

NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Avenue
Ottawa, Ontario

November/December, 2023

E-mail Maureen.moynahan@ottawa.ca



**The Nepean Senior's Centre
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 winter registration is open soon. Our winter schedual is available now at the front desk.

Please be sure to register for the next event which will be the Holiday Breakfast December 5th 2023. Members are free, but you must register at the front desk to participate. So good opportunity to make sure your memberships are up to date. If you wish to bring a guest, (non-Member) you can register them as well at a cost of \$8.00 dollars. More details coming soon, make sure you register at the front desk as seats will go fast. (Activity registration number is 73616)

2024 Winter - Aquatics registration

Online: Tuesday, November 14

In-person: Wednesday, November 15

2024 Winter – Recreation and Culture registration

Online: Thursday, November 16

In-person: Friday, November 17

You can register in person or online at

<https://ottawa.ca/en/recreation-and-parks/older-adult-activities>



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ACTIVITIES

CREATIVE CRAFTERS

by Audrey M. Fitzpatrick



We are now settled in our new location- the Heritage Room. The ladies are enjoying their coffee break in the lounge. It is so nice to be closer to the action.

Our Open House Sale netted us \$245. We are so grateful for the recognition given to us at the open house. It means so much to each of the crafters who spend many hours creating the various items we have on hand and on display in our showcases, by the elevator and in the Heritage Room.

We are now preparing for the Christmas Sale that will be held at the Members Breakfast on Dec.5. There will be mitts, toques, scarves, headbands and sweaters along with Christmas items and stocking stuffers as well as our "Loonie Bin". We welcome suggestions for things that we might make as well as donations of fabric and wool.

New members are always welcome. Experience is not needed as there are ladies willing to help. Please consider joining us on

Friday from 9-11 a.m. in the Heritage Room.

Wishing everyone a Very Happy Holiday Season!

CHAIR'S REPORT

By Janet Laframboise

As this is the last issue of the Hub for 2023, I wish everyone a Merry Christmas/Seasons Greeting and all the best for 2024.

The AGM and Open House took place on October 18th with approximately 50 people in attendance. The meeting lasted 30 minutes, which left people time to visit the tables by our crafters who had a great selection of crafts to pick up for Christmas gifts. There were also various card representatives present to enable

people to learn a little bit about the card games. Tables were set up for chair exercise, swimming and aquatic classes. We also had a table set up for Aline Gossein who spoke to people about the Cricut machine and had samples of many of the items it could make, including greeting cards. This is something we are hoping to introduce to our members so they can come to the Centre, have some social and go home with a finished product. There were also door prize draws. The Redwoods contributed banana bread, and Revera Barrhaven contributed desserts, both sponsoring this event. Many thanks to both sponsors, which were appreciated and enjoyed by everyone in attendance.

Our next event to watch out for is our Christmas Breakfast on December 5, 2023, starting at 9:30 am. This event is free for members and \$8 for non-members but you must sign up for this either online or at the reception desk at the Centre, so we can ensure that we have enough food for everyone. This is a Board event and will be served to you by the Volunteer Management Board members. There will also be Christmas Carols and door prizes.

The next event will be the February Blas Bash, information to follow, so keep an eye out for information on this.

I will be stepping down the end of December after being on the Board for 7 years, 3 as Communication Coordinator and 4 as Chair. We are urgently looking for members to join our Volunteer Management Committee to enable the Board to continue planning events for members. Why don't you join us for a meeting, which is held the second Tuesday of each month, and meet the Members to see if this is something you would like to be part of. We are a friendly bunch and don't bite, come, and see for yourself.

DUPLICATE BRIDGE
by Art McCready



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

Introduction to the 2-over-1 (2/1) Bidding System (Submitted by Oliver Ho)

Many advancing bridge players enjoy the 2/1 system. 2/1 is basically Standard American with two 2/1 overcall to enhance arriving at the right level of contract, be that a part-score, a game, or a slam. After partner opens the bid at the 1 level, say 1-Spade, the Responder with a hand of opening value (usually 13+ HCP) bids a lower ranking suit at the 2-level. This bid commits the continuous bidding until the 4th level (or 3NT). This bidding sequence is known as Game Forcing. However, if the Responder's hand value is between 6-12 HCP, he uses a 2nd bid of 1NT. This overcall forces Opener to continue bidding for 1 round. The Responder passes with a hand of 0-5 HCP. So, after just 1 round of bidding. The combined value of the hands is accurately established going forward.

Link: <https://www.larryco.com/bridge-articles/two-over-one-gf>

CRIBBAGE *by Sadie Adamson*

Welcome to all cribbage players.

We play 8 rotational games starting 1pm until 3pm in the Heritage room on Thursdays. no need to register, just drop in for a good time. Will be more than happy to see you.

The 50/50 draw is going very well with Claire Thibeault in charge.

Plans for a Christmas party is in the works, but more about that later..

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*



The Bid-Euchre Group meets on Mondays at 12:30 sharp, until 3:00. We are currently a group of some 40 active members who get together to play a more complex version of the traditional euchre game.

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

There seemed to be a great deal of interest expressed in this new game offering at the recent AGM and open house at the Nepean Senior's Centre. If you know how to play euchre, then you should come out and try this version.

Currently (as a of our October 16th games), the following have been the highest scores recorded this year:

Elaine Dinelle - 253 points
 Kathy Sheldon - 253 points
 Lyse Hughes - 250 points

The highest average scores, to-date (minimum of 5 games played):

Kathy Sheldon - 184 points average
 Barb Thompson - 177 points average
 Elaine Dinelle - 173 points average

It's a unique game. Why don't you come out and try challenging these leaders and, maybe, enjoy a coffee and one of Sherry Hall's treats every week?

EUCHRE

By Barbara Yurkoski



Our Awards Lunch, where the champions for the past year are recognized, was held in September. We enjoyed a meal of assorted sandwiches, veggie trays and desserts before the winners were announced. Bill Pennock, seen with our dedicated organizer, Donna Caron, was presented the trophy for highest overall average with a score of 58.8. The second photo shows, from left to right: Sherry Hall with high score for one day of 83; Lynn McFall, highest female average of 58.1; Bill Pennock with his trophy; and Allen Trafford, highest male average (after Bill) of 58.4, as well as most lone hands, 198.

With the presentation of awards, the new euchre year has begun, giving everyone a fresh start. New players are welcome at any time, so come and join us on Tuesday afternoons. To qualify for next year's awards, players must participate in a minimum of 26 game days, but having fun is our main purpose!



FUN BRIDGE *by Laura Lawrence*

If you want to improve your bridge game, join us at the Nepean Sportsplex for fun bridge on Friday afternoons. Games run from 1:00 - 3:30 pm, but many players arrive by 12:30 pm. You don't need a partner to play: We make up tables as players arrive. This is fun bridge, so we don't get too serious or competitive. We hope to see you there.

FIVE HUNDRED *by Andy Shorthouse*



Today at 500 we served up a lunch of sandwiches and treats and everyone went away happy. After the playlunch, we had enough players to play 4 tables. Many thanks to Carole Collins for

the lunch and making our 500 group such a success. At present we are averaging 3 to 4 tables of players. We play on Thursdays from 12:30 pm to 3 pm in the senior center.

High scores for September to October

Arnold Baldwin.	5010
Elaine Dinelle.	4300
Margery Nelson.	3390



5-PIN BOWLING -By Marsha and 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 5-pin bowling league please email or phone the activity coordinator listed below.

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

SHORT MAT



Join us in Hall F

Monday 1:00-3:00pm

Wednesday 1:00-3:00 pm and 6:30-8:00 pm.

Short Mat bowling is like outdoor bowling but played indoors! Bowling activities are for all levels of play, and from singles to team play. Scheduled expert coaching is available to everyone. No experience necessary! Champion level coaches are the activity leads who simply want to share the love and knowledge of this game in a social and fun environment. Come and check the game out. You will be happy you did! All you need is comfortable clothing, comfortable shoes and smile. 😊

SHUFFLEBOARD by Mike Hughes

Shuffleboard is a year round sport played on the CONCOURSE, on Mondays and Wednesdays from about 1:00 until 3:00 PM.

We play 4 games and draw tokens to determine on which court you will play. It is more of a social group and the opportunity to get a bit of exercise.

Discs and cues are available for use. Four crews take turns doing the set-up and clean-up.

Our numbers have grown this past spring and summer, to the point where we have had seven courts in play on a number of days. If more than 28 show up one might be asked to sit out a game, but are guaranteed a spot in the next game; one will get to play at least three games. Come and try the game -- it is "fun".

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

SIXTY-SIX by Emil Dukovac



The Sixty-Six Club is still active. Key members are Lois Hogan, Yvette Beard, Yvette Simple, Marc Beauhamp, Marg Stone, Steve Toy and Linda Laframboise. Marlyn Brown called this week wondering how the group is doing. She is so interested in the Club, but she is not well enough to participate. We are wishing her well. We are still looking for new members.

NEPEAN SONGSTERS Suzan Ascroft



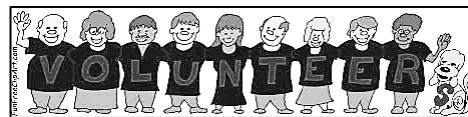
The Nepean Songsters are delighted to report that we are thriving. The membership currently stands at 40 singers and we always have room for more. We meet in the Heritage Room every Thursday morning from 9:30 to 11:30

Christmas will see us entertaining everyone at the annual Senior's breakfast on December 5th.

We hope lots of you come to take part in the fun and then maybe you will decide to become a Songsters yourself. Come any Thursday morning and try us out. You won't be sorry you did.

VOLUNTEER COORDINATION

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.

