

# September and October, 2019



## 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**

By Leslie Dondale 613 580 2424 ext 41264

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## **UP AND COMING**

### **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.**

**IMPORTANT NOTE: Due to the elevator construction, the Draw will be suspended until the beginning of October.**

### **Elevator Construction and Shut-Down**

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Just a reminder that the **Seniors Centre is closed from June 17 – September 13**. All programs that take place in the Heritage room have been moved to the Halls C & D (entrance # 4 upstairs). All programs in Hall F and the Concourse remain there. If there are any delays, all Activity Reps will be informed asap.

I am very pleased that all the groups using Halls C & D are happy with their temporary accommodations. Remember though that they are temporary!

### **Activity Reps meeting**

[\[HOME\]](#)

A reminder that the annual Activity Reps meeting will be held the morning of **Friday, September 27** at 10 a.m. An agenda was sent out in early July. **If you have not already RSVP'd, please do so prior to September 19.**

### **Annual General Meeting & Open House**

[\[HOME\]](#)

Another date to mark on your calendars is **Wednesday October 30** for our Annual General Meeting (AGM) and Open House. Please see the enclosed flyer for more details. Remember that you can renew your membership for \$27 at this event. This will save you money if City Council decides to increase the fees again in January.

### **What is the Annual General Meeting and why should I attend?**

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- An important opportunity for you to meet your Board members as well as have a say in who will be your Board members for the upcoming year – they assist the Program Coordinator in decisions that affect the Centre on behalf of the membership
- Find out what your Centre is doing and make suggestions for improvement

To learn more and participate in the adoption of all the new proposals, mark the date on your calendars and plan to attend this years' AGM and exercise your voting rights in order to have your say and get involved.

We need a minimum of five percent of the membership in order to have a quorum so please plan to attend. If you are considering running for the Board, please speak to a Board member or Leslie in advance of the AGM (it's not too late!) as no new nominations will be accepted from the floor.

## Military Whist

[HOME]

The next one will be **Friday, September 27 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. **If you have not already purchased your ticket, please do so as soon as the Centre re-opens**. The following one will be on **October 25**. City View Retirement will be the sponsor.

## Contract Bridge Tournament

[HOME]

The next one will be taking place on **Saturday, November 9 in the Heritage room**. Tickets will cost \$10, cash only. This includes muffins/coffee/tea, lunch and prizes. Tickets will be available from Sheila Tye and Wilma Matchett, once the Centre is back open.

## Lunch at Sir Guy Carleton Secondary School

[HOME]

We are hoping that the school will re-start the lunches in the fall. Due to proposed class changes, I am unable to get confirmation at this point in time. When more details become available, I will get the information out via flyers posted around the Centre and on our website at [www.nepeanseniorscentre.ca](http://www.nepeanseniorscentre.ca)

## Rideau Carleton Casino trip

[HOME]

Save the date of **Tuesday, November 5** for the next Casino trip. More details will be given out soon so keep an eye out for the flyer on our website and on the bulletin board. Tickets will go on sale in October.

## Fit Minds™

[HOME]

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 a **free information session on Tuesday, October 15, 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 October 22 – November 19. 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.

The reviews from those who have taken the course have been fabulous so it's worth checking it out!

## Outdoor Walking Club

[HOME]

**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. During the construction, you will sign-in at the Athletics customer service desk located at entrance # 4.

## Cycling Club

[HOME]

The group will continue to meet on **Tuesdays at 9:30 am**, weather permitting, until the end of September. We meet at Britannia Beach or Bate Island 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. If you are interested, please call Leslie for more information at 613-580-2424 ext. 41264. There is no charge, but you must be a member of the Seniors Centre.

## Fall Programs

[\[HOME\]](#)

**Chair Exercise** – Sep 9 – Dec 16 Mondays 10:30 - 11:30 am \$142.75 Barcode: 1500273

**Chair Exercise** – Sep 11 – Dec 11 Wednesdays 9 – 10 am \$142.75 Barcode: 1500276

**Chair Exercise** – Sep 13 – Dec 13 Fridays 9 – 10 am \$142.75 Barcode: 1500279

Contract Bridge is the world's most challenging card game. Three Bridge courses will be offered this fall and winter with a fourth being offered in the spring. Each course will prepare the student for the next level of the four courses.

**Learning Bridge Level 1** – Oct 9 – Nov 27 Wednesdays 10:30 am – 12:30 pm \$143.25 Barcode: 1500376

**Learning Bridge Level 4** – Oct 9 – Nov 27 Wednesdays 1:30 – 3:30 pm \$143.25 Barcode: 1500382

**Line Dancing Level 1** – Sep 27 – Nov 29 Fridays 10:30 – 11:30 am \$116.25 Barcode: 1500382

**Line Dancing Level 2** – Sep 16 – Dec 2 Mondays 10:30 – 11:30 am \$116.25 Barcode: 1500388

**Nordic Walking** – Sep 20– Nov 1 Fridays 10 – 11 am \$71.50 Barcode: 1500338

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength through the use of Nordic poles. All fitness levels welcome.

**Tai Chi** – Sep 17 – Nov 19 Tuesdays **Level 1** 11 am – noon, **Level 2** 10 – 11 am, **Level 3** 9 – 10 am \$102 Barcodes: Level 1 1500343 Level 2 1500350 Level 3 1500358

**Tap Dancing Level 1** - Sep 5 – Dec 12 Thursdays noon – 1 pm \$162.75 Barcode: 1501238 – for true beginners

**Tap Dancing Level 1** - Sep 5 – Dec 12 Thursdays 2 – 3 pm \$162.75 Barcode: 1501260 – for those who have taken the Level 1 class before but aren't ready for Level 2 yet

**Tap Dancing Level 2** - Sep 3 – Dec 10 Tuesdays 2 – 3 pm \$174.25 (must have some previous tap experience) Barcode: 1501362

**Tap Dancing Level 2** - Sep 5 – Dec 12 Thursdays 1 – 2 pm \$162.75 (must be registered in Tuesday's class) Barcode: 1501370

**Tap Dance Performance Group** – Sep 3 – Dec 10 Tuesdays 1 – 2 pm \$174.25 Barcode: 1501384

**Singing Performance Group** - Sep 3 – Dec 10 Tuesdays 12 – 1 pm \$174.25 Barcode: 1501398

**Registration starts online August 14 at 9 pm for both fall and winter programs. For dates, costs and barcodes for the winter programs, contact the Centre or check the Nepean Sportsplex Guide or the City of Ottawa Guide online at ottawa.ca. You can register at the Sportsplex (starting August 15), online or at any Client Service Centre or Community Centre across the city of Ottawa.**

## ACTIVITIES

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### CARPET BOWLING

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*by Alida Dopplinger*

How quickly summer went this year!!

We bowl on the concourse twice per week **Tuesdays and Thursday afternoons from one until three o'clock.**

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

The cost is \$1.25 plus 25 cents for coffee or tea and a cookie.

It is an interesting game, so if you have some time you can come and join us.

## CREATIVE CRAFTERS

[HOME]



by Audrey M. Fitzpatrick

When we return on September 12, we hope that the elevator construction will be over so once again we can have our showcases in operation and attractively tended by Donna and Kathy.

Our ladies left in June laden with fabric and wool. It will be interesting to see what they have produced at our “show and tell”.

Autumn will be busy as always as we prepare for our two sales. One to be held at the Open House on October 30 and the other at the Christmas Breakfast in early December. We are planning to once again hold a raffle of some of our work.

We will also be making and filling bags of toiletries for the homeless.

We meet every **Thursday from 9a.m.-11 a.m. in Hall F**. New members are always made welcome.

## COMMUNICATIONS COORDINATOR

[HOME]



by Janet Laframboise

Time to get back into the swing of things after the multi seasonal temperatures we encountered this past summer. Don't forget to check out the fall activities listed in the Hub for start dates and locations. You can access the Hub online through our website so that you don't miss out on any activities.

There is lots happening in the fall so don't forget to mark your calendars. The Activity Representatives meeting and, also our next Military Whist event both taking place on **September 27**. Our Open House and Annual General Meeting is scheduled for **Wednesday, October 30**. The next Casino bus trip is scheduled for **Tuesday, November 5**. Last, but not least, is our Christmas Breakfast on **Thursday, December 12**. Check out the dates and times for the above noted events either outside Leslie's office, on the website or in the Heritage Room on the bulletin board.

Keep reading your Hub to keep you up to date on what is happening at the Seniors Centre. We are still looking for new members to join the Board as Art McCready and Barbara St. Laurent will have fulfilled their terms as members of the Board on December 31, 2019. Don't be shy, come to one of our meetings and see if this is a good fit for you. Time to step out of your comfort zone and help keep the Nepean Seniors Recreation Centre running smoothly as we move forward.

## CONTRACT BRIDGE

[HOME]



by Gopal Kunchur

We play Contract Bridge **Wednesday afternoons starting at 1 pm**. with a coffee break around 1:30. We have now moved to a new location, Halls C & D, accessible through entrance # 4. We wish that this would be a permanent location as Halls C & D are spacious, keeping noise levels down and with plenty of fresh air.

Splinter bid indicates a good fit for partner's suit and shortness of suit shown as a splinter. Splinter bids show shortness by conventional sequences. Unusual jumps are made which do not have other specific meanings. Splinter bids are useful in ruffing small cards. It would be ideal if the declarer does not have high cards in the shortness suit, e.g. when the opener bids one heart or one spade, a 4 club bid would indicate a shortness or void in clubs, support with 4 cards in partner's suit and values. Declarer can now ruff small clubs from his hand.

## CURLING

[HOME]



by *Lloyd Nieman*

The curling club is planned to resume on **Tuesday, November 12.**

For fun, fellowship and friendly competition, with a bit of exercise thrown in, think about joining the curling club. We play **Tuesday and Thursday mornings from 9 a.m. to 11 a.m. from November to mid-March.** Refreshments and lively

conversation are served up after each game. We meet in the annex next to the Spectators' Lounge between 8:15 and 8:45 to set up teams for the day.

Different teams are made up every day so you won't let anyone down if you can't attend on any given day. You get an opportunity to play with different team mates regularly.

New curlers are always welcome. Brushes and launchers, for delivering the rocks, are provided by the Sportsplex.

There is a daily fee of \$5.00 to cover ice rental and refreshments.

Hope to see you there.

## CRIBBAGE

[HOME]



by *Smitty*

As you will see below...we had a couple of rather unusual firsts during the Cribbage Sessions

**June 6** - Hugh Taylor joined our ranks

**June 18** - Doris Latour & John Knapp – for the first time ever - tied for **last** place...I am not sure how they ended up splitting the quarter between them?

**June 18** - Eugene Pokoj - had a 28 hand

**July 18** - Lou Capello & John Knapp – yet another first - tied for **first** place and ended up splitting the almighty buck!

**July 23** - Leo Villeneuve & Bruce Drysdale completed a game in just 4 hands...needless to say they had to wait quite awhile to play the next game.

What can I say about **John Larsen** and (pardon the pun) his partner in crime...spouse **Elsie**?

There are a number of accolades I can think of, but they would put John (being the humble type) ill at ease...so we won't go there.

In anticipation for this article...I asked John to give me some background on the 50/50 draws. No less than 5 days later he gave me a complete list of activities from day one fit for an accountant. In order to legalize the 50/50 draws John researched all the potential pitfalls and took it upon himself to contact and negotiate the legalities of such a draw with the OLG...which resulted in draws of that nature as a 'Private Society Lottery' by OLG...so he got the 'go ahead' for 50/50 draws during cribbage sessions. It all became '**legal**' in January 2014.

Over time, the monies of the 50/50 draws have been used to organize a number of activities such as the organizing of 'very tasty' lunches (sometimes as many as 4) throughout the year...and just to

make sure no one is left out, John takes the time to contact members who haven't attended in awhile to make sure they are aware of and are welcome at the lunches. He also organizes gift certificates, door prizes on an irregular basis as well as a number of prizes given away at the annual Christmas parties and he even made a substantial donation (with the support of the majority of players) to the survivors of the horrific Humboldt bus crash incident!

So, we have John and Elsie by extension...as well as some supporting volunteers to thank for making the cribbage sessions more pleasurable and profitable in more ways than one!

By now, most members of the Seniors Centre are aware of the construction that is being carried out near (our regular haunt) the **Heritage Room** at entrance #3. In the meantime, we can be found in our temporary digs up the stairs at **entrance #4** in **Hall C and/or D** until September or maybe even October? We are always happy to welcome new players to our card playing sessions. Simply show up in our aforementioned quarters 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*

Our members may have already noticed the change in venue. Now, we play Bridge on Wednesday and Sunday in Hall D accessible through entrance number four. This is a temporary arrangement due to ongoing construction.

Jim, Anne and Milt have been directors for the past several years. Art and Trish (direct descendant of Hollywood icon John Wayne) have joined the team of directors. Jean and Manny help in game preparations, Joan collects money and helps Jean and Manny, Mary keeps account and provides snack and beverage supplies, Liz arranges snacks and does clean-up, Sheila P looks after communication by sending sympathy/condolence cards as and when necessary, and Ethel arranges snacks. Many others also give a hand.

Between May 29, 2019 and July 21, 2019, there were 30 events with 560 pairs participating. There were 8 pairs over 65%:

Paul M./Frank	69.5	Queenie/Paul	66.9
David F./Mark (Zbigniew)	68.3	Art/Jim	66.7
Art/Jim	67.1	Cathy/David F.	65.9
Claude/Jules	66.9	Gerry/Michael	65.3

## EUCHRE NEWS

[HOME]



by *Betsy Shorthouse*

We are pleased to welcome all new players to our group. I am surprised with the heat we have had over the summer that anyone wants to go out to do anything. However, the attendance at euchre proves me wrong.

The 2<sup>nd</sup> of July was just a regular Tuesday at euchre until it wasn't anymore. Ephram Gerber hit the jackpot. He got a score of 94. This is the highest score that anyone can remember for this group. Way to go Ephram. There was a challenge put out earlier in the year that it is time the women get to have high scores and get a woman's name on the trophy. That may not happen again this year.

We play every **Tuesday in Hall F and we start at 12:30 p.m. sharp**. The cost is \$2.50 each week and well worth the money. Hope to see you there soon.

## FIVE HUNDRED

[HOME]



by Joan O'Meara

The last few days have been so nice. It has been very warm but no rain, no snow and no cold. Hope you all enjoyed it and let us be thankful.

No big celebrations to report and no big excitement since our last issue. Attendance goes up and down as people leave and return from vacations, etc. Always glad to see them return.

Our move from the Heritage Room seemed to go well. Many thanks to all those who helped Carole with that. Our first week was in the Richmond Room which nice and shared with the Cribbage Club. The next week we were in Halls C and D which was divided as was the Heritage Room but allowing more privacy for each club. The room is very comfortable with the air conditioning. It is on the 2nd floor and the stairs are a bit of a chore for us old people, but the elevator is available.

We are very sad to announce that Pat McInnis lost her long fight with Cancer last week.

Good wishes too go out to Ken and Alice. We're missing you and hope you are on the mend, Ken.

The top scores for the last two months were:

Sharon O'Byrne	5650
Tina Guindon	4610
Raye Smith	4450

Congratulations to all.

We are now in **Hall C upstairs from Entrance #4. Same time Thursday at 12:30 p.m.** For a small fee of \$2.25 you will get an afternoon filled with fun and games.

## 5-PIN BOWLING

[HOME]



by Roger Hack

The 5-pin bowling season begins once again on **Monday, September 9, at the Merivale Bowling Centre**, 1916 Merivale Road (south of Hunt Club Road). It is recommended that bowlers arrive by 12:30 to allow time for lane assignments, payment of fees, etc.

**Bowling begins at 1:00 p.m.**

The weekly 3-game fee is \$13.00, of which \$1.00 will go towards food and prizes at the Christmas and end-of-season parties. 50-50 tickets will be available @ 1 for \$1.00 or 3 for \$2.00.

**A Bowling Open House is being planned for Monday November 4.** Flyers will be available, confirming details, at the Seniors Centre's Open House on Wednesday, October 30.



## FUN BRIDGE

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*by Wilma Matchett*

Fun Bridge players have enjoyed their “summer home” in Halls C&D on Friday afternoons but are looking forward to returning to the Heritage Room whenever the reconstruction project is completed. 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.

Congratulations to Terry Mayne and Elizabeth Loney for their successful 7 Clubs Grand Slam game on June 14. There were a few other “valiant attempts” but it is always fun to try to make all challenging bids.

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

## NEPEAN SONGSTERS

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*by Suzan Ascroft*

The Nepean Songsters Choir has approximately 55 members. We practice once a week on **Thursdays from 9:00 am to 11:00 am** in the Heritage Room. A choir membership costs \$105.00 a year in addition to the cost of joining the Nepean Seniors Recreation Centre.

Our musical director, Sandra Vandenberg, conducts practices and plans the annual concert.

Our pianist, Carla Klassen, has proven time and again that she is not only a true accompanist, but that she can play anything in any key and at any tempo on demand!

David Galbraith is our mentor and guest soloist.

We perform our annual concert in November at Centrepointe Studio Theatre. As well we have monthly performances at various senior's residences.

If you come to check us out, I am sure that you will notice that our true goal is to sing and have fun for two hours a week. Laughing is very important in our choir.

We are on summer hiatus, but **we will resume practices on August 29 in Hall F**. Come join us. There is no audition, and everyone is welcome.

## SIXTY-SIX

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*by Emil Dukovac*

Get ready for 66. We are a small group enjoying one another's company. Looking forward to new members. **People arrive between 12:30 to 1:00 o'clock each Monday starting on September 16.**

## SHUFFLEBOARD

[HOME]



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.

## TRAVEL CLUB NEWS

[HOME]



by Lynda Obenauf and Joan Terris

### **LET YOUR ADVENTURE BEGIN!**

We will be holding our annual fall **Travel Club Showcase on Monday, October 7 at 1 p.m.** which includes the Travel Club's Annual General Meeting, and we have various presentations arranged. We hope everyone interested in travel will attend.

**Please note:** trips the Travel Club have arranged have limited seating, and we are finding that single accommodation can be very limited. The earlier you sign up, the more chance you will be guaranteed a spot. After the sign-up deadline, we will lose our seats to the general public.

### **2019 Trips**

**Shaw Festival: June 3-5 2019** - This trip is now completed, and was a wonderful experience. We saw a Shaw play and took a backstage tour of the Shaw Festival Theatre, which was really interesting. We also saw a matinee performance of *Come From Away* in Toronto. The play explores the reality of the town of Gander, NL, dealing with the influx of thousands of people (and many animals!) on September 11, 2001. We had an excellent hotel in Niagara Falls. A great trip!

**Germany: Sep 26-Oct 6** - The trip will provide a real taste of the country and covers many very interesting sights and cities. This tour is now filled up. Those who signed up for this trip will be notified shortly as to the time and place for the Meet n' Greet.

**Upper Canada Playhouse: December 5, 2019** - This is a one-day trip for a luncheon and matinee Christmas show, Norm Foster's *Ethan Claymore's Christmas*. A copy of the flyer is posted on the Centre's website. **The deadline for registration has been extended until September 15, 2019.** **Since the Seniors Centre is closed, you can sign up directly with Ottawa Valley Tours, located at Merivale Mall. Their contact information is on the flyer.**

**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. Details for the trip will be presented at our fall Travel Showcase.

Other trips we will be considering for 2020 include:

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

**Stratford Festival - September 2020**

**Agawa Canyon and the Route of the 'Group of Seven' - Fall 2020**

## Trips under consideration for 2021

### **Cruise in Scandinavia, Cape Cod and Boston, Holland, Canary Islands**

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 (October 7) in the fall, or at the Nepean Seniors Centre Open House on October 30.

### **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*

The only report for this issue is the hours recorded to date which is **6,460.75**. As you know, the Seniors Centre will continue to be closed until approximately September 13, 2019. Until then, please send me the hours you are accumulating to my e-mail address - [bandstlaurent@gmail.com](mailto:bandstlaurent@gmail.com) If you do not have a computer, you keep a record and I will collect all summer hours in September.

Thank you and hope you are all having a great summer.

## **Did I read that sign right?**

[\[HOME\]](#)

### **In a London department store:**

BARGAIN BASEMENT UPSTAIRS...

### **Notice in health food shop window:**

CLOSED DUE TO ILLNESS...

### **Spotted in a safari park: (I sure hope so.)**

ELEPHANTS, PLEASE STAY IN YOUR CAR.

### **Seen during a conference:**

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR.

### **Notice in a farmer's field:**

THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

### **Message on a leaflet:**

IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS.

### **On a repair shop door:**

WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK.)

### **Proofreading is a dying art, wouldn't you say?**


Man Kills Self Before Shooting Wife and Daughter

This one I caught in the SGV Tribune the other day and called the Editorial Room and asked who wrote this. It took two or three readings before the editor realized that what he was reading was impossible!!! They put in a correction the next day.

## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>  CLOSED	<b>2</b> Labour Day    CLOSED	<b>3</b> 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>4</b> 9:00 Foot Care Clinic 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>5</b> 9:00 Choir in Hall F 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>6</b> 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>7</b>
<b>8</b> 12:30 Duplicate Bridge	<b>9</b> 9:30 Walking Club 10:30 Chair Exercise 1:00 5 Pin Bowling, Floor Shuffleboard	<b>10</b> 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>11</b> 9:00 Chair Exercise 9:30 <b>Board Meeting</b> 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>12</b> 9:00 Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>13</b> 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>14</b>
<b>15</b> 12:30 Duplicate Bridge	<b>16</b> Entrance # 3 scheduled to re-open! 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>17</b> 9:00 Tai Chi 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>18</b> 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>19</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>20</b> 9:00 Chair Exercise 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>21</b> Int'l. Day of Peace
<b>22</b> 12:30 Duplicate Bridge	<b>23</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>24</b> 9:00 Tai Chi 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>25</b> 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>26</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>27</b> 9:00 Chair Exercise <b>10:00 Activity Repts meeting</b> , Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge <b>7:00 Military Whist</b>	<b>28</b>
<b>29</b> 12:30 Duplicate Bridge	<b>30</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<p><b>Notes: The Seniors Centre is scheduled to re-open on September 16. For a Foot Care Clinic Appointment please call 613-591-3686.</b></p> <p>^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners Registration is ongoing for all fall and winter programs.</p>				

## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> World Vegetarian Day 9:00 Tai Chi 9:30 Walking Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>2</b> 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>3</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>4</b> * 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge <b>Deadline for Nov / Dec articles</b>	<b>5</b>
<b>6</b> 12:30 Duplicate Bridge	<b>7</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 <b>1:00 Travel Club AGM &amp; Showcase</b> , 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>8</b> 9:00 Tai Chi 9:30 Walking Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>9</b> 9:00 Chair Exercise <b>9:30 Board Meeting</b> 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>10</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>11</b> 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>12</b>  <b>CLOSED</b>
<b>13</b>  <b>CLOSED</b>	<b>14</b> Thanksgiving   <b>CLOSED</b>	<b>15</b> 9:00 Tai Chi 9:30 Walking Club <b>10:00 Fit Minds™ Presentation</b> 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>16</b> 9:00 Chair Exercise 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>17</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>18</b> * 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>19</b>
<b>20</b> 12:30 Duplicate Bridge	<b>21</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>22</b> Nat'l. Nut Day 9:00 Tai Chi 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>23</b> 9:00 Chair Exercise 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>24</b> United Nations Day 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>25</b> 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge <b>7:00 Military Whist</b>	<b>26</b>
<b>27</b> 12:30 Duplicate Bridge	<b>28</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>29</b> 9:00 Tai Chi 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>30</b> 9:00 Chair Exercise 10:30 Bridge lessons 1 <b>12:30 Annual General Meeting</b> <b>1:00 OPEN HOUSE</b> 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>31</b> Halloween 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage	<b>Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call 613-591-3686. ***Please come to the Centre's Annual General Meeting on October 30 starting at 12:30 pm followed by our Open House.***</b>	



# Nepean Seniors Recreation Centre's Annual General Meeting and Open House

**DATE:** Wednesday, October 30, 2019  
**TIME:** 12:30 - 4:00pm  
**LOCATION:** Nepean Seniors Recreation  
Centre - Halls A & B

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Renew your annual Membership or  
Become a new member for \$27.

Annual General Meeting -  
Everyone Welcome

Information and Displays

Entertainment and Refreshments

Chance to participate in Activities - see over for a detailed schedule of events

**For More Information: 580-2828 ext. 2 [www.nepeanseniorscentre.ca](http://www.nepeanseniorscentre.ca)**





*Nepean Seniors Recreation Centre*

*Open House*

*Schedule of Events\**

*October 30, 2019*

\*Schedule subject to possible minor changes, but hopefully not!

<i>Annual General Meeting</i>	12:30 – 1:00	Halls A & B
<i>Ongoing Displays</i>	12:30 – 3:30	Halls A & B
Travel Club, Creative Crafters, Curlers, Nepean Songsters, 5- Pin Bowling, Bridge (Contract, Duplicate, Lessons), Fitness Activities, Aquatics plus much more!		
<i>Annual General Meeting</i>	12:30	Halls A & B
<i>Demonstrations</i>		
Tai Chi	1:10 – 1:30	Halls A & B
Line Dancing	1:30 – 2:00	Halls A & B
Tap	2:00 – 2:30	Halls A & B
Chair Exercise	2:30 – 3:00	Halls A & B
<i>Tour of Sportsplex</i>	1:30 – 2:00	Meet outside Patio Rm.
<i>Centre Activities</i>		
Cribbage	1:15 – 2:15	Heritage Room A
Floor Shuffleboard	1:15 – 2:15	Concourse
Euchre	1:15 – 2:15	Heritage Room B
Sixty-Six	1:15 – 2:15	Meeting Room
500	2:15 – 3:15	Heritage Room B
Carpet Bowling	2:15 – 3:15	Concourse
Fun Bridge	2:15 – 3:15	Heritage Room A
<i>Entertainment, Door Prizes &amp; Refreshments</i>		
Golden Oldies & Silvertones	3:20	Halls A & B

**2020 Membership can be purchased at the Seniors Centre for \$27 anytime during the Open House. Save money if you purchase it now. The cost may be going up by 2%, as directed by City Council, as of January 1<sup>st</sup>.**

Refreshments generously provided by:



RETIREMENT RESIDENCE OTTAWA  
2431 Bank Street, Ottawa

# Travel Showcase

**Date:** Monday, October 7, 2019

**Time:** 1:00 p.m.

**Location:** Nepean Seniors Recreation Centre

**Come and check out exciting travel opportunities for 2020 including:**

***P.E.I. & Isles de la Madeleine, Stratford & St. Jacobs, The Italian Riviera, Tuscany and Florence plus some possible day trips! There will also be a presentation from CAA and upcoming photography workshops.***



Travel agents representing each of the trips will be on hand to outline the trips and answer all of your questions. They will also be there to outline possible trips for 2021. Fill out a short questionnaire and have the chance to win prizes!

**Travel Club Annual General Meeting**

**Monday, October 7 at 1:15 pm**

**Refreshments**

**Information: 580-2828, ext. 2**

If you are a member in good standing of the Nepean Seniors Recreation Centre, you are a member of the Travel Club. Presented by the Nepean Seniors Travel Club.





## How to contact us:

### Visit us at our facilities:

**Nepean Seniors Recreation Centre**  
Nepean Sportsplex  
1701 Woodroffe Ave  
Nepean, Ontario  
K2G 1W2  
(Entrance # 3 at rear of building)

### Contact our front office

(613) 580 - 2828 extension 2

### Get more Program information (Get more information on NSRC Activities and Programs)

(613) 580 - 2828 extension 2

### Contact the *Hub* Editor

(Questions, comments or suggestions  
about the Hub)

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### eHub production

Chris Taylor  
[chris.taylor@opcug.ca](mailto:chris.taylor@opcug.ca)

### Contact the NSRC Management Board (Questions, comments or suggestions about the general administration of the NSRC)

[NSRC Management Board](#)

### Nepean Seniors Recreation Centre

[NSRC Website](#)

The *eHub* is a publication  
produced by the volunteer members of the  
Nepean Seniors Recreation Centre.