



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

Snowshoeing / X-Country Skiing

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Crazy, crazy winter! Congratulations to those who made the effort to get out and enjoy it whenever they could. It seemed everything was an extreme, whether it was snowfalls, ice, rain or wind. The group still managed more outings than last winter

so we'll count that as a win! Time to start riding my bike to work...

Blahs Bash

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Once again it was another successful year with over 100 participants. I would like to thank the businesses who graciously donated prizes: **Tim Hortons (Merivale/Hunt Club), The Butchery, Lapointe's Seafood Grill, Ross' Independent Grocer, Loblaws (Bells Corners, Barrhaven), Metro (Bells Corners, Greenbank), Canadian Tire (Bells Corners, Barrhaven Gas bar), Chances 'R Restaurant, Summerhays Grill, Sobeys (Barrhaven), Swiss Chalet (Barrhaven), Giant Tiger (Bells Corners), East Side Mario's (Bells Corners), Shoppers Drug Mart (Bells Corners), Starbucks (Bells Corners), and Farm Boy (Barrhaven).** Please support their businesses. I would also like to thank **The Redwoods** for donating the delicious muffins in the morning and the lovely desserts at lunch. Finally, I would like to thank **Barbara St Laurent, Terry Mayne and Dorothy Latour** for soliciting the prizes from these businesses.

Groovy Linens

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Once again Art McCready took our soiled linens from our Christmas Breakfast to Groovy Linens for cleaning. Last year they gave us an amazing deal but this year they did even better. This year they did them all for free!!! If ever you need any linens cleaned, please keep them in mind.

Volunteer Appreciation Event

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We had 87 of our volunteers attend our annual event at V!VA Barrhaven on Saturday, April 13. Everyone enjoyed the delicious appetizers and meal and had fun at the photo booth. I want thank all of the volunteers who keep this centre the vibrant, welcoming place that it is today. I can't do it without you!

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! **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.**

Feb 1	Millie Fox won \$39.50
Feb 15	Mithilesh Aggarwal won \$32.00
Mar 1	Wilma Matchett won \$40.00
Mar 15	Ted Small won \$44.50
Mar 29	Annie Smith won \$34.00
Apr 12	Eugene Pokoj won \$50.50

Elevator Construction and Shut-Down

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Just a reminder that the Seniors Centre will be closed from June 17 – September 13. All programs that take place in the Heritage room are moved to the Richmond Room (entrance # 4 upstairs). All programs in Hall F remain there. All programs on the Concourse will go week to week depending on the noise and dust levels. Instructions will be given to the Activity Reps for the activities affected with regards to storage, where to take your money, where to get your keys, etc.

Military Whist

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The next one will be **Friday, April 26 at 7 pm**. The Court at Barrhaven 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 **May 24**. City View Retirement will be the sponsor.

Computer Assistance

[\[HOME\]](#)

We will continue to offer this assistance and we now have a volunteer who is proficient with Apple products! Enquire at the front desk and all attempts will be made to assist you if at all possible. Please note that this service will be on hold during the construction period and will resume in the fall once we are able to be back in the Seniors Centre. Thank you to our volunteers who are giving of their time to help others. **This service is for current Seniors Centre members only.**

Cancelled: Palliative Care Presentation

[\[HOME\]](#)

Wednesday, April 24 10 am in the Heritage room. Due to low numbers, this session has been cancelled. If you were wanting to attend, but didn't sign up, please let Leslie know so I can let you know where else it is being presented.

Murder Mystery – Barbeques Are Murder!

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It's official, we have enough actors and a director! The performance will take place on **Thursday, June 6** in the evening. The performance will include dinner. A flyer with more details will be posted soon, but in the meantime, mark your calendars. Tickets will be available for sale at the front desk shortly.

Bridge Tournament

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Mark your calendars for **Saturday, May 11** for the next Contract Bridge tournament. 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. Sheila Tye from the Wednesday Contract Bridge group and Wilma Matchett from the Friday Fun Bridge Group have tickets for sale. They are **\$10, CASH only**.

Outdoor Walking Club

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Tired of walking indoors? Well spring is finally here and if the trails are in good enough shape, the outdoor walking club will start up the end of April or beginning of May. **The group walks Mondays, Tuesdays and Thursdays at 9:30 am on the trails behind the Sportsplex.** Although there is no charge to walk with the group, you must be a member of the Seniors Centre. Please call the Centre before showing up to verify whether the conditions are good or not. So get out, make new friends and start getting healthy today!

Cycling Club

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The group meets on **Tuesdays at 9:30 am**, weather permitting. We meet at **Britannia Beach** and cycle along the Ottawa River Parkway. This club is for cyclists who would like to bike 20 – 25 kms in a social setting. All cyclists are required to wear a helmet. We normally start the **beginning of June**. If you are interested, please call the office for more information. There is no charge, but you must be a member of the Seniors Centre.

Spring Programs

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Although most of our spring programs have already started, there may still be room in our Chair Exercise, Tai Chi, Line Dance, Tap Dance, Singing Group, Bridge level 3 (full) and Nordic Walking courses.

Please note: The Line Dancing, Tap Dancing and Performance Groups are held at the Creative Arts Centre, 35 Stafford Road, in Bells Corners.

Summer programs

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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 is on-going. You can register here at the Centre, online or at any Client Service Centre or Community Centre across the City of Ottawa.

Canada Day BBQ

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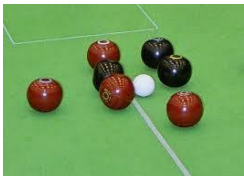
Unfortunately, due to the shut-down of the Seniors Centre, we will not be having the Canada Day BBQ this year. I hope you still proudly wear your red and white and celebrate in other ways.

ACTIVITIES

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CARPET BOWLING

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by Alida Dopplinger

We are always looking for new members, so why not give it a try? We bowl every Tuesday and Thursday on the concourse.

The cost is \$1.50, which includes 25 cents for coffee or tea and a cookie.

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

CREATIVE CRAFTERS

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by Audrey M. Fitzpatrick

The Crafters are very happy to welcome 3 more new members, Joyce, Linda and Peggie to our happy group. With new members come new ideas.

A generous donation of knitted goods was given to the Resource Centre where it will be available for their needy clients.

During the Winter Break the Crafters met for their annual breakfast at a local restaurant. An enjoyable time was had by all.

With warm weather ahead the Crafters have been making sundresses with matching hats for little girls. The outfits are on display in the concourse showcase and are so charming.

We have also been making **Fidget Mats** for Alzheimer patients. These mats are highly recommended for patients to enhance their sense of touch. Pictures and an explanation of their use are on Leslie's wall and the Bulletin Board. If you would like one for a friend or relative, please let us know.

We are also in need of a donation of wool to keep our knitters happy. If you have any wool not being used, please keep us in mind.

We meet every **Thursday from 9-11 a.m. in Hall F**. Our door is always open and the coffee pot is on.

COMMUNICATIONS COORDINATOR

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C o m m u n i c a t i o n by Janet Laframboise



The Nepean Seniors Recreation Centre will be closed from June 17 – September 13 for the construction of the elevator. Programs usually held in the Heritage Room will now take place in the Richmond Room. Programs taking place in Hall F will not be affected. Our spring programs are underway, and our summer programs are available so don't forget to check them out.

There is lots going on at the Centre so check the postings of new events in the Heritage Room and outside Leslie's office. We have the Bridge Tournament on May 11 and it will be held in the Heritage Room. Tickets are \$10 for the day. Our last Military Whist event will take place on May 24 and then will resume in September. Don't forget to mark your calendars for the Open House and General Meeting on Wednesday, October 30.

Kathy Marion has resigned from the Board due to personal reasons. We thank Kathy for her time spent on the Volunteer Board. We are still looking for a Secretary for the Board and you would only be required to attend one meeting a month to take minutes and take minutes at the General Meeting. We are a fun bunch so why not come out to a meeting to see what we are all about.

CONTRACT BRIDGE

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by Gopal Kunchur

Our annual winter lunch (which replaced last year's Christmas event) was served on January 23, under severe winter snowstorm conditions, which was not a deterrent in attendance of our members, only 4 did not show up. The rest of the members had a great time enjoying lunch and relaxed Bridge. The menu consisted of chicken a la king, a big spread of cheese, salads, bread, biscuits, pickles, vegetables and various kinds of desserts and fresh fruit, followed by tea and coffee. The following members and other volunteers did help and we do thank them. Normajean, Rose, Elizabeth, Joyce, Leona, Dorothy, Sheila, Art and Frank. Some new members have come forward to take over some additional duties in running our club. We meet every **Wednesday in the Heritage Room**. This session **starts at 1 p.m.** and lasts for about 2 and half hours.

CURLING

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by Lloyd Nieman

The Curling Club completed another successful year. We welcomed several new curlers this year. Our playoffs were followed by our annual banquet and awards presentation on March 12. An enjoyable meal was provided by Tulips & Maple and we were entertained by jokes from Leslie Dondale, Gerry Frazer and Lloyd Nieman. Lloyd also played guitar and sang several songs.

A photo of the winning play-off team is below. The team members from left to right are: Third, Marlen Landry; Second, Gail Wendell; Lead, Kathy Brunelle; and Skip, Gary Switzer.



Our other playoff competitors were:

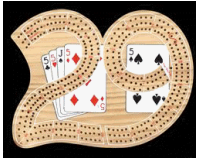
- Second Place Team: Gerry Fraser, Russ Mayotte, Bruce Nevitt and John Wendell
- Third Place Team: Lloyd Nieman, Gordon Schultz, Brian Ironmonger and Cliff Beauchamp
- Fourth Place Team: Sue Mayotte, Norm Baker, Charlie Wendell and Phil Frazier

The club thanks Leslie for her involvement in making this another successful season. As well, thanks go out to the ice makers (Randy and Shannon) and the Athletics staff for their work in making curling an enjoyable experience for the 79 seniors who played this year.

Watch for the fall issue of the HUB for information about the 2019-20 curling season. New and experienced curlers are always welcome.

CRIBBAGE

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by Smitty

Thanks to the marvels of technology and help from Jeannette Duggan and my partner in crime...Debbie Smits, I am able to submit this article from far away shores...where the weather was, is, and continues to be better than in Ottawa...so needless to say it has been a great time to be away in a warmer environment!

Jan 29 - Dennis Langevin had a perfect game day.

Feb 26 - Ron Anderson joined our ranks. Marg Stone & Lou Web tied for 1st place for the much-coveted dollar, an event which hasn't happened in a very long time.

March 5 - Bruce Drysdale had a perfect game day. John Larsen & Bernice Fyfe had less than a perfect game day...they were double skunked in one of their games and were only able to acquire 50 points

March 12 – Donna Anderson became a member of the Crib Group.

First place on the leader board has been alternating between John Flook and Sadie Adamson.

Every once in a while, one needs to deviate from the sameness of an article...which gives me the golden opportunity to sing the praises of **Sadie Adamson**, Cribbage organizer par excellence. She is truly dedicated to the cause and always ensures that no one is left out. Contrary to 'sit outs' aka 'buys' as is the case at many Cribbage events, she organizes tables of twos and threes whenever the need arises which allow for late comers to play and not to be turned away. By the time most people arrive, she has made sure that the tables have been placed, the coffee/tea cups are at the ready, and the large 'hot water' pot is plugged in and making painful noises as it is warming up. Before the games

start, she does a quick last-minute head count, makes sure the appropriate dues are collected and distributes the starting table numbers. Once the games start, she becomes an active player. Even with all the odds and sods that she looks after...she still manages to finish in the top 3. Mostly at half time (coffee break) or at the end of the games she makes sure the right amounts of money are given to the Seniors Centre. And if all that isn't enough...she also organizes the odd 'Pizza' lunch and looks after the cookie supply...annnd brings in (unfortunately not often enough) something delicious that she has baked...and before I forget...she is heavily involved in organizing a 'great' annual Christmas Party...where again...no one is left out. So, on behalf of the cribbage players...kudos and much thanks to Sadie!

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

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by Gopal Kunchur

As mentioned in earlier reports about a significant reduction in the number of members showing up, the trend still continues. On Sunday, March 10, there were only 4 tables (16 bridge players). It is hoped that there will be more when weather conditions improve and with the return of snow birds. There appears to be a new trend in conducting Bridge sessions. For example, when Jim or Art

conduct, Trish compiles the results. Anne and Milt share the work in Wednesday and Sunday Bridge. It is expected that more members will come forward in running our club. Some of our members do play in sanctioned clubs (ACBL) and have conventions cards displayed on their table. However, this is not a requirement at this time. There is a tendency to display final contract bid on bidding boxes, which is not allowed by ACBL rules.

Art/Jim	69	Marilyn N./Chris N.	66.5
Marcia/Asha	67.5	Marg/Mark	66.3
David W./Bill	67.5	Gopal/Jim	65.5
Diane/Vic	67.2	Gopal/Jim	65.2
Anne/Milt	66.7		

EUCHRE NEWS

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by Betsy Shorthouse

Spring is finally with us and with it brings out the very best in people. Everyone is much happier to be out and about without the heavy coats and boots.

Sadly, we lost another member of our group. Our friend Norman Graves lost his long and hard-fought battle with cancer in February, almost two months to the day that his wife Rose died. They are both missed by our group.

Our group is continuing to flourish. We seem to have some new members each week and we welcome any and all who wish to join us.

A big thank you to Lucille Thibault who took the reins of the club while Donna was in Florida over the winter. She did a wonderful job.

Euchre is every **Tuesday afternoon at 12:30 p.m. sharp in Hall F.**

FIVE HUNDRED

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by Joan O'Meara

Spring is here or at least on the way so we can all enjoy sunnier days and happier moods.

Valentine's Day required the usual celebration of course. Many of the members supplied great snacks of cupcakes, cake and desserts. Good wishes went out to all the lovers, non-lovers, those who used to be a lover, plus those who wish they were a lover. Pick your own category. Love was in the air anyway.

Congratulations to Marlyn Brown who was dealt a perfect hand in diamonds – she actually had to throw out a diamond when she picked up the kitty! That is quite an accomplishment. Sorry we just discontinued giving out the top prize of a trip “Around the World”. Better luck next time. Not too long ago when Marlyn joined us I believe Arnold coached her so I guess we should give him an honourable mention. I do think however that Marlyn plays her “Aces” first. Don't correct me if I'm wrong.



By the time you read this the songs and dances of St. Patrick's Day will have come and gone but I do wish that you all had a great St. Patrick's Day.

We welcomed two new players – Lyse Hughes and Sharon Terry.

We're sending all good wishes and prayers to Pat MacInnis. Your many friends at 500 are keeping you in our thoughts.

The top scores for the last two months were:

Emil Dukovac	5620
Steve Pressey	4960
Sharon O'Byrne	4870

As usual congratulations one and all.

We are in the **Heritage Room each Thursday at 12:30 p.m.** so come join us. A small fee of \$2.25 will give you a great afternoon of fun and games.

FUN BRIDGE

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by *Wilma Matchett*

Gerry Mulligan and I were happy to bid and make the Fun Bridge Group's first Grand Slam of the 2019 season - 7 Hearts! Several other pairs have set their sights on the goal of making a Grand Slam bid but Lady Luck hasn't been kind to them.

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 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 tried hard.

By the time this edition of The Hub is published, the members of the Fun Bridge Group will have enjoyed their annual Spring Luncheon catered by Pinelope's Greek Restaurant in Barrhaven.

5-PIN BOWLING

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by *Marsha and Roger Hack*

Monday, April 15, was our final day of bowling for the 2018/19 season, and was followed immediately afterwards by the end-of-season party at the Mandarin Restaurant. Special achievements during the season were announced and awards presented as follows:

High Average

Men:	John Gregoire	197
Women:	Karen Leach	172.8

High Game (Scratch)

Men:	Rudi Kurtz	292
Women:	Jocelyne Sauve	284

High Series (Scratch)

Men:	Pierre Ouellette	676
Women:	Rejeanne Fournier	614

High Game (Handicap)

Men:	Ron Prince	306.4
Women:	Cheryl Fosbury	341.5

High Series (Handicap)

Men:	John Kay	764.4
Women:	Claire Ouellette	722.9

We hope to see everyone again next season, beginning on **September 9**. We bowl **Mondays at 1:00 p.m. at the Merivale Bowling Centre**, 1916 Merivale Road, and newcomers are always welcome to join us.

Wishing all an enjoyable summer!

(Contact: Roger Hack / hackrandm@sympatico.ca / 613-225-1420;
Rudi Kurtz / rudikurtz@gmail.com/ 613-435-5828)

NEPEAN SONGSTERS

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by Pat Martinson

The Songsters are in full swing, building our new program for the 2019 November concert. The theme is music across the decades, including favourites that are "oldies but goodies". We are delighted to have some new members among us, and more would be most welcome. Owing to so many winter storms this year, we had to cancel and re-schedule some of our sing-outs, and are now making those up. Most recent performances have been at The Ravines Seniors' Suites, Grace Manor, and Stirling Park Retirement Community. More are scheduled for the spring. If anyone is interested, come and check us out on **Thursday mornings at 9 o'clock in the Heritage room.**

SHUFFLEBOARD

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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

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by Emil Dukovac

The season is coming to an end; we wrap it up at the end of May. Our numbers are not big, but we are having a good time. At the end of August, we will be having a B.B.Q. and I will call on all members to attend with their wives or husbands. Lately Lois Hogan scored a laydown hand; that is a big deal.

Remember it is Ace Ten high!





by Lynda Obenauf and Joan Terris

LET YOUR ADVENTURE BEGIN!

The Travel Club Executive is as always looking for more new volunteers. 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, and we are always interested in new ideas for future trips.

2019 Trips

Portugal/Spain - February 19-March 12, 2019 - This trip is underway as we write this article; those lucky participants missed 3 weeks' worth of snowstorms and freezing rain!

Shaw Festival - June 3-5 2019 - The original trip with 2 plays at the Shaw Festival is no longer available. Instead, we have a 3-day trip with one play at the Shaw Festival ("Getting Married" by George Bernard Shaw), and a presentation in Toronto of "Come From Away". A backstage tour of the Shaw Festival theatre is included. This tour is now filled up.

Germany - September 2019, leaving Sept 29 - The trip will provide a real taste of the country, and covers many very interesting sights and cities. This tour is now filled up.

Important note: Travel Agencies are usually only able to hold a set number of spots for our Travel Club. If the trip is popular, like the two listed above, the travel agency or tour group can request those spots back. So, if you are interested in any future trips, make sure you book early or you may be out of luck.

Upper Canada Playhouse - December 2019 - This is a one-day trip for a luncheon and matinee Christmas show. It is planned for a weekday in late November or early December. More information will become available in the next Newsletter.

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

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

We would ask interested travellers to think about destinations they would like to see on our schedule for the next two or three years, and plan to talk to us at our Showcase Meeting in the Fall.

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

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by *Barbara St. Laurent*

Volunteers have reported a total of **736.5 hours** in the first quarter of **2019**.

ATTENTION ALL NEW MEMBERS

If there are any new members who wish to join the ranks of Volunteers, please let me know so I can add your name to the Volunteer List. Some suggestions for volunteering are the Travel Club Executive, the Management Board, the AGM and Open House, etc. If you are interested in card games, shuffleboard, curling, or any other activities, you can help set up and/or clean up, provide some goodies for the group, etc. Volunteer hours are reported for anything and everything you do to help with any of the events/activities held by the Nepean Seniors Recreation Centre. You can forward your hours to me at bandlstlaurent@gmail.com or complete a volunteer form found in the Heritage Room.

Did I read that sign right?

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TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW.

In a Laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

In an office:

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.

In an office:

AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

Outside a second-hand shop:

WE EXCHANGE ANYTHING – BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?



Barbeques *are* Murder

**A Murder Mystery Dinner Play
By Maggie Taylor**

**Nepean Sportsplex 1701 Woodroffe Ave. Halls A & B
Thursday, June 6, 2019**

**ONLY 100 TICKETS AVAILABLE \$30.00 per person
The Play and Meal start at 6:00 p.m.**

***Featuring:* Barbara Stiles, Christine Vincent, Dirk Visbach, Earl Lyttle,
Ken Graham, Leslie Dondale, Marilyn O'Neill and Sue Hall**

***Menu:* Garden Salad, Vegetarian Lasagna, Grilled Chicken Breast in a chipotle and roasted
garlic sauce, Dessert, Tea and Coffee
A cash bar will also be available.**

**The tables are made up of groups of six or seven people, so get a party together and
purchase your tickets early.**

*****Please inform the staff of any food allergies when purchasing your ticket.*****

**You can obtain your tickets from: Nepean Seniors Recreation Centre
1701 Woodroffe Ave. Entrance # 3 at the back
Accepted forms of payment: credit, debit, cash, cheque
The cut-off date is May 27, 2019**

May 2019						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call 613-591-3686. ^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners The walking club will start as soon as the trails are less muddy. Please call to make sure it is on before showing up.			1 May Day 9:00 Foot Care Clinic, Chair Exercise 10:30 Bridge Lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	2 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	3 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	4
5 12:30 Duplicate Bridge	6 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six, Theatre Group	7 9:00 Tai Chi 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing Group 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	8 9:00 Chair Exercise 9:30 Board Meeting 10:30 Bridge Lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	9 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	10 * 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	11 10 am – 2:30 pm Contract Bridge Tournament
12 Mother's Day 12:30 Duplicate Bridge	13 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six, Theatre Group	14 9:00 Tai Chi 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing Group 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	15 9:00 Chair Exercise 10:30 Bridge Lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	16 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	17 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	18 CLOSED
19 CLOSED	20 Victoria Day CLOSED	21 9:00 Tai Chi 9:30 Walking Club 12:00 Singing Group 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	22 9:00 Chair Exercise 10:30 Bridge Lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	23 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	24 * 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist Deadline to buy Murder Mystery dinner tickets	25
26 12:30 Duplicate Bridge	27 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six, Theatre Group	28 9:00 Tai Chi 9:30 Walking Club 12:00 Singing Group 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	29 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	30 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	31 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge Deadline for Jul / Aug articles	

June 2019

◀ May	June 2019						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2 12:30 Duplicate Bridge	3 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Theatre Group	4 9:30 Walking Club, Cycling Club 12:00 Singing Group 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	5 World Environment Day 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	6 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling 6:00 Murder Mystery	7 * 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	8	
9 12:30 Duplicate Bridge	10 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard	11 9:30 Walking Club, Cycling Club 12:00 Singing Group 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	12 9:00 Chair Exercise 9:30 Board Meeting 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	13 9:00 Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	14 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	15	
16 Father's Day 12:30 Duplicate Bridge The Seniors Centre is closed June 17. Heritage room programs have been moved to the Richmond room until Sep. 13.	17 9:30 Walking Club 10:30 Chair Exercise 1:00 No Floor Shuffleboard All programs on the Concourse have been cancelled until July 8.	18 Int'l. Picnic Day 9:30 Walking Club, Cycling Club 12:00 Singing Group 12:45 Euchre 1:00 Cribbage, Tap, No Carpet Bowling	19 9:00 Chair Exercise 1:00 Bridge, No Floor Shuffleboard 6:30 Duplicate Bridge	20 9:00 Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, No Carpet Bowling	21 Nat'l. Aboriginal Day (NT, YT) 12:45 Duplicate Bridge 1:00 Fun Bridge	22	
23 12:30 Duplicate Bridge	24 Discovery Day (NL) 9:30 Walking Club 10:30 Chair Exercise	25 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage	26 1:00 Bridge 6:30 Duplicate Bridge	27 9:00 Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500	28 12:45 Duplicate Bridge 1:00 Fun Bridge	29 CLOSED	
30 CLOSED	<p>Notes: * Means Attendance Draw (cancelled after the Draw on June 7 due to the shut-down of the Centre)</p> <p>For a Foot Care Clinic Appointment please call the WOCRC at 613-591-3686.</p> <p>Cycling Club: Every Tuesday at 9:30 am. Call the Centre if you are interested and additional information will be made available.</p> <p>Elevator construction will be from June 17 – September 13. All programs that normally use the Heritage room will be moved to the Richmond room (entrance #4, upstairs). Concourse programs will be cancelled on occasion. Activity Reps will be informed.</p>						

How to contact us:

Visit us at our facilities:

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1701 Woodroffe Ave
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K2G 1W2
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Get more Program information (Get more information on NSRC Activities and Programs)

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[NSRC Management Board](#)

Nepean Seniors Recreation Centre

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The *eHub* is a publication
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Nepean Seniors Recreation Centre.