

March and April, 2019



NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Ave
Entrance #3
Ottawa, Ontario, K2G 1W2
Information: 613-580-2424 ext 46652

In this issue...

News from the Office

Membership
Elevator
Attendance Draw

Up and Coming

Military Whist
Blahs Bash
Rideau Carleton Casino Trip
Computer Assistance
Photography Workshop
Fit Minds™
Volunteer Appreciation Event
Palliative Care Presentation
Murder Mystery – Barbeques Are Murder!
Snowshoeing / X-Country Skiing
Contract Bridge Tournament
Spring Programs
Summer Programs

Activities

Carpet Bowling
Creative Crafters
Communications Coordinator
Contract Bridge
Curling
Cribbage
Duplicate Bridge
Euchre News
Five Hundred
Five Pin Bowling
Fun Bridge
Nepean Songsters
Shuffleboard
Sixty-Six
Travel Club
Volunteer Coordination

March and April Calendars

Flyers

Palliative Care Presentation
Rideau Carleton Casino

How to Contact Us



NEWS FROM THE OFFICE

[\[HOME\]](#)

By Leslie Dondale 613 580 2424 ext 41264

Membership

[\[HOME\]](#)

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 2019 are now past due. If you have not already done so, please drop by the front desk to take care of payment. Currently the fee is **\$26.25, however it may be raised to \$27.00**. We accept cash, cheque, debit and credit as methods of payment.

Elevator

[\[HOME\]](#)

The construction will take place, **June 17 – September 13**. This will affect all of the programs in the Heritage room and on the Concourse. Leslie is in the process of setting up meetings with the Activity Reps responsible for the affected activities to pass along the updates.

Attendance Draw

[\[HOME\]](#)

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! **A winner will be selected every draw and you can enter more than once to increase your chances but remember to put another Loonie in the box.**

Dec 7	Bill Lloyd won \$48.00
Dec 21	Aafke Depooter won \$55.50
Jan 18	Pat Martinson won \$68.00

UP AND COMING

[\[HOME\]](#)

Military Whist

[\[HOME\]](#)

The next one will be **Friday, March 22 at 7 pm**. City View Retirement will be the sponsor for the refreshments. The cost is \$6.00 (exact change is greatly appreciated!) and includes cash prizes and delicious refreshments. There might still be some tickets available. Check with the office. The following one will be on April 26.

Blahs Bash

[\[HOME\]](#)

This is a reminder that the **deadline to buy tickets is Friday, February 15** for the Blahs Bash on February 22. 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.

Rideau Carleton Casino Trip

[\[HOME\]](#)

The next Casino trip will take place on **Tuesday, March 19**. Tickets will cost \$9 for members and \$10 for non-members, **cash only**. This will include \$10 Slots play voucher and transportation. The bus will leave from the Seniors Centre at 4 pm and return at 8:30 pm. We will need a minimum of 20 people in order for it to run.

Computer Assistance

[HOME]

We will continue to offer this assistance but just to be aware that most of our volunteers are not proficient with Apple products and certain cell phones. You can certainly enquire at the front desk and all attempts will be made to assist if at all possible. **This service is for current Seniors Centre members only.**

Photography Workshops

[HOME]

On Friday, **March 8** from 10 – 11:30 am Lynda Buske will be doing a follow-up to the Shutterfly Photobook presentation. It will take place in the Heritage room. Although it is free, you must sign up at the front desk. We will be taking a maximum of 10 participants for this workshop.

Fit Minds™

[HOME]

Due to the popularity of this course, we are offering it again in the spring. The Stay Sharp program offers a science-based and effective approach to optimizing brain health and functioning as well as maintaining brain health as the individual ages. The program is based on an educational curriculum that provides a complete and comprehensive brain workout.

The science shows that a globalized approach to brain fitness is best for optimizing brain health and that is why the Stay Sharp program provides exercises and activities across five areas of cognition: Language and Music, Visual/Spatial Orientation, Memory, Critical Thinking and Computation.

Please sign up at the front desk for the **free information session on Tuesday, April 9 from 10 – 11 am in Hall F**. If you are interested, then you will sign up for the **FREE 5 week course that will run on Tuesdays, 10 – 11:15 am in Hall F from April 16 – May 14**. Although it is free, we ask that only those who can commit to all 5 weeks sign up. Registration will take place following the information session.

Volunteer Appreciation Event

[HOME]

On **April 13**, 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 again 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.

Palliative Care Presentation

Wednesday, April 24 10 am in the Heritage room

[HOME]

How Many Maggies ~ The Current State of Palliative Care in our Communities

Presented by: Tracey Robertson ~ Co-Founder Home Hospice Association

Introduction

Home Hospice Association began as a conversation amongst three people who asked the question: “How can we combine our passion and professional expertise for the rights of all dying?” That conversation grew into a passion for the quality end of life care is available to anyone, at any age, at any time and under any roof. Our presentation will continue the conversation as we consider one person’s journey to an undignified death and how together we can ensure no one walks the journey to their death alone. Learn about what dying looks like here in Canada, take the opportunity to ask questions and consider what we together can do about this current state of palliative care. An interactive presentation that will focus on why:

The current model of hospice ~ palliative care in Canada is not working.

Supporting a family infrastructure to allow someone to stay at home and die at home is the solution.

No one, whether it be a person diagnosed or those who love them, should walk the journey alone.

A hospital death is not a death anyone (regardless of background, financial circumstances or station in life) should have to endure.

Who Would Want to Attend? Those who believe a peaceful death, that the dying person controls, is a death we desire ourselves and our loved ones.

The healthcare system alone is not able to provide the care we need now.

The stress of our healthcare system is only going to get worse as our population continues to age.

Caregivers cannot be expected to be the only source of support, especially without any support.

Although it is a free presentation, please sign up at the front desk.

Murder Mystery – Barbeques Are Murder!

[HOME]

We still need more people to take on the roles of the characters, volunteers to help with staging and a director. If you are interested or know anyone who might be, please contact Leslie at leslie.dondale@ottawa.ca or pop into her office to talk to her. The Murder Mystery will be performed sometime in the spring with practices taking place on **Mondays at 1 pm in Hall F**. Additional rehearsals may be scheduled as needed closer to the performance. A detailed flyer with the list of characters is on our website and printed copies are in the rack by the door.

Snowshoeing / X-Country Skiing

[HOME]

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 46652.

Contract Bridge Tournament

[HOME]

Mark your calendars for **Saturday, May 11** for the next Contract Bridge tournament. More details will be made available to the Bridge groups in the near future. It will follow the same format as the last one with tickets being sold which will include snacks, lunch and prizes. It will be held in the Heritage room.

Spring programs

[HOME]

Please note: The Line Dancing, Tap Dancing 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 18 – June 24 Mondays 10:30 – 11:30 am \$132.75 Barcode: 1462362

Chair Exercise – March 20 – June 19 Wednesdays 9 – 10 am \$142.75 Barcode: 1462387

Chair Exercise – March 22 – June 21 Fridays 9 – 10 am \$132.75 Barcode: 1462409

Learning Bridge Level 3 – April 3 – May 22 Wednesdays 10:30 am – 12:30 pm \$143.25 Barcode: 1471342

Line Dancing Level 1 – March 22 – May 31 Fridays 10:30 – 11:30 am \$116.25 Barcode: 1462455

Line Dancing Level 2 – March 18 – June 3 Mondays 10:30 – 11:30 am \$116.25 Barcode: 1462463

Nordic Walking – May 3 – June 14 Fridays 10 – 11 am \$71.50 Barcode: 1471499

Tai Chi – March 26 – May 28 Tuesdays Level 1 11 – 12 pm Barcode: 1462418, Level 2 10 – 11 am Barcode: 1462429, Level 3 9 – 10 am Barcode: 1462439. All levels are \$102.00.

Tap Dancing Level 1 (for true beginners) - March 21 – June 20 Thursdays 12 – 1 pm \$159.75 Barcode: 1462494

Tap Dancing Level 1 (for those who have taken level 1 before) - March 21 – June 20 Thursdays 2 – 3 pm \$159.75 Barcode: 1462515

Tap Dancing Level 2- March 19 – June 18 Tuesdays 2 – 3 pm (must have some previous tap experience) \$147.25 Barcode: 1462526 Thursdays – March 21 – June 20 1 – 2 pm (must be registered in Tuesdays class in order to register in this one) \$158.75 Barcode: 1462540

Tap Dancing Performance Group- March 19 – June 18 Tuesdays 1 – 2 pm (must have some previous tap experience) \$147.00 Barcode: 1462552

Performance Stage Class- March 19 – June 18 Tuesdays 12 – 1 pm \$147.25 Barcode: 1462561

Summer programs

[\[HOME\]](#)

Chair Exercise – July 8 – August 26 Mondays 9:30 – 10:30 am \$71.50 Barcode: 1462577

Chair Exercise – July 3 – August 21 Wednesdays 9 – 10 am \$81.75 Barcode: 1462586

Chair Exercise – July 5 – August 23 Fridays 9 – 10 am \$81.75 Barcode: 1462590

Registration starts online / touchtone phone March 6 at 9 pm. In person, March 7. You can register here at the Centre, online or at any Client Service Centre or Community Centre across the City of Ottawa.

ACTIVITIES

[\[HOME\]](#)

CARPET BOWLING

[\[HOME\]](#)



by Alida Dopplinger

We meet on the concourse every **Tuesday and Thursday from 1 pm until 3 pm.** The cost is \$1.25 and 25 cents if you want a cup of coffee or tea or cocoa.

We ask that all members come 15 minutes early to help set up.

CREATIVE CRAFTERS

[\[HOME\]](#)



by Audrey M. Fitzpatrick

Once again, the Crafters have been deeply saddened by the unexpected death of Bernice Evans Hulbert. Bernice started our craft group in 2002 with the “Bears in Bags” project. Soon the group branched out to bigger accomplishments. Being an avid quilter, Bernice master-minded the many quilts that the group has made for in-house raffles as well as on commission. The 150th Anniversary Quilt hanging in the Heritage Room will be her lasting legacy. Bernice will be sorely missed, and we extend our deepest sympathy to her husband John and their families.

On a brighter note, our Christmas sale netted us \$597.25, giving us a total of \$2075.25 for the year. This money was turned over to the Management Board for their use. The Christmas raffle winner of the basket was Gloria Acheson and the Nova Scotia tartan shawl was Helen Robinson. Many thanks to all who participated in the sale and raffle.

We are presently putting together bags of socks, hats and toiletries for the homeless and gathering together other items for charity. Our showcases in the Heritage Room and on the Concourse landing contain many of our colourful items for sale.



We are also pleased to welcome 3 new members to our group, Heather, Suman and June.

We meet on **Thursday from 9 -11 am in Hall F**. Join us, have a coffee and see what we are up to. In the meantime, we extend every good wish for a healthy 2019 to all.

COMMUNICATIONS COORDINATOR

[HOME]



by Janet Laframboise

I would like to introduce you to a new member of the Volunteer Board. Effective January 2019 Carl O'Keefe has joined the Board and taken on the responsibility of Treasurer, which will relieve Art of some of his tasks that he had taken over when the Treasurer position became vacant.

Unfortunately, Nancy Wright, who was our Secretary, has resigned due to health issues and will be greatly missed at the table. Thank you, Nancy for all your hard work over the past years. **We are now looking for a volunteer to take on the position of secretary. If you are interested in finding out more about this position, please contact Art at arthurmccready@gmail.com or see Leslie in her office.**

I hope everyone enjoyed the February Blahs Bash, which is a great way to break up the winter. This was the time to try something new. I know when I first became a member and went to my first one, I learned to play Military Whist and now I make sure it is a Friday night marked on my calendar each month (except for January when I was away cruising).

Don't forget to read the Hub for the spring sessions coming up and to keep you up to date on the events taking place at the Seniors Centre by checking the two-month calendar attached at the back. There are also postings of new events in the Heritage Room and outside Leslie's office. There is a lot going on at the Centre so don't miss any opportunities by not keeping yourself in the know.

CONTRACT BRIDGE

[HOME]



by Gopal Kunchur

Some new members like Bill have joined our group and now we are brimming almost to full capacity with 12 or more tables in play. There was some controversy when Ron objected to an opponent's score entries. Ron was right in his own way as he is used to referring to bidding box score sheets as a Duplicate Bridge player. However, the system of Contract Bridge is somewhat different. For example, there is no credit in Duplicate Bridge for completion of game adding scores of part games. Another difference is there is a credit of 500 points for each game, not like 300 in Duplicate Bridge for the first game. It is therefore suggested that bidding box score sheets are not always automatically applicable when you play Contract Bridge. However, penalties for vulnerability are the same. Reference score sheets for Contract Bridge are available on request.

Join us on **Wednesday afternoons at 1 pm in the Heritage room.**

CURLING

[HOME]



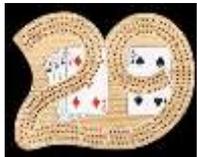
by Lloyd Nieman

The Curling Club started off the second half of another successful season on January 3. The season will end March 14 this year.

Forty to sixty members share in two hours of friendly competition each day with a little exercise thrown in. There is room for up to 80 curlers, so feel free to join us any time in the **Spectators' annex on Tuesdays and Thursdays 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.

CRIBBAGE

[\[HOME\]](#)



by Smitty

By the time you see this article...the Holidays will have come and gone...along with many short lived New Year's resolutions and there will be only the bills to pay? With all that said...here's hoping everyone had a wonderful time!

Friday, December 14 was an important day in our circle...Nada Wolfe, one of the founders of the Cribbage Club turned 100...so there must be longevity in Cribbage? Which I will have to investigate to see if that is true?

On that same day we had our Christmas Party/Luncheon where we exchanged gifts and Leo Villeneuve was handed the Cribbage trophy along with an engraved mug for being top scorer in 2018. Unfortunately, the turnout at the Luncheon was a mere 37...much less than anticipated...this was due to many members having other commitments as well as the loss of a number of long time members. Not to mention illnesses which occur at this time of the year.



A side note: In order to hand out the annual trophy to the top scorer at the Christmas Party...the compilations for a specific year stop the last play day in November and the score keeping for the new year begins the first play day in December.

January 10...Pat Binette started 2019 with a perfect game day...more power to her!

We are always happy to welcome new players to our card playing sessions. 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 till 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 and let's not forget the drawing of that day's 50/50. The cost for playing is \$2 pp, and \$1 per ticket for the 50/50 (on a voluntary basis)...whoever 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!

DUPLICATE BRIDGE

[\[HOME\]](#)



by Gopal Kunchur

There is a significant decrease in our attendance levels on **Thursday and Friday afternoon** Bridge sessions (**Hall F at 12:45 pm**). Sometimes we have only 9 tables playing. We hope that the numbers will increase with the onset of warmer weather and when snowbirds are back. The old method of bid of one club with 5 each in club and spades has been replaced by a bid of one spade

with the introduction of two over one and one no trump response forcing for one round. When opener bids one club first and repeats spades twice he/she has 6 clubs and 5 spades.

Between November 21, 2018 and January 20, 2019, there were 34 events with 504 pairs participating. There were 11 pairs over 65%:

Diane/Gale	72.2	Mark/David W.	66.3
Anne/Milt	70.7	Monica/Fraser	66.1
Bill/David W.	70.4	Elaine/Art S.	65.5
Diane/Vic	69.6	Diane/Gale	65.3
Terry/Jim St.	68.5	Bill/David W.	65.2
Vic/Frank	66.4		

EUCHRE NEWS

[\[HOME\]](#)



by Betsy Shorthouse

Euchre is continuing to expand. We are getting lots of new members joining us each month and I would like to welcome one and all to our group.

A dear member of our group, Rose Graves passed away in December. She was the dear wife of Norm Graves. Rose will be missed by all who knew her.

If anyone wishes to join us, we play in **Hall F, every Tuesday afternoon at 12:30 sharp**. It is best to arrive about 15 minutes early to secure a table. The cost is \$2.50 each and I guarantee you, there is no better way to spend money than this.

FIVE HUNDRED

[\[HOME\]](#)



by Joan O'Meara

All the festivities of Christmas and New Years have come and gone, so here we are well into 2019. Hope the holidays were full of good and happy times, but mostly healthy times.

Some of our members have left for warmer destinations but we still have enough people to enjoy our afternoons of cards. Our usual Christmas feast was a great success. The food consisted of those great sandwiches, and other members contributed special goodies. Gloria's dessert was fantastic as usual. We all pulled Christmas crackers and then adorned ourselves with gorgeous paper crowns. Thank you so much to everyone for a great afternoon. By the way, Santa heard that all the boys and girls had been so good all year that he gave them a free day to play. I'm so proud all of you, so now keep up the good work.

We welcome two new members to our group – Betsy and Andy Shorthouse. Glad to have you aboard.

Remember now that we are starting a little earlier to give people more time to get their buses or an early start home, so we ask everyone to be here at 12:30 p.m.

The top scores for the last two months were:

Carole Collins	5430
Emil Dukovic	5310
Arnold Baldwin	4960

As usual congratulations one and all.

New members feel free to join us every **Thursday at 12:30 p.m. in the Heritage Room** for a few hours of fun.

5-PIN BOWLING

[HOME]



by Roger Hack

There will be no bowling on March 11 (March Break).

Our final day of bowling for the season will be on April 15, and will be followed by an end-of-season party, and the presentation of individual awards. The details regarding the venue will be confirmed to bowlers closer to the date.

Bowling will resume for the 2019/20 season on September 9. 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.)

A special thank you to all who assisted this year, whether during the weekly running of the bowling, or with the organizing and setting up of the social functions at Christmas and year-end.

Contact info: Roger/Marsha Hack: hackrandm@sympatico.ca; 613-225-1420;

Alternate: Rudi Kurtz: rudi.kurtz@gmail.com; 613-435-5828

FUN BRIDGE

[HOME]



by Wilma Matchett

Although many hardy Fun Bridge members braved the cold winter weather in January and February, none of us were able to brag about bidding and making a Grand Slam bid.

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 bid and cheer on those who tried hard.

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.

Evie and I would like to take this opportunity to thank all the volunteers who have contributed (and will contribute in the future) their time and efforts to put the "FUN" in our Friday afternoon gatherings.

A few of the Fun Bridge members enjoying their Christmas luncheon. Photo by Gerry Mulligan



NEPEAN SONGSTERS

[HOME]



by Pat Martinson

The Songsters have resumed practices after the holiday break. We have been pleased to welcome a few newcomers, and continue to invite more, anyone who loves to sing and is looking for new friends to sing with. We practice on **Thursday mornings, 9:00 to 11:00 in the Heritage Room**. Feel free to drop by and check us out. We are currently starting to build a new program for the 2019 concert, with the theme, "Music Across The Decades". If you are considering joining us, now is a good time.

SHUFFLEBOARD

[HOME]



by Annie Smith

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.

SIXTY-SIX

[HOME]



by Emil Dukovac

Year two for 66 and the group is small and we are all having fun. Marlyn Brown scored a 6 pointer and that was her first. She was so excited. That was a treat for me. Yvette Bedard also scored a 6 pointer. The group is playing the game well. We are hoping for Elsie to recover and be back with us as well as John. We are wishing Marg Stone a successful operation. We play on **Mondays from 1 – 3 pm in the Heritage room**. Remember it's Ace, ten high.



TRAVEL CLUB

[HOME]



by Lynda Obenauf

The Travel Club Executive is looking for several more new volunteers; we were very pleased to have four new members attend our last couple of meetings. Without new members on the Travel Club Executive, it will be very difficult to organize all the trips we have in mind for the next few years.

We are planning to have a Mini-Showcase for upcoming trips in early spring; check our website <http://nepeanseniorscentre.ca/enjoying-life/travel-club/> or at the Nepean Seniors Centre's Office for details.

2019 Trips

Portugal/Spain - February 19-March 12, 2019 - There are 9 people registered and a meet-n-greet was held on January 16. Jean Marc and Laura Turcot presented a slide show and answered questions about this trip, which they had taken two years ago. They provided a lot of very useful information for the 2019 travellers. With the kind of winter we are having in Ottawa, these 9 people are very lucky to be taking this trip!

Shaw Festival - June 2019 - More information will be available soon on the Travel Club website; the details should be finalized soon.

Germany - September 26- October 6 2019 - The information meeting was held on January 10 and this looks to be a trip which will provide a real taste of the country, and covers many very interesting sights and cities. We already have 8 people signed up! For more details, please see the trip flyer posted at the Nepean Seniors office; the poster is also available on the Travel Club website.

Upper Canada Playhouse - December 2019 - This is a one day trip for a luncheon and matinee Christmas show. More information will become available in the next newsletter.

Proposed Trips for 2020 (The dates for the following trips are only suggestions.)

London/Paris - Spring 2020 - This trip has been deleted from our current planning; it was felt that one out-of-country trip per year is best.

Italy - August/September 2020 - Planning is well under way for this trip. It has been determined that most people are interested in a trip which allows time in Rome, the Italian wine country, and Florence. More details on this trip will follow as soon as it is available.

Prince Edward Island & Iles-de-la-Madeleine - June 2020

Stratford Festival, Niagara-on-the-Lake - September 2020

Trips under consideration for 2021

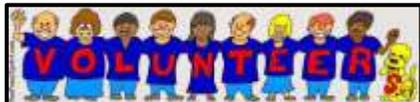
Cruise in Scandinavia, Cape Cod and Boston, Holland

Kanata Seniors Trips

We continue to post flyers from Kanata Seniors on the bulletin board in the Heritage Room. Our Nepean Seniors are welcome to join any of the Kanata trips.

VOLUNTEER COORDINATION

[\[HOME\]](#)



by *Barbara St.Laurent*

The Volunteer hours reported to the end of December **2018** are **13,052** which is an increase of **133.25 hours in 2017**. Thanks to all volunteers who, with all your hard work, helped increase the volunteer hours in 2018.

So far in January **2019** volunteers have reported **21.25 hours**.

The '**Treats**' offered by the Volunteer Management Board in December 2018 were well received by the Activity Groups. The purpose of this venture was to celebrate the 30th Anniversary of the Nepean Seniors Recreation Centre.

Palliative Care Presentation – Wednesday, April 24 10 am in the Heritage room

How Many Maggies ~ The Current State of Palliative Care in our Communities

Presented by: Tracey Robertson ~ Co-Founder Home Hospice Association

Introduction

Home Hospice Association began as a conversation amongst three people who asked the question: “How can we combine our passion and professional expertise for the rights of all dying?” That conversation grew into a passion for the quality end of life care is available to anyone, at any age, at any time and under any roof. Our presentation will continue the conversation as we consider one person’s journey to an undignified death and how together we can ensure no one walks the journey to their death alone. Learn about what dying looks like here in Canada, take the opportunity to ask questions and consider what we together can do about this current state of palliative care. An interactive presentation that will focus on why:

- The current model of hospice ~ palliative care in Canada is not working.
- Supporting a family infrastructure to allow someone to stay at home and die at home is the solution.
- No one, whether it be a person diagnosed or those who love them, should walk the journey alone.
- A hospital death is not a death anyone (regardless of background, financial circumstances or station in life) should have to endure.

Who Would Want to Attend? Those who believe

- A peaceful death, that the dying person controls, is a death we desire ourselves and our loved ones.
- The healthcare system alone is not able to provide the care we need now.
- The stress of our healthcare system is only going to get worse as our population continues to age.
- Caregivers cannot be expected to be the only source of support, especially without any support.

Although it is a free presentation, please sign up at the front desk.

[HOME]

Nepean Seniors Recreation Centre

Presents A Trip To

Rideau Carleton Casino

Date: Tuesday March 19, 2019
Time: Departure 4:00 pm
Return: 8:30 pm
Location: Rideau Carleton Raceway Casino
Fee: \$9.00 (cash only) for Centre Members
 \$10.00 (cash only) for Non-Members

This is a fundraising activity for the Seniors Centre

TRIP INCLUDES

*Transportation**

*\$10.00 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, MARCH 15



March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 * 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	2
3 12:30 Duplicate Bridge	4 10:30 Chair Exercise, snowshoeing, cross-country skiing 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	5 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	6 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge 9:00 Registration starts online	7 9:00 Choir, Creative Crafts, Curling 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling	8 10:00 Shutterfly Workshop 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	9
10 12:30 Duplicate Bridge 	11 Commonwealth Day 10:30 Snowshoeing, cross-country skiing 1:00 Floor Shuffleboard, Sixty-Six, No 5 Pin Bowling today	12 9:00 Tai Chi, Curling 12:30 Euchre in Hall A 1:00 Cribbage, Carpet Bowling	13 9:30 Board Meeting 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	14 9:00 Choir, Curling 12:45 Duplicate Bridge in Hall A, 500 1:00 Cribbage, Carpet Bowling	15 * 12:45 Duplicate Bridge in Hall A 1:00 Fun Bridge, snowshoeing, cross-country skiing	16
17 St. Patrick's Day 12:30 Duplicate Bridge 	18 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	19 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^ 4:00 Rideau Carleton Casino trip	20 Int'l. Day of happiness 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	21 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	22 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing 7:00 Military Whist	23
24 12:30 Duplicate Bridge	25 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	26 9:00 Tai Chi 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	27 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	28 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	29 * 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge	30
31 12:30 Duplicate Bridge	<p>Notes: * Means Attendance Draw</p> <p>X-Country Skiing and snowshoeing will continue in March, weather permitting, Mondays at 10:30 am and Fridays at 1 pm.</p> <p>For a Foot Care Clinic Appointment please call 613-591-3686.</p> <p>^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners</p>					

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	2 9:00 Tai Chi 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	3 9:00 Foot Care Clinic, Chair Exercise 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	4 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	5 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Seniors Summit in Halls A & B, Fun Bridge Deadline for May/Jun Hub	
7 World Health Day 12:30 Duplicate Bridge	8 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	9 9:00 Tai Chi 10:00 Fit Minds presentation 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	10 Nat'l. Siblings Day 9:00 Chair Exercise 9:30 Board Meeting 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	11 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	12 * 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge	13 Volunteer Appreciation Event at VIVA Barrhaven Details will be sent out to all the volunteers.
14 12:30 Duplicate Bridge	15 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	16 9:00 Tai Chi 10:00 Fit Minds 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	17 9:00 Chair Exercise 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	18 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	19 Good Friday CLOSED	20 CLOSED
21 CLOSED	22 Easter Monday CLOSED	23 World Book Day 9:00 Tai Chi 10:00 Fit Minds 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	24 9:00 Chair Exercise 10:00 Palliative Care presentation 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	25 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	26 * 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist	
28 12:30 Duplicate Bridge	29 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six	30 9:00 Tai Chi 10:00 Fit Minds 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call 613-591-3686.			

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Nepean Seniors Recreation Centre.