refreshments.

The Annual General Meeting and the awards banquet at Capones will be held Tuesday, March 13 to end the seniors' curling season.

DUPLICATE BRIDGE

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By Gopal Kunchur

In the Sportsplex complex, Hall F is remotely located in the far north corner, connected by a long corridor with an ice covered arena down below on the west side. With poor insulation, and its unique location the room temperature has always been a problem. We play Duplicate Bridge in Hall F twice a week and several other activities are organized in that room. Vic from our group took

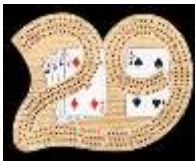
matters in his own hand and is trying to resolve this problem with full cooperation of Leslie, Seniors Centre Coordinator and Councillor Keith Egli, when he noticed that several Bridge players were wearing outdoor clothing to keep warm. Some of the suggestions to improve the situation are: purchasing space heaters, raising the thermostat levels, adding some duct work in the corridor connected to Hall F, (Chad from the Sportsplex is working on this). Please note that recommended temperature levels for comfort may vary between 23 to 25.5 degrees C in summer and 20 to 23.5 degrees C in winter taking humidity into account.

Between November 22, 2017 and January 21, 2018, there were 32 events with 508 pairs participating. There were 13 pairs over 65%:

Anne/Rashid	72
Vic/Frank	71.1
Margaret/Liz	69.9
Sheila/Hendrik	68.8
Terry/Tom	68.4
Irene/Bill	67
Betty H./Jo	66.7
Mary/Joan	65.9
Kay/Paul B.	65.8
Art M./Jim S.	65.7
Art M./Jim S.	65.6
Anne/Rashid	65
Marcia/John K.	65

CRIBBAGE

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By Smitty

By the time you see this article...the Christmas and New Year festivities and even some resolutions will be things of the past. Nevertheless, we did have some interesting and exciting times...on November the 28th...Barb Pryor reached a remarkable 95 in years...not in Crib...which deserved a delicious (almost non fattening) cake and to make her feel special all her crib friends sang a verse or two of 'Happy Birthday to you.' We avoided putting candles on the cake or else there might have been a serious fire to put out!

On that same day...a newbie: Jean Curtis and a regular: Doug Miller managed to achieve a one hand high score of 48...pretty impressive I would say. Then on November 30, Eugene Pokoj had a 28 hand.

On Tuesday, December the 5th...which is the start to the cribbage accounting year...Eugene Brazeau had a 'perfect day game.'

Friday, December the 8th we had the annual Christmas lunch at Macies on Carling...Elsie Larsen received the monogrammed trophy and according to the list of previous winners she is the first woman in 6 years to receive the much coveted Cribbage trophy... congrats and more power to her! 36 people (32 members and 4 guests) attended the Christmas luncheon...it seemed that the attendance was down this year? Nonetheless, we all enjoyed a delicious lunch and as always there was a delightful gift exchange...in the end no one went home empty handed.

On January 4th...yours truly had a 'perfect game day!'...not a bad way to start the New Year? Our apologies go out to Christine Smith Weston who joined our ranks shortly after the Open House in October... but did not get any mention thus far...the problem stems from having had another Christine who played for awhile.

On January the 11th there was a birthday cake for Elsie Larsen (Jan 11) and Sadie Adamson (Jan 13)...for obvious reasons we do not want to make mention of their ages! We want to welcome Roger and Linda Poirier who officially joined our ranks on Jan the 16th.



We are always happy to welcome anyone wishing to play cribbage. Simply show up in the Heritage room any **Tuesday or Thursday afternoon** before 12:50. The games start at **1 p.m. sharp and go until around 3:30 p.m.** for a total of eight games. Of course there is a coffee/tea and cookie break at the half way mark. The cost for playing is \$2 PP...the one who wins the most games and has the lowest score stands to win a \$1.00 and the biggest loser of the day gets to take home a whole quarter...we look forward to seeing you soon at one of our sessions!

EUCHRE NEWS

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By Betsy Shorthouse

It was nice to see everyone survived the holidays and came back for another round of euchre. As of the writing of this article the women are setting score records. Sherry Hall and Lyse Hughes have been smoking hot in scores and lone hands. Way to go girls.

I would like to welcome the new members who joined us this year. I am sure you are going to enjoy this group; and the longer the play the better it gets.

For anyone who wants to join in this action, we play every **Tuesday afternoon at 12:45 p.m. sharp in Hall F**. The cost is \$2.25 per person. Come out and join us. I promise you an afternoon of fun and laughs.



By Joan O'Meara

The festive season has come and gone and here we are with a bright new year ahead. I hope it brings all good things to each and every one of you.

The passing of our fellow member, Anna Warren, was sad news for us. Anna was a lovely lady who really enjoyed her cards as we enjoyed her. Much sympathy to all her friends and family.

On a happier note, a celebration was in order to honour Lorna Holbrook on her 95th birthday. What an accomplishment! Lorna has been a long time member here at the Seniors Centre and her smiley face and jovial spirit are always a welcome sight here at 500. I think we managed to surprise Lorna with a beautiful cake, delicious sandwiches and drinks, etc. Of course, there was also time for a photo-op to remind her of the special occasion for many more years. Special thanks to all you ladies who contributed and did all the preparations for the party.



Welcome too to a new member, Cathy Boudreau. Cathy seems to be a pretty good player (not sure I like that) and fits in beautifully with all you lovely people.

The top scores for the last two months were:

Gloria Croucher	4780
Tina Guindon	4730
Raye Smith	4700

As usual congratulations to one and all.

We're always ready to welcome anyone to join us every **Thursday at 12:45 p.m. in the Heritage Room for 3 to 3½ hours** of fun and games.

FUN BRIDGE



By Wilma Matchett

The Fun Bridge Group meets every **Friday afternoon from 1:00 p.m. to 3:30 p.m.** in the Heritage Room, although many of our participants arrive as early as 12:30 p.m. and start playing bridge as soon as their table has 4 players. Players change partners and/or tables every half hour after our official start time. We are a friendly bunch but we do like to play as many challenging bids as the cards permit.

Some of our regular members have flown south looking for warmer places to stay for a few weeks but

we have been welcoming a few new members who, with our stalwarts, haven't let the snow and cold weather keep them from coming out to enjoy their bridge games and the camaraderie enjoyed by our members.

In our ranks, there are many experienced Bridge players who are more than willing to coach Bridge class graduates and those coming back to the game after an absence of many years. Officially, at Fun Bridge we don't keep score but we always encourage everyone to be a bit daring in their bidding process - and some of us will answer the call for help whenever a partnership has a particularly challenging hand to bid! There are so many "new and advanced systems" but there are many "tried and true" methods of bidding and play that most of our members enjoy - with rules that are flexible enough to blend with the limited conventions that recent graduates have learned.

Congratulations to Yadzia Butterfield and Terry Mayne who bid and made their 7 Spades Grand Slam on November 24, 2017 - long past the deadline for the first Hub of 2018. So far this year there haven't been any successful Grand Slam bids but I do know there have been a few pairs who have tried hard - and those who made a Small Slam. Keep trying!

5-PIN BOWLING

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By Marsha and Roger Hack

We would like to take this opportunity to thank Rudi Kurtz for his many hours of assistance this season! With ever increasing participation over the past couple of years (averaging over 65 bowlers), the activity coordinators' role does tend to be a little hectic at times, and Rudi has helped tremendously. Thank you, Rudi!

Please note: There will be no bowling on March 12 (Spring Break), or on April 2 (Easter Monday).

Our final day of bowling, and end-of-season party, will be on Monday, April 16. Although it is a non-competitive bowling "league", we do track averages throughout the season, including high individual games and 3-game series; and we will be presenting prizes to celebrate special achievements (with and without handicap, so all have a chance to win). A few door prizes will be drawn as well. Hope to see everyone there!

Bowling will resume for the 2018/19 season on September 10. New bowlers are always welcome to join us. (Bowling is our main reason for getting together, but the social aspect is a great part of the enjoyment – renewing friendships and enjoying the company of others in a casual and relaxed atmosphere.)

Contact info: hackrandm@sympatico.ca; 613-225-1420.

NEPEAN SONGSTERS

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By Pat Martinson

The Songsters have started their 2018 season with much enthusiasm as we begin to prepare for the November concert as well as a full slate of sing-outs every month. We are delighted to welcome two new members, Tom and Ted, and are still looking for more people to join us. If you love to sing and/or have any musical background, we'd love to have you. We practice on Thursday mornings from 9:00 to 11:00 in the Heritage room. We don't hold auditions, just come and check us out. You'll be glad you did.

SIXTY-SIX

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By Emil Dukovac

Ace, ten, come out and try 66 at the Blahs Bash in February. They say it is good to stretch your brain. We have eleven active members in the club. Come out and give it a go. Remember its ace, ten!

SHUFFLEBOARD

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By Gary Fraser

We play shuffleboard from **1 p.m. to 3 p.m. on Mondays and Wednesdays, on the concourse** with typically four or five courts in use. We have room for more as there are six courts so if you would like some exercise and fun, come and join us.

TRAVEL CLUB

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By Barbara St. Laurent

The travelling for 2017 has come to an end and the survey results for each of the three trips were very positive. We are looking forward to a successful year of travel in 2018. The Travel Club Executive is already researching ideas for trips in 2019 and are open to suggestions from the membership.

2018 Trips

Myrtle Beach - February 24 - March 4, 2018 - The Meet & Greet was held on February 9th and there were 6 registered travelers for this trip. The Wrap Up meeting will be held on **March 23, 2018 at 10:00 a.m.** in the Heritage Room.

Mystery Tour - June 6 - 8, 2018 -. This trip remains a "*Mystery-oooooh!*" Registration began on January 15th. Historically this is one of our more popular bus tours so please register before all the seats are gone. The date for the Meet & Greet will be announced in the next Newsletter and those who registered will be notified in advance.

Scotland-Scottish Royal - September 28-October 6, 2018 - A presentation for this trip will take place on **April 20, 2018 at 10:00 a.m.** in the Heritage Room at the Seniors Centre.

If you are a single traveller and prefer double occupancy, every effort is made to bring singles together on all our trips.

Kanata Seniors One-Day Trips

We continue to post flyers on the bulletin board in the Heritage Room from the Kanata Seniors. Members of the Nepean Seniors are invited to join the Kanata trips and members from Kanata are welcome to join our trips.

VOLUNTEER COORDINATION

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By Barbara St. Laurent

The hours reported to the end of **2017** are **12,673.75**. I am sure there are some "stragglers". As a reminder, we are still looking for volunteers

to form a Committee to plan the celebration of our **30th Anniversary** as well as the **Summer Fun Picnic**. If you are interested, please contact myself or Leslie Dondale. Don't forget, it's the volunteers that help keep the Nepean Seniors Recreation Centre operating efficiently.

Gold & Silver



By Audrey Pattman

[HOME]

Shall we venture out
Into the icy streets of our Home Town?
Streets that once were green – or summer brown.
With dainty flowers around bright lawns.
Now
---Polar Vortex---!!
-Frigid Night!!!
But who can forget the sight of
White lace trees and crystal fences
All designed to please our senses.
So we'll accept what comes---
Be ever glad that Nature
Deals us
Sun and Beauty, with the cold---
Stirling Silver with the gold!



March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Notes: * Means Attendance Draw X-Country Skiing and snowshoeing will continue in March, weather permitting, Mondays at 10:30 am and Fridays at 1 pm. For a Foot Care Clinic Appointment please call Dee at 613-591-3686. ^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners</p>				<p>1 9:00 Choir, Creative Crafts, Curling 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling</p>	<p>2 * 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing</p>	<p>3</p>
<p>4 12:30 Duplicate Bridge</p>	<p>5 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six</p>	<p>6 9:00 Tai Chi, Curling 12:45 Euchre 1:00 Cribbage, Carpet Bowling</p>	<p>7 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge 9:00 Registration starts online</p>	<p>8 9:00 Choir, Creative Crafts, Curling 11:30 Lunch @ Sir Guy 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling</p>	<p>9 9:00 Chair Exercise 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing</p>	<p>10 iPad@/iPhone@ Special Event – Using the iPad@/iPhone@ with other devices 10 am – 1 pm</p>
<p>11 12:30 Duplicate Bridge</p> 	<p>12 10:30 Snowshoeing, cross-country skiing 1:00 Floor Shuffleboard, Sixty-Six</p>	<p>13 9:00 Curling 12:45 Euchre in Hall B 1:00 Cribbage, Carpet Bowling</p>	<p>14 9:30 Board Meeting 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge</p>	<p>15 9:00 Choir, Creative Crafts, Curling 12:45 Duplicate Bridge in Hall B 1:00 Cribbage, 500, Carpet Bowling</p>	<p>16 * 12:45 Duplicate Bridge in Hall B 1:00 Fun Bridge, snowshoeing, cross-country skiing</p>	<p>17 St. Patrick's Day</p> 
<p>18 12:30 Duplicate Bridge</p>	<p>19 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six</p>	<p>20 9:30 Falls Prevention Screening 12:45 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^</p>	<p>21 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge</p>	<p>22 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling, Tap^</p>	<p>23 9:00 Chair Exercise 10:00 Wrap-up meeting for Myrtle Beach trip 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing 7:00 Military Whist</p>	<p>24</p>
<p>25 12:30 Duplicate Bridge</p>	<p>26 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six</p>	<p>27 9:00 Tai Chi 12:45 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^</p>	<p>28 9:00 Foot Care Clinic, Chair Exercise 10:00 Falls Prevention Screening 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge</p>	<p>29 * 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling, Tap^</p>	<p>30 Good Friday CLOSED</p>	<p>31 CLOSED</p>

April 2018

◀ Mar 2018

May 2018 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 Easter Monday CLOSED	3 9:00 Tai Chi 12:00 Stage class^ 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	4 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	5 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling, Tap^	6 9:00 Chair Exercise 9:30 Falls Prevention Screening 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge	7 Deadline for May/June Hub
8 12:30 Duplicate Bridge	9 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	10 9:00 Tai Chi 12:00 Stage class^ 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap^ 4:00 Slots Trip	11 9:00 Chair Exercise 9:30 Board Meeting 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	12 9:00 Choir, Creative Crafts 10:45 Falls Prevention Screening 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling, Tap^	13 * 9:00 Chair Exercise 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge	14 Dropbox® - Learn to use Dropbox® to share your pictures, videos and files between all your devices and friends.
15 12:30 Duplicate Bridge	16 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	17 9:00 Tai Chi 12:45 Euchre 1:00 Cribbage, Carpet Bowling	18 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	19 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling, Tap^	20 9:00 Chair Exercise 10:00 Scottish Royal trip presentation 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist	21 Volunteer Appreciation Event Details will be sent out to all the volunteers.
22 12:30 Duplicate Bridge	23 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six	24 9:00 Tai Chi 12:00 Stage class^ 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	25 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge NO Floor Shuffleboard 6:30 Duplicate Bridge	26 9:00 Choir, Creative Crafts 11:30 Lunch @ Sir Guy 12:45 Duplicate Bridge 1:00 Cribbage, 500, NO Carpet Bowling , Tap^	27 * 9:00 Chair Exercise 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge	28 Facebook® - See how you can use Facebook® to share pictures, websites, and news with your family and friends, new & old.
29 12:30 Duplicate Bridge	30 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six	Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call Dee at 613-591-3686. Due to the annual Dance Competitions, Floor Shuffleboard and Carpet Bowling will be cancelled on April 25, 26 & May 2,3.				



Nepean Seniors Recreation Centre

'Presents A Trip To'
'Presents A Trip To'

Rideau Carleton Slots

Date: Tuesday April 10, 2018
Time: Departure 4:00 pm
Return: 8:00 pm
Location: Rideau Carleton Slots
Fee: \$9.00 for Centre Members
\$10.00 for Non-Members



This is a fundraising activity for the Seniors Centre

TRIP INCLUDES

*Transportation**

*\$5.00 Voucher for slot play***



** You must get the OK from Leslie in order to take your own car.*

***You must bring your CURRENT Winner's Circle card AND CURRENT Government issue photo ID or you will not receive your vouchers*

TICKETS AVAILABLE AT THE
NEPEAN SENIORS RECREATION CENTRE
OR CALL 580-2828 EXT. 2

DEADLINE FOR BUYING TICKETS IS FRIDAY, APRIL 6



How to contact us:

Visit us at our facilities:

Nepean Seniors Recreation Centre
Nepean Sportsplex
1701 Woodroffe Ave
Nepean, Ontario
K2G 1W2
(Entrance # 3 at rear of building)

Contact our front office

(613) 580 - 2828 extension 2

Get more Program information (Get more information on NSRC Activities and Programs)

(613) 580 - 2828 extension 2

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[NSRC Management Board](#)

Nepean Seniors Recreation Centre

[NSRC Website](#)

The *eHub* is a publication
produced by the volunteer members of the
Nepean Seniors Recreation Centre.