



Special points of interest:

- Upcoming Events
- June 6th Volunteer Event (Recap)
- Volunteer Spotlight
- New Programs

NEPEAN SENIORS CENTRE

Nepean Sportsplex,
1701 Woodroffe Avenue,
Ottawa, Ontario



E-mail: Karim.Ahmed@ottawa.ca

Fall Registration for recreation, cultural and virtual activities begins on August 15 at 9 pm online.

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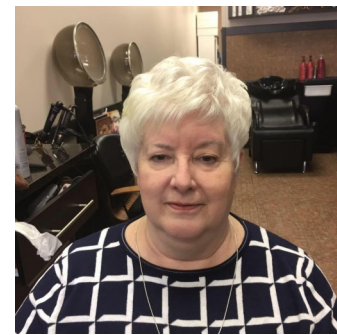
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T h a n k y o u , B e t s y !

For over a decade, Betsy has been the heart and soul of The Hub, serving as our dedicated volunteer editor. Her unwavering commitment and attention to detail have ensured that every piece of content we publish is polished and professional. Betsy's passion for excellence and her tireless efforts behind the scenes have been instrumental in maintaining the high standards our readers have come to expect.

As Betsy steps down from her role, we want to extend our deepest gratitude for her incredible dedication and service.

Her contributions have not only shaped the quality of our publication but have also inspired everyone on the team.



Betsy Shorthouse

While she may no longer be our editor, we are delighted that Betsy will continue to participate in her regular center activities.

Thank you, Betsy, for being an indispensable part of The Hub's journey.

We wish you all the best in your future endeavors!

ICE CREAM SOCIAL

**AUG 23, 2024 FROM 1-3PM.
HERITAGE ROOM,
NEPEAN SENIOR CENTRE**

Join us for a delightful afternoon of ice cream and sherbet on Aug 23, 2024 from 1-3pm.

RSVP at the Front Desk. Let's make this summer unforgettable with your favorite ice cream flavors!

Activity Code: 112930

The Nepean Seniors' Volunteer Board is graciously treating the Seniors' Centre Members to ice cream.

Non-Members: \$2.00 (+tax)



CPR Essentials for Seniors

with the

Ottawa Paramedics

The Nepean Senior Centre is offering CPR training sessions tailored specifically for older adults. These sessions focus on simplified techniques and guidelines, considering the unique physical characteristics and potential limitations of seniors.

**Activity #
112959**

DATE: Tuesday, Sept 17, 2024
TIME: 1:30 pm to 4:30 pm
LOCATION: Heritage Room
COST: Free - Registration is Required

Spaces are Limited!

**Please register at the Nepean Seniors' Centre
Front Desk by September 10, 2024**



Older Adult Summit

Mark your calendars for October 1st, as Ward 9 Councillor Devine proudly presents the Older Adult Summit at the Nepean Sportsplex from 12:30 to 4:30 PM!

This comprehensive event is designed with the well-being of our older adult community in mind, spotlighting critical themes such as health and wellness, public safety, and innovative housing. Attendees will have the chance to explore a wide range of information booths, each offering valuable resources and insights tailored to older adults. Engaging panels will provide thought-provoking discussions on pressing issues and emerging solutions, while keynote speakers will share their expertise and visions for a brighter future. Whether you're looking to stay informed, connect with others, or discover new opportunities, the Older Adult Summit promises an enriching experience.

Join us for an afternoon of learning, networking, and inspiration as we work together to enhance the quality of life for our senior residents.



Climate Fresk Citizens' Workshop

Nepean Seniors Recreation Centre
 Tuesday October 15
 1:30 - 4:30 PM, Heritage Room
 Seniors/50+ Adults
 Registration @ the Seniors Centre Front Desk



VOLUNTEER SPOTLIGHT

We deeply appreciate the dedication and hard work of each and every one of our volunteers. Your efforts make a significant difference in our community.

Nepean Seniors Recreation Centre
"500"
Annual Volunteer Service Hours



2023-2024
Joyce
Moore

A Special Thanks to These
Outstanding Volunteers



NEPEAN SENIORS RECREATION CENTRE
VOLUNTEER RECOGNITION
Contribution of 150 hours of service



2023-2024
DONNA CARON
AUDREY FITZPATRICK
LINDA HARDINGE

JANET LAFRAMBOISE
ARTHUR MCCREADY
BARBARA ST LAURENT
JEANNETTE WINSOR

VOLUNTEER Report

By Dorothy Latour

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.



Volunteer Spotlight

By Karim Ahmed

For several years, the Nepean Senior Centre community has greatly benefited from the dedication of its shuffleboard convenors. These volunteers play a crucial role in organizing and overseeing the shuffleboard activities that take place every Monday and Wednesday from 1:00 p.m. to 3:00 p.m. on the concourse of the Nepean Sportsplex.

Their passion for shuffleboard is evident in the way they ensure that all participants, typically ranging from 20 to 30 members, have an enjoyable and engaging experience. They arrange teams so that everyone gets a chance to play, changing partners and opponents for each game to keep things interesting and inclusive.

Shuffleboard Volunteers:

Bert Forrest
Mary Forrest
Mike Hughes
Stella Hughes
Karen Leach
Ron Main
Annie Smith
Conrad St-Cyr
Doris St-Cyr

Beyond their organizational skills, these volunteers are known for their friendly and approachable demeanor. They foster a welcoming environment where seniors can socialize and stay active. The commitment of these volunteers to the Nepean Senior Centre and their love for shuffleboard have made them beloved figures in the community.

Their contributions not only enhance the recreational offerings of the Centre but also strengthen the bonds among its members.

Thank you to all the shuffleboard volunteers for your invaluable contributions!

N S C Activity Report

CREATIVE CRAFTERS

by Audrey M. Fitzpatrick



The crafters hope everyone has had a pleasant summer. The crafters will resume meeting in the Heritage Room on **Friday, September 6th from 9-11 a.m.**

We are very appreciative of the interest shown our group and we are extremely pleased that our latest “kitty” quilt sold at the Canada Day Event.

We owe a great deal of thanks to Janet Laframboise for her generous donation of a serger, fabric and wool. We also thank our crafter, Liz, for doing such a great job quilting our quilts. Last but not least thanks to all our donors and purchasers, and to Karim for his help and encouragement.

We always welcome new members and new ideas. Our new members have each brought new skills, especially crocheting. We now have lovely crocheted shawls in various sizes as well as bags made from plastic fruit and vegetable bags. These are great for toting parcels or wet towels and bathing suits. We also have experienced help for those that may need assistance with their projects.

We hope to have a sale table at the annual meeting. Please come by and check out our various items.

On a sad note: Our last original crafter, Georgina Hanna, passed away in May. She was a long time member of the Senior Centre.

DUPLICATE BRIDGE

by Art McCready

Summer is here and our numbers are looking good. We are getting 6 to 8 tables on Thursday afternoon and the same on Friday afternoon. We are still looking for help to run and score our games. Without volunteers we can't run these games.

On Thursday May 2/2024 we celebrated Jim Shurtiff's and Milt Pelley's time at the Nepean Senior Centre. They have put in over 30+yrs of volunteering at the Nepean Senior Center, playing, directing, scoring and being a mentor in the process. Congrats guys.

CRIBBAGE

by Sadie Adamson

We gather every Thursday afternoon at 1pm until 3pm in the heritage room. Pleased present yourself at 2:45 so that tables can be set up. The attendance has been pretty consistent at 24 to 30. Some people back from holiday and some just leaving. Hope everyone has had a great summer.

Sixty-Six

By Emil Dukovac

The summer has been interesting. For fun, from my garden, I brought a couple of fresh cucumbers as prizes for a competition. Yvette Lesimple and Donald Bessette could not be beaten in the tournament. All loved the idea. It is getting interesting. Brenda Junker, Marianne Munro, Marianne Tighe have caught on quickly and enjoy the game. Missing for a while are Yvette Bedard and Linda Laframboise.

Let's look forward to their return.

N S C Activity Reports

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.

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 (as of July 15th, 2024), the following scores have highlighted our current year for continuing members.

Overall Highest Average for 2024:

Elaine Dinelle - score of 191.5
Ed Halla - score of 186.8

Highest Single Day Score

Diane Pennock - score of 245
Arnold Baldwin - score of 243

"MoonShots" To-Date

Elaine Dinelle - 5
John MacMillan - 5

Come out and join us!



EUCHRE

By Barbara Yurkoski

Peter Wueppelmann kept things running smoothly while our leader Donna Caron was off for knee replacement surgery. Good job Peter, and nice to have Donna back, with her new knee. New players keep joining us every week. The number of players averages 60 each week, giving players lots of opportunity to play cards and socialize with a variety of people. Eugene Brazeau had a high score of 83 after 9 games!

We're a friendly bunch so please come out and join us on Tuesday afternoon.

CONTRACT BRIDGE

by Frank Carbonette

Attendance

We are averaging a about 7 tables per week. You don't need to be an expert to enjoy an afternoon of bridge. Slams, Bid & Made during the month of April, Gudi & Peter Freeman, Evie Snarr & Judy Corbett bid and made a small slams non-vulnerable. Art McCready & Verna Toy bid & made 3 small slams all non-vulnerable. Jon Nielson & Butch Carmichael bid & made a grand slam, non-vulnerable.

During the month of May, Arnold Baldwin & Elaine Dinelle made a small slam non-vulnerable. Gudi & Peter Freeman made a small slam non-vulnerable. Gudi & Peter Freeman made a small slam non-vulnerable.

Congratulations to all.

Using the Stayman System

The Stayman System allows you to find a 4 card major suit fit after your partner opens 1NT. Using a 2 club response to a 1NT opening is asking your partner for a four card major and invokes the Stayman system.

N S C Activity Reports

- A 2D response says I have no four card major.
- A 2H response says I have 4 hearts and may also have 4 spades.
- A 2S response says I have 4 spades but I do not have four hearts.
- No other responses are allowed. Basic requirements are 8 high card points, and at least one 4 card major suit. You should not use Stayman with a 4-3-3-3 split.

Anyone wanting to join the Bridge group for a Wednesday afternoon of fun bridge should register with the front desk at the back of the Sportsplex or send an email to frank.carbonette@gmail.com.

Good Luck in your Bridge

FUN BRIDGE by *Evie Snarr*

Our Fun Bridge group lost a valued member on July 23rd. Butch Carmichael was well known at our senior centre helping with fund raising in the by gone days. Our sincere condolences to Doreen, his wife. News isn't too plentiful, otherwise. We still have five or six tables of players show up for a relaxing afternoon of bridge and hopefully nobody gets too stressed over not keeping score. Officially we play from 1 – 3:30 but come early! We do not teach bridge but there will be lessons given in the fall at the centre for a fee, then you are welcome to come and show us what you have learned.

FIVE HUNDRED by *Andy Shorthouse*

It has been a steady year at the 500 club. We have been getting some new people to join us. We are always looking for more players to come and join us. 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.

Top scores for 500 in June/July:

Bob Simoneau.	3840
Marion Lavigne.	3690
Andy Shorthouse.	3580
Andy Shorthouse.	3580

SHORT MAT/LAWN BOWLING by *Faye Schultz*

As everyone knows short mat will resume in September (exact date to be confirmed later) To all our current short mat participants I hope you are enjoying your summer activities, whether they are lawn bowling, golf or anything else.

SHUFFLEBOARD by Mike Hughes

Shuffleboard is a year round sport played on the CONCOURSE, on Mondays and Wednesdays from 1:00 to about 3:00 PM. We play 4 games and draw tokens for each game to determine on which of the 7 courts you will play.

We do not keep records of scores nor are you assigned to a team, so how well you do is just part of the experience. We have beginners, and those with more experience who are always willing to help newer people. In the four games one might play - with the same or against the same person - all depending on the token one draws.

Discs and cues are available for use.

We have four crews to look after the set-up and clean-up for each day. With help from many of the members, those tasks are made easy. Our numbers are relatively consistent. We have 28 spaces on the 7 courts. If we have more than 28, we try our best to get everyone to play at least three games. It is just a fun activity, with a bit of exercise thrown in ...

Nepean Seniors Centre Board

A Message from the Board

by Steve McIntyre

Hope everyone is enjoying the summer season. Just remember if the heat is bothering you that fall/winter is just around the corner. Avail yourselves to the activities that will be presented. The ice cream social is coming up in a few weeks - August 23rd.

[Nepean Seniors Recreation Centre at Nepean Sportsplex \(nepeanseniorscentre.ca\)](http://nepeanseniorscentre.ca)

NSC Board Activity Reports

Military Whist

by Frank Carbonette

Every month the Seniors Centre hosts a wonderful Whist Evening on the last Thursday night of each month. Whist is held from 7 – 9 PM with players encouraged to arrive at 6:30 PM. The cost is \$5.00 for members and \$7.00 for non-members, which includes cash prizes and refreshments. The fee is to be paid in cash only when you get to the event.

Exact change is encouraged.

The next Military Whist day is Thursday Sept. 26th
Contact Frank at 613-858-4554 for details.

Bridge Tournament

The next bridge tournament is scheduled for Saturday, Oct 19, 2024.
Additional details will be available soon.

Save the date!



N S C B o a r d A c t i v i t i e s

SONGSTERS

By Susan Ascroft

Are you interested in joining the Nepean Songsters? Bring-a-Friend Day is on September 26th. We will have a short practice and then serve tea/coffee and cookies. You are very welcome to try us out that day. We meet in the Heritage Room on Thursday morning from 9:30 to 11:30.

We are a community choir currently with 40 members. There are no auditions. Our repertoire includes all the songs you love ranging from ballads through rousing anthems to quiet lullabies and everything in between.

We are led by Heather Lynn Smith and accompanied on the piano by Devon Wastle-Thivierge. They are wonderful musicians who are very generous with their time and talents.

We will begin the 2024/25 season on September 12 and continue until December 19 to return January 9 finishing the semester on January 23. The second semester begins on January 30th and continues without a break through May. The first singout of the season will be at the Waterford in Barrhaven on September 24th.

There will be a AGM on September 19th. Registration is \$100.00 per semester. We encourage active participation from the people in the choir. Some might want to sing duets or in small groups at the singouts. Others might take a turn sharing the MC duties. As well, the music committee is starting to look at next season's repertoire and suggestions are welcome.

We expect everyone in the choir to sing, smile, laugh and have fun.

Come and see how easy it is.

5-Pin Bowling

By Roger Hack

Monday afternoon bowling will resume for the 2024/25 season on Sept. 9th at the Merivale Bowling Centre, 1916 Merivale Road. Newcomers are always welcome. Please arrive by 12:30 p.m. for a 1:00 p.m. start.

The cost of bowling is \$16.00 per person for 3 games, with \$1 going towards season prizes, etc.

The bowling season will run every Monday from Sept. 9th through to April 28th, with the exception of:

Oct. 14th - Thanksgiving;

Nov. 11th - Remembrance Day;

Dec. 23rd and 30th---Christmas/New Year's holiday period;

Feb. 17th - Family Day;

March 10th - March Break; and

April 21st - Easter.

If you are interested in joining this league, please contact the under-signed:

Roger Hack

Email: hackrandm@sympatico.ca

Phone: 613-225-1420.



EVENTS AND NOTICES

**Fall Registration for recreation, cultural and virtual activities
begins on August 15 at 9 pm online.**

NEW

Bridge – Level 1 – Adult 50+

Wednesdays

Oct 16, 2024 to Dec 4, 2024

10:15 to 12:15pm

\$144.62/\$130.16 (65+)

Activity Code: 111470

For the beginner bridge player or for the person who needs a refresher.

Instructor: Chris Parsley

NEW

Yoga Chair 50+

Mondays

Sept 9, 2024 to Dec 9, 2024

10:45 to 11:45am

\$144.26/129.83 (65+)

Activity Code: 112962

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

Instructor: Lori Milicevic



Euchre Pizza Day

Sept 10, 2024

Pizza available starting at 11:45am

\$5.00 (1 Slice)

Activity Code: 112963

\$10.00 (2 Slices)

Activity Code: 112989

Your choice of Pepperoni & Cheese, Vegetarian or Combination.

Drinks are included!

Register and provide your order to the Nepean Senior Centre Front Desk.

Save the Date – Fall Events 2024

August 23 from 1 to 3pm (Heritage Room)
NSC - Ice Cream Social

Oct 1, 2024, 12:30 to 4:30PM (Hall A/B)
Older Adult Summit

Oct 15, 2024 from 1:30pm to 4:30pm
(Heritage Room)

Fresh – Climate Change Workshop

Bridge Tournament (Heritage Room)
Oct 19, 2024 –TBD

NSC - Christmas Breakfast (Hall A/B)
December 9, 2024 – TBD



Hours of Operation:
Monday - Friday 8:30am - 4:30pm
Location:
1701 Woodroffe, Ave - Entrance 3
Phone:
613-580-2424 ext. 46652

Nepean Seniors Centre Fall Schedule Sept 1, 2024 - Dec 20, 2024



Location	Monday	Tuesday	Wednesday	Thursday	Friday
Membership Activities *Membership or drop-in fee required					
Outside		Walking Club 10 - 11 AM Register at front desk			
Heritage Room	Bid Euchre 12:30-3:00 PM		Contract Bridge 12:30 - 3 PM	Cribbage 1 - 3 PM	Creative Crafters 9-11 AM
	Sixty Six 1-3PM		Social Board Games 4:30 - 8:30 PM	500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM
Hall F	Short Mat Bowling 1 - 3 PM	Euchre 12:30 - 3 PM	Short Mat Bowling 1 - 3 PM		
			Short Mat Bowling 6:30 - 8:30 PM	Duplicate Bridge 12 - 4 PM	Duplicate Bridge 12 - 4 PM
Concourse	Shuffleboard 1 - 3 PM		Shuffleboard 1 - 3 PM		

Registered Activities - Older Adult

*additional cost. For more information, or to register please visit our front desk

Nepean Senior Centre	Chair Exercise 10:30 - 11:30 AM Activity: 100278 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 100326 Hall F	Chair Exercise 9:30 - 10:30 AM Activity: 100297 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 100612 Hall F	
	Chair Yoga 10:45 - 11:45 AM Activity: 112962 Heritage Rm	Tai Chi Level 2 9:30 - 10:30 AM Activity: 100637 Heritage Rm	Bridge Level 1 10:15 - 12:15 PM Activity: 111470 Heritage Rm	*Songsters (Rental) 9:30 - 11:30 AM Information available at the front desk.	
		Tai Chi Level 1 10:45 - 11:45 AM Activity: 100633 Heritage Rm			
		Zumba Gold 12 - 1:00 PM Activity: 100641 Heritage Rm			
		CPR Essentials - Free One-Day Course Sept 17, 2024 1:30 - 4:30 PM Activity: 112959			
		CPR Essentials - Free One-Day Course Nov 19, 2024 1:30 - 4:30 PM Activity: 112961			

