



# THE **hub**

## SPECIAL INFORMATION ISSUE

### What the Nepean Seniors Recreation Centre is all about

As part of its services to its citizens, the City of Ottawa provides the facilities and staff for the Nepean Seniors Recreation Centre. Although the staff includes a dedicated and very active Program Coordinator, Leslie Dondale and her administrative assistants, many of the seniors' activities, plus their management, are organized and run by the Members themselves.

**The big thing to remember is that the Members of the Centre, from the age of 50 to 90 plus, do NOT consider themselves OLD, but just people who enjoy keeping mentally and or physically active in the company of others and who use the Centre to do that.**

Their interests, whether they are year round or seasonal, can usually be provided by one or more of the Centre's Activities, Events, Programs or Services. The Centre's newsletter is normally distributed to Members every two months. However this special *additional issue (Updated to April 2016)* is organized to give you a full picture of what you can currently participate in. **If you can think of anything else that you and others might be interested in, give our Program Coordinator, Leslie Dondale, a call at 613 580 2828 ex 2 or an email at [leslie.dondale@ottawa.ca](mailto:leslie.dondale@ottawa.ca)**

To get to the Nepean Seniors Recreation Centre, turn into the Nepean Sportsplex (on Woodroffe, one set of lights South of Hunt Club), and drive to the back parking lot (plenty of handicap parking), go in Entrance #3 and the Seniors Recreation Centre is on the right.



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## OUR 2016 VOLUNTEER MANAGEMENT BOARD

Much of the organization and planning of the Centre is carried out by the Volunteer Management Board. Board meetings are held the second Wednesday of each month from September to June.

**Robert  
Jelking**



**Chair**

**Ed Adams  
Treasurer**



**Vacant  
Assistant  
Treasurer**

**Barbara  
St Laurent  
Volunteer  
Coordinator**



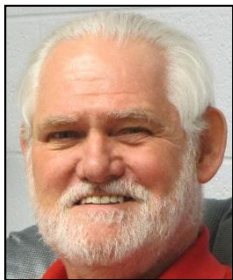
**Thelma  
Cartwright-Hopwood  
Communications  
Coordinator**



**Maxine  
Jones  
Special Events  
Coordinator**

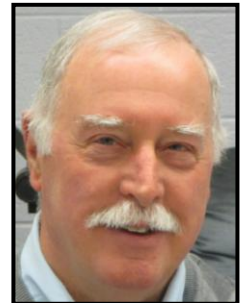


**Art McCready  
Webmaster &  
Digital Archivist**



**Vacant  
Fundraising  
Coordinator**

**John Batson  
Member at Large**



**Leslie Dondale  
Ex- Officio  
Program Coordinator**



**Vacant  
Ex- Officio  
Recording Secretary**

**Ken Hancock  
Hub Editor  
*Not on the Board***



**MEMBERSHIP:** Membership of the Nepean Seniors Recreation Centre is annual (January to December) and costs \$24.50 per person including HST.

Thus for pennies over two dollars a month gives Members the opportunity to participate in any or all of the Centre's Activities, Events and Programs and to use all of its Services.

**ACTIVITIES:** Activities are generally organized and run by volunteers from the membership. Guests are welcome, but after attending three times, a membership is required. There is a \$1.00 drop-in fee for most activities. Some groups collect an extra 50 cents or a dollar to cover the cost of refreshments, a Christmas dinner or an occasional luncheon, etc. These fees apply to both members and guests.

### Activities

<b>Activity</b>	<b>Hub Contact</b>	<b>Time Frame</b>	<b>Day(s), Time and Location</b>
Carpet Bowling	Alida Dopplinger	Throughout the year	Tuesdays and Thursdays between 1 p.m. and 3 p.m. on the Sportsplex Concourse.
Computer Club	Joan Lang	Throughout the year	First and third Tuesday of each month in Studio 2 from 9:30 a.m. to 11:30 a.m.
Contract Bridge	Gopal Kunchur	Throughout the year	Wednesdays between 1 p.m. and 3:30 p.m. in the Heritage room.
Creative Crafts	Donna Butler	Year around except July and August	Thursdays between 9 a.m. and 11 a.m. in Hall F. Those who wish can stay until 11:30 a.m.
Cribbage	Ken Hancock 613 225 6385	Throughout the year	Tuesdays and Thursdays between 1 p.m. and 3:30 p.m. in the Heritage Room.
Cross-country skiing and snow shoeing	Leslie Dondale 613 580 2828 ex 2. (No drop-in fee)	From the start of a good snow fall to the final thaw	Mondays at 10:30 a.m. and Fridays at 1 p.m. Meet at the Seniors Centre for the trails behind the Sportsplex.
Curling	Lloyd Nieman	October to March	Tuesdays and Thursdays, meeting in the Spectators' annex between 8:15 a.m. and 8:45 a.m., curling from 9:00 a.m. to 11:00 a.m.
Cycling Club	Leslie Dondale 613 580 2828 ex 2. (No drop-in fee)	June to September (weather permitting)	Tuesdays at 9:30 a.m. We meet at Britannia Beach. Helmets are required.
Duplicate Bridge	Kevin Ryan	Throughout the year	Sundays between 12:30 p.m. and 3:30 p.m. in the Heritage Room. Wednesdays between 6:30 p.m. and 9:30 p.m. in the Heritage Room. Thursdays between 1 p.m. and 4 p.m. in Hall F. Fridays between 1 p.m. and 4 p.m. in Hall F.
Euchre	Betsy Shorthouse	Throughout the year	Tuesdays between 12:45 p.m. and 3:15 p.m. in Hall F, but turn up at 12:30 p.m.
Five Hundred	Lorrie Wilson	Throughout the year	Thursdays between 1:00 p.m. to about 3:30 p.m. in the Heritage Room, but turn up at 12:45 p.m.
Five Pin Bowling	Roger Hack	September to end of April.	Mondays between 1:00 p.m. and 3 p.m. at the Merivale Bowling lanes, but turn up at 12:45 p.m.
Floor Shuffleboard	Gary Fraser	Throughout the year	Mondays and Wednesdays between 1 p.m. and 3 p.m. on the Sportsplex Concourse.
Fun Bridge	Wilma Matchett	Throughout the year	Fridays from around 1:00 p.m. until 3:30 p.m. in the Heritage room but turn up at 12:45 p.m.
Nepean Songsters	Betty Usher	September to end of May	Thursdays between 9:00 a.m. and 11:00 a.m. in the Heritage room.
Walking Club	Front Desk (No drop- in fee)	May to October (weather permitting)	Mondays, Tuesdays and Thursdays at 9:30 a.m. on the trails behind the Sportsplex.

**EVENTS:** The Centre, through its Special Events Coordinator, puts on a number of events each year to help raise funds for activities and free events.

Members may purchase tickets for these events. Given below is a list of the regular events. On occasion dances, variety shows and dinners are organized.

#### Year-round Events

Event	Contact and Cost	Frequency, Time and Location
Military Whist	Front Desk Cost \$6.00.	Monthly except July and August on the third or fourth Friday in the month, between 7:00 p.m. and 9:30 p.m. in the Heritage Room. Includes sandwiches, dessert, beverages & cash prizes.
Rideau Carleton Slots Trip	Front Desk Cost is \$12 for members, \$15 for non-members.	Three times a year, this year on March 29, June 14 and on October 4. A bus leaves the Seniors Centre at 4:00 p.m. for the Rideau Carleton Raceway slots and restaurant and returns around 9:00 p.m. Cost includes transportation, a \$10 slots voucher and a \$5 food voucher. In order to receive these vouchers, you must bring your Winners Circle card and valid Government Issue photo ID.
Lunches	Front Desk Cost: \$11.50. Tipping is optional - the money will go directly to the students involved, not the school.	Monthly except during the school summer vacation of June to September inclusive. Usually on the third Thursday in the month from 11:30 a.m. to 12:30 p.m. at the Sir Guy Carleton Secondary School. The lunch is a superb three-course meal plus beverage and homemade bread. Tickets go on sale the first day of the month and the menu is available in the Heritage room at this time.
Attendance Draw	Outside of Leslie's office. Cost \$1.00.	The draw takes place every two weeks on a Friday, unless it's a statutory holiday. Just put in your Loonie and register your name in the book provided, then cross your fingers and hope that your name gets drawn from our list of ALL members. If you don't register and put in your Loonie, you won't win even if your name is drawn. The money then stays in the kitty. If no one wins within five draws we will continue to draw until we get a registered winner. The winner gets 50% of all money collected and the rest goes to help pay for the free events.
Travel Club	Barbara St.Laurent	All members of the Seniors Centre are members of the Travel Club. This year there has already been a Cruise and Resort trip to the Dominican Republic, with trips to the Finger Lakes (Upper New York State) and an Irish tour forthcoming.

#### Annual Events

Event	Contact and Cost	When, Time and Location
Winter Blahs Bash	Front Desk Cost: \$9.50	All-day event on Friday, February 26 at the Centre. The cost includes all activities, lunch and prizes.
Volunteer Appreciation	By invitation. No charge.	On April 11 we hold a special lunch to recognize the work done by our many volunteers.
Canada Day BBQ	Front Desk Cost: \$10.00.	On June 30 at the Centre. The cost includes burger, salad, drink, dessert, entertainment and prizes.
Summer Fun Picnic.	Front Desk Cost: \$5.00.	August 3, at the Minto Field, 9:45 a.m. to 1:30 p.m. Even bigger and better than before.
Open House	No charge, just come.	On October 18, 12:30 p.m. to 4:00 p.m. at the Centre. You can check out everything the Centre has to offer.
Christmas Breakfast	Members sign up in the Heritage room. No charge	December 5, 9:30 a.m. to 11:00 a.m. in the main hall. A great hot and cold buffet and beverage with your friends followed by Christmas carols by the Nepean Songsters.

## CENTRE PROGRAMS

The Centre organizes a wide range of specific Programs over given time frames throughout the year. There is a fixed charge for most Programs. Prices for Members are less than for Non-Members. A summary of these is given below. Detailed dates, times and costs can be found in the appropriate bimonthly *Hub*, Nepean Sportsplex Guide, Older Adult Guide or online at [ottawa.ca](http://ottawa.ca) and at [Nepeanseniorscentre.ca](http://Nepeanseniorscentre.ca).

### Chair Exercise

Mondays, 10:30 a.m. to 11:30 a.m. except summer when the time changes to 9:30 a.m. to 10:30 a.m.

Wednesdays, 9 a.m. to 10 a.m.

Fridays, 9 a.m. to 10 a.m.

### Tap Dancing

**Level 1**, Thursdays 2 p.m. to 3 p.m.

**Level 2**, Tuesdays 2 p.m. to 3 p.m. (must have some previous tap experience)

**Level 2**, Thursdays 1 p.m. to 2 p.m. (must be registered in the Tuesday class)

**Tap Dance Performance Group**, Tuesdays 1 p.m. to 2 p.m. (must have some tap dance experience)

**Seniors Performance Stage Class**, Tuesdays noon to 1 p.m.

**Tai Chi**, Tuesdays.

Level 1: 11 a.m. to 12 noon.

Level 2: 10 a.m. to 11 a.m.

Level 3: 9 a.m. to 10 a.m.

**Line Dancing**, Mondays 11 a.m. to noon.

**Bridge Lessons**, Wednesdays 10 a.m. to noon or 1 p.m. to 3 p.m.

Levels 1, 2 and 3 offered

**Nordic Walking**, Fridays 10 a.m. to 11 a.m.

**Memory Fitness®**, Tuesdays 10 a.m. to 11 a.m.

**iPad® Workshops**, levels 1 through 5, iPhone®, and Facebook®

**60 Plus & Aging Well**, Wednesdays 10:30 a.m. to noon

Registration starts in early March for spring and summer programs and in mid-August for fall and winter programs. Registration and payment is at the front desk, online, via automated phone or at any City of Ottawa Client Service Centre or Community Centre.

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## SPECIAL SERVICES

In addition to the activities, events and programs listed above, the Recreation Centre provides two more services.

### Our Foot Care Clinic

In partnership with Western Ottawa Community Resource Centre, the Centre has a foot care clinic on the first and last Wednesday of each month. For more information or to book an appointment, please call Dee at 613-591-3686.

### The Informal Library

A small library of popular books and a few jigsaw puzzles is available to members. It is located in the small alcove in the Heritage room and is run on the *honour system*. Borrow whatever books or jigsaw puzzles you wish and return them when you have finished with them. It's as simple as that. New donations of popular books and jigsaw puzzles are always welcome.

# SPECIAL INFORMATION ISSUE

## BRIDGE

Contract: ♥ ♣ ♦ ♠

Duplicate: ♥ ♣ ♦ ♠

-♥ ♣ ♦ ♠

Fun: ☺ ♥ ♣ ♦ ♠

## CREATIVE CRAFTS



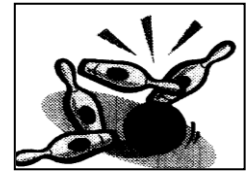
## CRIBBAGE



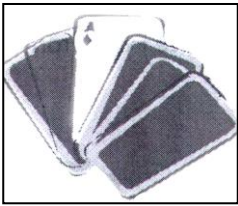
## EUCHRE



## FIVE PIN BOWLING



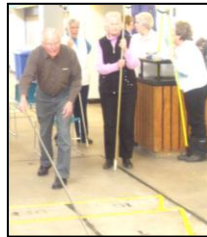
## FIVE HUNDRED



## NEPEAN SONGSTERS



## SHUFFLEBOARD



## TRAVEL CLUB



## WALKING CLUB



## AND LOTS LOTS MORE

Inside this *Special Information Issue* of the *Hub* are given details of all of the Centre's Activities, Events, Programs and Services that Members can participate in or use. If you are already a Member, take a look; there could well be additional things that you can use the Centre for that you would enjoy in the company of friends. If you are not a member, again take a look, the Centre's Activities, Events, Programs and Services are designed to be attractive to all over 50, and the cost to join is just two dollars a month.

The big thing to remember is that the Members of the Centre, from the age of 50 to 90 plus, do NOT consider themselves OLD, but just people who enjoy keeping mentally and or physically active in the company of others and who use the Centre to do that.

Feel free to come along at any time and try out the activity(ies) of your choice as our guest before deciding if you would like to become a member. We look forward to welcoming you.

**THE CITY OF OTTAWA PROVIDES FULL AND PART TIME STAFF FOR THE CENTRE.** They provide support and assistance to members from 8:30 a.m. to 4:30 p.m., Monday to Friday and whenever required in the evening or on weekends.

### The staff team is made up of the:

Program Coordinator: **Leslie Dondale.**

Permanent Front Desk Staff Member: **Karen Borrens**

### Plus the Part Time Front Desk Team of:

**Melody Carle-Kemp:** Monday, Thursday and Friday. **Sandy McBain:** Wednesday and Tuesday. **Liz Hoffman:** Saturday. **Colette Lachance:** Sunday **Taylor Plakholtm:** Monday and Tuesday night.

**Kathy McNenly:** Friday night. Please note: On occasion staff can exchange shifts.

The number to call for the front desk is 613 580 2828 Ex 2