



NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Avenue
Ottawa, Ontario

May June , **2024**

E-mail Maureen.moynahan@ottawa.ca



The Nepean Seniors Centre Staff Team Welcome You!

Maureen Moynahan

My name is Maureen Moynahan, and I am the Program Coordinator here at the Nepean Senior's Centre.

The City of Ottawa Spring registration is open
Our spring schedual is available now at

the front desk. You can register in person or online at <https://ottawa.ca/en/recreation-and-parks/older-adult-activities>

City of Ottawa - Seniors Centre Membership We are excited to announce that our four cityoperated senior centres now have a harmonized service delivery model for seniors to access specific membership activities. (It is important to note that this does not impact Registration Programs or Fitness Memberships.)

The four city-operated senior centres are:

- Churchill Seniors Centre, 345 Richmond Road
- Heron Seniors Centre, 1480 Heron Road (Temporarily located at the Carleton Heights Community Centre, 1665 Apeldoorn Avenue, until further notice.)
- Kanata Seniors Centre, 2500 Campeau Drive
- Nepean Seniors Centre, 1701 Woodroffe Avenue

Membership Activities:

Our Seniors Centre Membership provides access to a variety of drop in activities (volunteer and self-lead), and the transferability to the other Seniors Centre locations. Use the links below to



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see the unique membership activities offered at each centre. (Please note that some activities require advance reservations.) ▪ Churchill Seniors Centre | City of Ottawa

- Heron Seniors Centre | City of Ottawa
- Kanata Seniors Centre | City of Ottawa
- Nepean Seniors Centre | City of Ottawa

Membership Cards:

You can purchase your Seniors Centre Membership on-line or in person at any of the senior centres listed above. The cost of the annual Seniors Centre Membership is \$31.11. ▪ New members will receive a membership card with photo when signing up for their membership or during their first visit. ▪ Existing members will be provided with a new membership card. o Over the next few weeks, more information will be provided to existing members (at their respective home site), regarding the rollout of membership cards.

New Requirement: Scanning

As membership cards are issued, members will be required to scan during each membership activity visit. The scanning stations will be located at each of our centres' designated Customer Service Area. We understand that this new process represents a change to some routines. This is a necessary step to help improve services.

We are listening:

Should you have any questions or concerns, our staff is always there to listen and help accommodate various needs:

ChurchillSeniors@ottawa.ca

Heron Seniors Center : HSC@ottawa.ca Kanata

Seniors' Centre : KSC@Ottawa.ca Nepean Seniors Centre :

NepeanSeniorsCentre@ottawa.ca

We thank you in advance for your patience. We look forward to seeing you during your next visit.

NOTE There have been a couple of incidents with health and accident issues. Please be aware that if anyone becomes ill, falls or feels unable to continue, you are to contact the Manager of the Senior Centre. All staff here are fully qualified in First Aide and there is a full First Aide Kit on site. If needed we will call 911, or assist in making arrangements for your transportation.

BOARD CHAIR by Steve McIntyre

Hi Betsy. The following is my article under chair for the next hub " Now that winter is officially over we can concentrate on warmer weather (although the winter was not so bad). Come out and try a new endeavour whether it be a new card game, exercise program or special event. You can meet new people or join your friends in the many activities we have to offer. As a Board, we are always looking for new ideas. We have decided on a periodic Learning Series designed specifically for seniors. The first one was held on April 24th titled Fall Prevention. Our second session will be on Fraud Prevention. No date has been set as yet, please check our Website for an update.

Posters will also be hung in the Centre on the Notice Board. Hope to see you there. Your Board is working for you. Come out and give us a try!

ACTIVITIES

CREATIVE CRAFTERS

by Audrey M. Fitzpatrick



Many thanks to those who donated fabric and wool. Our ladies are now busily working on new items.

Our new members are showing their talents in crocheting, knitting and stitchery. Our showcases are displaying some of our new items. We have attractive sweaters, a ladies top, cat toys, jar openers for arthritic hands as well as card holders. There is also a display of sun visors which will hopefully soon be needed for any outside activity.

We also have another “kitty” quilt nearing completion. Once again it is twin size made up of several whimsical cats. This should appeal to our cat lovers.

We always welcome new members. Experience is not needed as we have ladies willing to help. We meet in the Heritage Room every Friday from 9 a.m. to 11 a.m.

DUPLICATE BRIDGE *by Art McCready*



Spring is here and summer is around the corner. We are looking forward to getting more members back to duplicate bridge this year. It was a slow winter with only 5 or 6 tables on Thursday afternoon and the same on Friday afternoon.

Many thanks to Tersh, Jacques and Marcia for helping to run the games over the past number of months. However, they will not be around a lot this summer, so we are looking for more people to help me run the games. We are also looking to

find a new convenor for Duplicate Bridge. Please email me if you are interested.

Need information about duplicate bridge, please email me at ArthurMcCready@gmail.com. If you want to play duplicate bridge or you need a partner, please email me.

Duplicate Bridge is played on Thursday and Friday afternoons in Hall F at the Nepean Sportsplex. Games start at 12:30 and are usually done by 3:30 p.m.

CRIBBAGE *by Sadie Adamson*

Hello to all our cribbage players.

I would like to welcome the new members to the club.

Ann Sanders

Bette Madigan

Linda and Gordon Carter

We gather on Thursday of each week at 12:45 in the Heritage room at the Sportsplex.

Come join us for some fun.

CURLING *by Bob Streicher*



The first day of the new curling season will be Tuesday, November 21st. It will certainly be nice to get back out onto the ice once again. We play at the Nepean Sportsplex, at 9 am every Tuesday and Thursday morning, but we ask everyone to be there at least 15 minutes beforehand, to allow us to make up teams. Coffee, snacks and an opportunity to socialize, are provided afterwards. Come when you can, there is no commitment requirement of being available every day that we play. We make teams up each day, based on who is available that day.

Haven't curled recently, or perhaps you've never tried it before - no worries, everyone is welcome. On our second day of the

season, November 23rd, we will provide basic training to anyone that's interested in learning about the game. All you need is clean athletic shoes (no sand, no salt), appropriate flexible clothing for an ice area, and a big smile. We can provide everything else. Don't know if you can deliver a rock in a full slide like you see on TV? Not a problem, we've got you covered! A number of our curlers deliver the rock from a standing position, using a stick that's designed just for this.

Hope to see you out on the ice.

BID EUCHRE by Reg Hall



Our Bid-Euchre Group meets on Mondays at 12:30 until 3:00 in the Heritage Room. Attendees are encouraged to arrive by 12:20 at the latest, to ensure a timely start to card play.

Note that we meet all summer, and there are no fees collected to play. You must however be in possession of your annual Nepean Senior's Centre Membership card.....remember to "swipe" it in at the reader on the office desk as you enter.

We are currently a group of some 40 active members who get together to play a more complex version of the traditional euchre card game.

Bid-euchre is played with 2 card decks, using Jacks to the Aces. Players bid the number of tricks their team (normally 2 player teams) will win in each hand. Points are awarded based on the achievement (or not) of the suit/bid.

If you have a working knowledge of how to play traditional euchre, then you should consider coming out and trying this version.

To date in 2024, the following scores have highlighted our year for members attending 5 games or more:

Overall Highest Average for 2024 -

John Jarvis with a score of 202.2

Elaine Dinelle with a score of 200.8

Highest Single Day Score

-
Diane Pennock with 245

Arnold Baldwin with 243

Total Shoot The Moons ToDate -

Sherry Hall with 3

John Jarvis with 3

John MacMillan with 3





EUCHRE *By Barbara Yurkoski*



Good numbers of participants continue to come out for Tuesday euchre. We have a large hall so there is always room for new players to join our friendly game. Donna Caron, who is in her twelfth year leading the group, is back from her winter escape. Peter Wueppelmann, who fills in for Donna, has a new responsibility. He is taking over statistics from Reg Hall, who has been handling this demanding task for five years. The statistician tracks scores and lone hands to announce the previous week's winners and to determine the trophy winners for the annual awards banquet in the fall. Thanks to Reg and Peter for filling this important role, as well as to Donna for all the time she puts in to ensure that euchre is available year round.

CONTRACT BRIDGE *by Frank Carbonette*

Attendance

During the months of February and March, attendance has been slowly increasing from our

low of 5 or 6 tables to 7 plus tables. We are still looking to increase our numbers.

Slams, Bid & Made

In February 3 small slams where bid and made by (1) Margret & Allan Ogston, (2) Gudi & Peter Freeman and (3) Joan Forbes & Frank Carbonette. In March Joan Forbes & Frank Carbonette made another small slam while Butch Carmichael & Jon Nielson bid and made a grand slam (that all 13 tricks). Congratulations to all.

Contract Bridge Tournament.

During the first Saturday in February the 3rd. a contract bridge tournament was held in the Heritage room at the Sportsplex The play starting at 9:30am in the morning, We had 12 couples (24 people), that's 6 tables where all players played 5 tables (4 hands per table) in the morning followed by a served lunch then another 5 tables in the afternoon. Play ended at 3:00pm. The winners where Joan Newton & Carla Barry who with 7100 points won first place and 25.00 each. Second place winners where David Fried & Dean Wilson with 6910 points.

Short Club Opener

If when opening, you do not have a 5 card suit, then using a short club opener can help you and your partner find a major suit fit. Opening with (13 points) a one club bid is asking your partner for a 4 card major suit (hearts or Spades) assuming he/she has at least 6 points. The opening bidder made not have any clubs at all. If partner has 5 points or less then partner will show a bust hand by bidding one diamond allowing original bidder to rebid. IF LHP bids then partner may pass. If partner has 4 hearts and 4 spades then 4 hearts is bid first indicating that partner may also have 4 spades. If partner bids 4 spades then, then he/she is showing less than 4 hearts. The purpose of this short club opening is to find at least an 8 card major suit between partners.

Good Luck in your Bridge

FUN BRIDGE

I have been advised that the representative of this group has resigned. Please advise me if there is anyone in your group willing to take on this job.



FIVE HUNDRED by Andy Shorthouse

The 500 club enjoyed a lunch on March 21st with all the members of the club along with some new members that joined after the February Blahh . Our group has expanded and it is always nice to see new people join our group. If you know how to play Euchre 500 is just a step up
We play on Thursdays from 12:30 pm to 3 pm in the senior center. If you are looking for a few laughs and friendly game of cards come check us out.

High scores for Jan / Feb

Arnold Baldwin had 4580

Elaine Dinelle had 4440

Carole Collins had 4310



FIVE PIN BOWLING by Roger Hack

We are averaging 54 bowlers per week this bowling season (2023/24) and expect to have a higher number of bowlers once outdoor activities, such as golf, are over for the year.



Our last day of bowling before the Christmas/New Year's break, will be on December 18th, and we will resume again on January 8th.

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 male/female high averages, high games, 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 22nd. Participants are asked to arrive no later than 12:30. This is a drop-in activity where players bowl 3 games (cost is \$15). A weekly 50/50 draw generates funds which are put towards prizes. Proper bowling shoes must be worn (and can be rented on-site if necessary for \$3). Regular bowlers quite often purchase their own shoes.

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

Roger Hack, 613-2251420,
hackrandm@sympatico.ca

SHORT MAT/LAWN BOWLING by *Faye Schultz*

The short mat season comes to an end Wednesday afternoon April 24th. Thank you to our loyal participants. Have a great summer and We look forward to seeing you again in September.

Congratulations to Debbie Ferrill who participated in the World Shortmat Championships held in Belfast, Northern Ireland. The Canadian team had

a fantastic showing, winning a total of 15 games, their best ever.

SHUFFLEBOARD by Mike Hughes

Shuffleboard is a year round sport played on the CONCOURSE, on Mondays and Wednesdays, from 1:00 to 3:00 PM. Our 'Winter Texans' and 'Snowbirds' have returned, with nice tans.

We play 4 games and draw tokens to determine on which court you will play. Our members are more of a social group and have fun while getting a bit of exercise. One is not assigned to a team, so one will play with someone different each game. We do not keep records or scores, so it is really *just a fun activity*.

Discs and cues are available for use, Four crews take turns doing the set-up and clean-up. Again, our numbers continue to grow to the point where we have all 7 courts in use most days. With four players to a court -- if the numbers are more than that -- one might be asked to double up for a game but will get a regular position next game. We do our best to get everyone involved.

Come and try the game -- "it is fun".

SIXTY SIX by *Emil Dukovac*

The 66 club is active! Marlyn Brown is busy recovering, spending time in the pool. Linda Lafrombroise comes when she can. Donald Bessette is a positive addition to our team. We are excited to have Marianne Munro and Marianne Tighe join our club. Yvette Simple comes to us from France, knowing this game. Steve Toy has grown to be an aggressive player, competing with Marg Stone and Mark Beauchamps. Yvette Bedard plays occasionally. I have been told "don't fall" i'm doing just fine.



Note:

Our cards end at the end of May. We will be back in September.

SONGSTERS *Susan Ascroft*

The Songsters are thriving under the direction of Heather Lynn Smith. Devon WastleThivierge, accompanies us on the piano with exceptional skill. Our new keyboard has its special spot now in the Heritage Room. It is protected by a heavy blanket courtesy of the

Senior's Centre. Thank you to all for respecting our request to not place anything on top of the piano. The Songsters have been practising some wonderful music, familiar to all including Blue Skies (covered by everyone), Annie's Song (John Denver) and When I'm Sixty-Four (the Beatles). Our monthly performances at seniors' residences in Ottawa's west end have been very successful. Thank you to the staff at Stonehaven Retirement Home, Westwood Retirement Residence. and the Stirling Park Retirement Community. for inviting us to share our music with you. The Songsters have two sing outs in May and then we will break for summer. If you would like to try us out, please come to the Heritage Room on Thursday morning between 9:30 and 11:30. We will be delighted to meet you and to laugh and sing with you.

VOLUNTEER

By Dorothy Latour

Volunteers have reported hours in the year of 2023. 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 dorothy.latour@sympatico.ca.