

Nepean Sportsplex, 1701 Woodroffe Avenue

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The Nepean Seniors Centre Staff Team Welcome You!

Jennifer Roberts



If you are a new or recruiting member, we look forward to welcoming you back to our center and want to take the time to introduce ourselves. My name is Jen Roberts and I am the new Program Coordinator for the Nepean Seniors Centre and Samira

Mirzayee is our new full-time clerk, and we are both here to assist and greet you. I started my City of Ottawa career at the age of 16 working the rural After School Programs and since then, I have developed a passion for recreation.

At the beginning of the pandemic, I was re-deployed to Long Term Care where I assisted seniors with their everyday needs including feeding and 1:1 recreation. That experience really inspired me to work with the senior population which lead me here to the Nepean Seniors Centre. In my spare time, you will find me outdoors either on the boat, or snowmobiling with my soon to be husband, and dog.

The Nepean Senior Centre is welcoming back our members understanding everyone's different comfort levels and should you have any questions regarding our protocols or any uncertainty I encourage you to give us a call. It warms my heart to see our numbers in our activities slowly increasing and members returning to their activities and fitness classes with big smiles and contentment. Our summer schedule will be available to the public in the coming weeks, and summer registration is now open! It has been great meeting and getting to know you all – please come visit me anytime! If you have any inquires regarding our programming, please do not hesitate to give us a call.

ACTIVITIES

CREATIVE CRAFTERS

by *Audrey M. Fitzpatrick*

It is hard to believe that 2 years have passed since we were able to socialize and enjoy our Senior Centre. The Crafters came back last Fall long enough to make and fill 14 bags of items

such as socks, mitts, hats and toiletries for homeless women. After another shut down, we are now back to our regular meetings on **Thurs. in Hall F from 9-11 a.m.**

Although we weren't meeting our ladies kept busy. We now have the knitted wear ready for the homeless men that will be this year's recipients. We also want to include toiletries. We would gladly accept donations of toiletry items to be included in the bags.

We also knit and donated over 5 dozen PICC line covers to the Cancer Day Care Centre at the General Hospital.

We have many lovely articles on display in our showcases, in the Heritage Room and on the Upper Concourse. These showcases will be frequently changed to show off some of our various articles. In the present display there are some adorable little girl's summer outfits with hats and children's sweaters.

Our co-ordinator, **Barbara Johansen** will be pleased to welcome back our former members as well as new ones. We meet on **Thurs. in Hall F from 9-11 a.m.**

CHAIR'S REPORT

Janet Laframboise

We are finally getting started to open the Nepean Seniors Recreation Centre to pre COVID restrictions. Always check the NSRC website (www.nepeanseniorscentre.ca) for upcoming events and where and when your favourite card games are taking place.

There are lots of changes which came into affect this year, if you had a 2020 membership it is valid up until November this year. Much to our surprise if you have a valid membership, you no longer pay a drop-in fee to play cards, shuffleboard etc. at the Seniors Centre. Guests will still have to pay a drop-in fee of \$2.25, which is payable at the front desk of the Seniors Centre. If your card game is in Hall F you must

come into the Centre to pay your fee before heading up to Hall F.

If you are a new member, we are looking for new board members and this is an excellent way for you to know what is happening, how things run and meet new people. Come to one of our meetings, which are usually held the second Wednesday of each month except for July and August, and see if this were something that you would like to be involved in. We are a fun, friendly group and look forward to seeing new faces with new ideas.

We are in the process of planning a summer picnic for August 16th with a rain date August 18th, so keep checking the calendar on the website. We have lots of things to work through before this can take place and once everything is confirmed we will provide an update on the website.

Enjoy your time at the Centre making new friends and catching up with members you have not seen since the beginning of March 2020.

DUPLICATE BRIDGE

by Art McCready



It's been a long 2 years, but we are back. Duplicate bridge is being held on Thursday and Friday afternoons only. Bridge starts at 1:00pm (you should be there no later than 12:45PM) and normally ends by 3:30pm. We've been getting between 2 and 5 tables each day, and we have had 31 former members back and 2 new members. Hopefully this number will continue to increase over the rest of the year. If we start to get enough interest in Sunday afternoon or Wednesday evening bridge, we will look at starting it up again.

We have lost 6 members over the past 2 years. That includes one of our older members of the group and my former partner Louis Gonyer. The other 5 are: George Gardner, Queenie Sheinberg, Norma Taylor, Garth Watchorn and Ron Williams.

Hope to see more current and new members coming back. For more information contact me at ArthurMcCready@gmail.com.

CRIBBAGE by Sadie Adamson

Welcome back to our crib players. It is so nice to see everyone after such a long time. Sadly we have lost some of our dear friends over the last two years and they are sadly missed.

As of this week, we have 22 members with a few new players and looking forward to seeing more.

We play on Thursday from 1 to 3 in the heritage room.

Everyone welcome.

EUCHRE NEWS

By Betsy Shorthouse



Well, here we are -- just two years later. It is really, really nice to be back to a sort of normalcy. I must say, our group is expanding weekly. We have several new people we would like to welcome to our group. When we started back, we stated at 1:00 p.m. and went to 3:00 p.m. which gave us 7 games to play. There is someone, who doesn't want her name mentioned (Donna Caron) who got a high score of 74, which would be equal to a 95 in our regular play. Congratulations to her the person who wants to remain unanimous.

We lost several of our regular members over the past two years. Their presence at our games is sorely missed,

Although there is no mandate to wear a face mask many of our players are still wearing them. This decision is entirely up to you.

Due to our large numbers and increasing participation, the Euchre Club will now be **starting play at 12:30 each Tuesday** and will be reverting back to playing 9 games. If you wish to join us for an afternoon of an ever-popular game of Euchre, be sure to arrive before 12:30. Hall F, and the cost is \$1.25 per person.

FIVE HUNDRED By Andy Shorthouse



After many delays over the pandemic, 500 is back and looking for more players to come and join us. At present we are averaging 3-4 tables. We play on Thursdays from 1 pm to 3 pm in the senior center. At present we are only playing 3 games in that time frame. A majority of the players are still wearing face mask but they are not mandatory. If you are looking for a few laughs and friendly game of cards come check us out.

We have one new member
Stephanie Barrett

The high scores to the end of April are:

Carole Collins	3620
Steve Pressey	3100
Marjorie Nelson	2980



FUN BRIDGE by Wilma Matchett

The Fun Bridge Group meets every Friday afternoon from 1:00 to 3:00 p.m. in the Heritage Room. Many of our participants arrive as early as 12:30



p.m. and start playing 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 and we do like to play as many challenging bids as the cards permit. We don't keep score, but we do congratulate those who make their bids and cheer on those who have tried hard.

There are many experienced Bridge players in the Fun Bridge Group who are more than willing to help new-comers to this challenging game and to those who are coming back to it after many years. The "new and innovative" methods of bidding and play don't make sense to a lot of us so we encourage flexibility in bidding and playing.

We look forward to welcoming back former members and greeting the new-comers.

5-PIN BOWLING -By *Marsha and Roger Hack*



It is hoped that Bowling will resume, after a two year absence, in the Fall of 2022.

Our League is a non-competitive league, which is noted for being a regular social activity involving good exercise, fun times and camaraderie.

There are no "teams" (or team pressure). Bowlers' averages are maintained on an informal basis throughout the season, and a number of prizes are awarded at the end of the season to celebrate special achievements (with and without handicap), i.e. for high average, high game, and high series.

Venue: [the Merivale Bowling Centre, 1916 Merivale Road](#) (south of Hunt Club Road), Monday afternoons, from 1:00-3:00 p.m., from September to April.

This is a drop-in activity where players bowl 3 games (approximate cost \$15), \$1.00 of the amount collected goes towards individual prizes. A weekly 50/50 draw also generates

funds which are put towards prizes. Proper bowling shoes must be worn (and can be rented on-site if necessary). Regular bowlers quite often purchase their own shoes.

There are two parties per season (mid season in December and April at the end of season)

If you are interested in participating in this 5-pin bowling league please email or phone the activity coordinator listed below.

Activity Coordinator: Roger Hack, 613-225-1420, hackrandm@sympatico.ca

SHORT MAT/LAWN BOWLING

by Larry Myers



We had a great group who enjoyed short mat bowling on Mondays and Wednesdays in Hall F. Short mat is off for the summer, but many players are bowling now at the Nepean Lawn Bowls Club outdoors on the west side of the Sportsplex beside the pools. June 22 at 9:00 we will have indoor outdoor bowling. Come and see for yourself. Watch, or give it a try. For more information contact Blaine Phillips phillips.blaine@gmail.com.



NEPEAN SONGSTERS

by Nikki White

After a long Covid hiatus, the Songsters have started singing together on the lovely lawn of the Knox United Church, 25 Gibbard Ave.

Our musical director, Heather Lynn Smith brings her portable keyboard and amplifier with a microphone. Pianist Devon Thiverge-Wastle arrives with a travel piano bench. The singers bring lawn chairs, water bottles and hats.

This arrangement will continue to June 2nd.

There has been a change in our organization. It will no longer be necessary to join the Seniors Center to join the Songsters.

On September 8th, we will begin a new season in the Heritage Room.

We meet on Thursday mornings for two hours of music and laughter.

We invite everyone to become part of this wonderful group. There are no auditions; you don't need to know how to read music.

Just come and sing.

TRAVEL CLUB NEWS

By Lynda Obenauf and Joan Terris



Hello, fellow travelers! The Executive has held one meeting, in April of this year. We had a few ideas to test the waters to see if there was any interest in resuming the activities of the Travel Club at this time, following two years of covid restrictions. The new Program Coordinator Jenn Roberts attended this meeting. Jenn then invited us to a further meeting, to meet with her and her team Janet Baigent – Recreation Supervisor – Kanata Seniors Centre and Lise-

Anne Robichaud – Portfolio Manager – Older Adults Unit. It is clear that the Travel Club as it has been constituted for the many years of its existence does not meet with the City's current guidelines and regulations. The Travel Club Executive plans to hold another meeting in late May; the only topic on the agenda will be whether the travel Club will make plans to reinvent itself or formally disband.

We thoroughly enjoyed visiting Ireland, Scotland, Spain & Portugal, Germany, Niagara Falls and day trips to for a meal and a play, just to name a few. We have heard about the many wonderful trips planned by previous Executive members over the years, and we hope other people also have many fond memories to recall. We have worked with several excellent travel agencies in the last few years, who gave us great advice and solid service.

It has been a pleasure to meet with all the people who have travelled with us over the past few years.

VOLUNTEER COORDINATION

By Dorothy Latour

This is a reminder to submit your volunteer hours quarterly. This can be done by leaving your information at the front desk by paper; or by, email to Dorothy Latour at dorothy.latour@sympatico.ca,

I AM SORRY IS ANY GROUP HAS BEEN MISSED. If your articles has been missed please contact Betsy Shorthouse at betsyshorthouse@gmail.com