



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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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!

The money will be removed from the box most days by a Board Member and put into the Board's new safe they have purchased.

The NSRC Volunteer Management Board is implementing a new process for our Attendance Draw starting with the Draw on May 11.

What You Need to Know:

- A winner will be selected every draw!
- The Board will randomly pick a winner from the names in the book for each two week period. This will be done by using a random number generator. If there are 48 names registered for the draw (names in the book), we will have a computer generate a random number between 1 and 48. If the number 2 comes up, the winner will be the second name in the list for that draw. If the number 36 comes up, it will be the 36th name in the list for that draw.
- You can enter a draw more than once for each two week period.

What You Need to Do to Enter Each Draw:

- Deposit your \$1.00 in the Attendance Box and
- Sign your name in the book.

Want to Win More Money?

- Deposit another \$1.00 and sign the book.

REMEMBER: The more times you enter the more chances to win more money!

GOOD LUCK!

**Art McCready, Chair,
NSRC Volunteer Management Board of Directors**

Feb 2	Doug MacKechnie – not registered
Feb 16	Lou Capello – registered – he won \$148!
Mar 2	Fraser Beattie – not registered
Mar 16	Lloyd Hoadley – not registered
Mar 29	Rashid Abdulrahman – not registered

UP AND COMING

[\[HOME\]](#)

Military Whist

[\[HOME\]](#)

The next one will be held on **Friday, April 20 at 7 pm**. The cost is \$6.00 (exact change is greatly appreciated!) and includes cash prizes and delicious refreshments provided by **The Ravines Seniors' Suites**. The following one will be on **Friday, May 18** and the refreshments will be provided by **Island View Suites**.

Lunch at Sir Guy Carleton Secondary School

[HOME]

The next lunch will be on **April 26 at 11:30 am**. The cost of the lunch is remaining at \$12.50. This is an amazing price for the wonderful three course lunch, including homemade rolls and coffee and tea. The menu is posted on the bulletin boards and on our website at www.nepeanseniorscentre.ca This will be the last lunch until the fall.

Reminder: Volunteer Appreciation Event

[HOME]

On **April 21**, during National Volunteer Appreciation Week, we will be celebrating the volunteers here at the Nepean Seniors Recreation Centre for all the work they do in keeping this Centre running. It will be held at V!VA Barrhaven. Invitations were given out with all the details.

Contract Bridge Tournament

[HOME]

V!VA Barrhaven has graciously agreed to co-host the contract Bridge tournament with our Centre. This will be a fun tournament that will take place at **V!VA Barrhaven (275 Tartan Drive) on Saturday, May 5**. Lunch will be provided and it is free. Spots are limited and it may already be full. Please sign up at the front desk.

Canada Day BBQ

[HOME]

Our annual Canada Day BBQ will take place on **Tuesday, June 26 at 11:30 am**. Come and enjoy a burger, salad, coffee/tea, dessert, entertainment and prizes all for the low price of \$11.00! Tickets can be purchased at the Seniors Centre. In order to accommodate more people, we are holding it at Capones, which is located through entrance # 4. That means there will also be a bar, for those who are interested. Please see enclosed flyer for all the details. **Please note the deadline to buy tickets is June 22.**

Summer Programs

[HOME]

Chair Exercise – July 2 – August 27 Mondays 9:30 – 10:30 am \$69.00 Barcode: 1142352

Chair Exercise – July 4 – August 22 Wednesdays 9 – 10 am \$69.00 Barcode: 1142356

Chair Exercise – July 6 – August 24 Fridays 9 – 10 am \$69.00 Barcode: 1142359

Tai Chi Drop-in – June 12 - August 28 Tuesdays 9 – 10 am \$2.25/week (No instruction provided)

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

Computer Presentations/Courses

[HOME]

Dropbox®– April 14 Saturday 10:00 am – 1:00 pm \$36.50 Barcode: 1161329

Learn to use Dropbox® to share your pictures, videos and files between all your devices, and with your friends. If you have a computer and an iPad® (or tablet) then you need Dropbox®! No computer or iPad® required.

Facebook® – April 28 Saturday 10 am – 1 pm \$36.50 Barcode: 1161341

See how you can use Facebook® to share pictures, websites, and news with your family and friends, and to connect with old friends. Learn how to use Facebook® effectively and safely. No computer or iPad® required.

iPad® Security – May 26 Saturday 10 am – 1 pm \$36.50 Barcode: 1161484

Learn about your iPad® security features and how to use it safely. Learn to change your passwords, understand privacy settings, use Touch ID and passcodes, and backup your iPad®. No iPad® required.

Theatre Group

[HOME]

Are you interested in being involved in a theatre group? Starting in September, anyone interested can meet on Monday afternoons. On Monday mornings I will try to arrange various workshops related to theatre and also offer a Play Reading course. Please contact Leslie at leslie.dondale@ottawa.ca or pop into her office if you want to be kept informed. Please note the Murder Mystery information under the 30th Anniversary events article.

30th Anniversary Events

[HOME]

So far the events we have come up with are an **Ice Cream Social** in the summer and a **Murder Mystery** in late October. We will be looking for volunteers to help set-up, serve and clean up for the Ice Cream Social. We will be looking for actors for the Murder Mystery. Once we know the characters needed, a list will be posted on the bulletin board and people can put their name down for the one they wish to portray.

If you have other great ideas or want to help in any way, please contact Leslie at 613-580-2424 ext 41264 or leslie.dondale@ottawa.ca because I need some help!

Wellness Clinics

[HOME]

The Community Paramedics are offering free Wellness Clinics on **June 8, 9:30 to 2 pm and June 26 from 9 am to noon (prior to the Canada Day BBQ)**. Please see detailed flyers at the Centre, or attached if you are receiving this as the eHub.

Age Well Celebration

[HOME]

On **Friday, June 8 from 9:30 am to 2 pm in Halls A & B**, the annual Age Well Celebration will be taking place. It is free and our Centre will have a table there. Please see the posters around the Centre for detailed information.

Outdoor Walking Club

[HOME]

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

[HOME]

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.

NEWS FROM THE OFFICE

[HOME]

Reminder: Dance Competitions

[HOME]

Every year the Canadian Dance Competitions and the American Dance Awards take place here at the Nepean Sportsplex. Due to the large number of contestants, we are not able to use the concourse those weeks for Floor Shuffleboard or Carpet Bowling. **The dates affected are April 25, 26 and May 3. As well, the parking lot will be very busy from April 26 – 29 and May 3 - 6. Please consider car-pooling.**

Snowshoeing / X-Country Skiing

[HOME]

Well this winter was mostly a bust to say the least. The first Friday we cancelled because the wind chill was -43 C. It was beautiful on the Monday, snowing and only -25 with the wind chill. The next Friday it was +12 and pouring rain! This season the group only managed to get out 9 times! The few times we did though it was enjoyable to spend time in the great outdoors with friends. Now, where are my shorts...

BlaHS Bash

[HOME]

Once again it was another successful year with over 100 participants. I would like to thank the businesses who graciously donated prizes: **Tim Hortons (Woodroffe), The Butchery, Lapointe's Seafood Grill, Ross's Independent Grocer, Loblaw (Baseline, Bells Corners, Barrhaven, Merivale), Metro (Bells Corners, Greenbank), Canadian Tire (Bells Corners, Merivale, Barrhaven store + Gas bar), Ottawa Valley Tours, Chances 'R Restaurant, Summerhays Grill, Steeped Tea, Sobeys (Barrhaven), Staples (Barrhaven), Swiss Chalet (Carling, Merivale, Barrhaven), Giant Tiger (Bells Corners), East Side Marios (Bells Corners), Shoppers Drug Mart (Bells corners), Starbucks (Bells Corners, Greenbank), Magic Cuts (Barrhaven), Sonny's Bar & Grill, Lee Valley Tools, The Village Shoppe (Richmond) 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, Art McCready, Dorothy Latour and Nancy Wright** for soliciting the prizes from these businesses.

ACTIVITIES

[HOME]

CARPET BOWLING

[HOME]



By Alida Dopplinger

We had a very good winter, we got some new players, and we usually use three carpets.

We play every Tuesday and Thursday on the concourse from one until three pm.

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

We ask all members to show up 15 minutes early to help set up.

CREATIVE CRAFTERS

[HOME]



By Audrey M. Fitzpatrick

This has turned out to be a busy time for the Crafters. We are in the process of making another commissioned quilt. This one is a Log Cabin Pinwheel design and should be very attractive. Our other quilt was delivered to Extendicare Medex where it was well received.

We made up and filled 16 cotton bags suitable for 8 men and 8 women and delivered them to the Shepherds of Good Hope for distribution to those in need. Among some of the items were socks and toiletries such as shampoo, conditioner, toothpaste and brushes, dental floss, combs, shower caps, Lysol, soap, Kleenex and plastic rain ponchos. We plan to do this again at a later date and would appreciate any items that you, the membership, would like to donate. Many of us travel and we bring home the small items left at the hotel for our use. They get stored in cabinets and drawers and often forgotten. If you have any of these items please consider donating them, to what we feel, is a worthy cause. Of course, they must be unopened. Please leave them at the front desk for us. Our thanks in advance.

We are also indebted to David and Donna Butler for installing the new lights in our cabinets on the Concourse. They now make it possible to clearly see our ladies' fine work. Thank you Dave and Donna!

During our March Break the Crafters met for our annual breakfast at Broadway Bar and Grill.

There has been some interest shown by folks who are interested in making a quilt. This is an opportune time to see how it is done. We meet in **Hall F every Thursday from 9 -11 am**. You are welcome to join us.

COMMUNICATIONS COORDINATOR

[\[HOME\]](#)



Member Profile – Bill Lloyd



I recently met with Bill Lloyd and was introduced to his 17 year old cat 'Just Another Cat', who had just returned home from the vet the day before after having a growth removed from her left ear.

When Bill was 18 he enlisted in the Royal Canadian Air Force and worked in meteorology from 1940-1945. After the war he obtained a position with the Department of Transport, which then changed to the Department of Environment, continuing in his profession working in meteorology for 31 years. Bill then decided to retire, which only lasted a short time, then worked part-time in a hardware store until he decided to retire for good.

Bill had 4 children, one boy and 3 girls, losing his son and one daughter to cancer. Today he has 9 grandchildren and 15 great grandchildren and one great, great grandchild.

Bill has been a member of the Nepean Seniors Recreation Centre for approximately 15 years and enjoys playing Fun Bridge on Friday afternoons. As Bill was not able to leave Just Another Cat alone on March 9th we celebrated his birthday on the 16th where he was serenaded with the usual happy birthday theme, made a wish, blew out the candle and received a birthday card signed by all in attendance.

Thank you Bill for your service to Canada and it was a pleasure having a coffee and chatting with you.

CONTRACT BRIDGE

[\[HOME\]](#)



By Gopal Kunchur

Before anybody arrives to play, all required arrangements are organised by Margrit. She has been doing this volunteer work for a long time. We wish to thank Margrit and other volunteers like her. The Heritage Room (where we play) seems to get crowded with the space almost filled up with more than 12 tables. This has resulted in relatively high noise levels.

As a response to partner's major suit (heart or spade) opening, with 9 to 12 HCP (high card points) and 4 card support in partner's suit, and with a void or singleton, you may show the shortness of the suit by bidding it at higher than normal level. This is called a splinter bid. If the splinter bid fits with the opening hand, it is possible to bid a slam with less than required HCPs. The void or singleton is shown by a double jump in the specified suit (void or singleton). For example:

Opener	Response	
one spade	4 hearts	Shortness or void in heart
one heart	3 spades	shortness or void in spade
one spade or one heart	4 clubs or 4 diamonds	shortness in clubs or diamonds one heart

CURLING

[\[HOME\]](#)



By Lloyd Nieman

The Curling Club completed another successful year. Our playoffs were followed by our annual banquet and awards presentation on March 13. Once again an enjoyable meal was provided by Capone's and we were entertained by several in-house comedians (including Leslie) and by the musical duo of Keith Wilson (fiddle) and Lloyd Nieman (guitar).

A photo of the winning play-off team is below. The team members from left to right are: Lead Adele Mayers; Second Liz Nieman; Third Ross Brown and Skip Lloyd Nieman.



Our other playoff competitors were:

Second Place Team: Gary Switzer, Bob Streicher, Al Jedel, Rod Ferguson
 Third Place Team: Bruno Spagnol, Gavin Kempton, Bruce Nevitt, Lorna King
 Fourth Place Team: Sue Mayotte, Marlen Landry, John Rafuse, Tammy Chan

The club thanks Leslie for her involvement in making this another successful season. As well, thanks go out to the icemakers (Randy and Shannon) and the Athletics staff for their work in making curling an enjoyable experience to the 67 seniors who played this year.

Watch for the fall issue of the HUB for information about the 2018-19 curling season. New and experienced curlers are always welcome.

DUPLICATE BRIDGE

[HOME]



By Gopal Kunchur

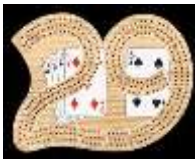
With an acute shortage of directors, our beautiful, intelligent Trish came forward to shoulder the responsibility successfully. Trish comes from the old stock of renowned New England families and she is closely related to the Hollywood icon John Wayne. We need more directors as no substitutes are available. After our recovery from the cooler temperatures in Hall F, Art is making sure by installing

heaters that all bridge players are comfortable. He also arranges side tables for coffee and snacks to avoid messes on bridge tables. Our thanks to Trish and Art and other volunteers who keep this club going smoothly.

Diane/Gale	71.1
Art/Jim	68.2
Liz/Neil	67.8
Mary/Elaine	67
Jackie/Marilyn	66.9
Sudha/Bill T.	66.8
Gerry/Zbigniew	66.7
Paul/Fraser	66.7
Sheila/Pat	66.4
Art/Jim	66.1
Betty/Jo	66
Jean/Manny	65.9
Marg M./Zbigniew	65.6
Paul/Fraser	65.5
Diane/Vic	65.3
Donna/Trish	65.2

CRIBBAGE

[HOME]



By Sadie Adamson

Spring is on the way and more people are coming out to crib.

Our new members include Marg Chiarelli and Angela Watters. On February 20, John and Elsie Larson put on a 50/50 luncheon attended by 40 people. February and March were good months for 28 hands. Gerry Juneau is leading in the stats followed by John Flook.

New members are always welcome. Come join us on **Tuesday and Thursday at 1 pm.**

EUCHRE NEWS

[HOME]



By Betsy Shorthouse

Well the winter is almost complete and I am sure everyone will be so glad to shed the heavy coats and boots for a few months.

Our attendance has continued to grow and we welcome all the new members to our group. As well as the growth in attendance, the scores are still amazing. Every week there are high scores that just seem to get higher and higher.

For anyone who wants to join in this action, we play every **Tuesday afternoon at 12:45 p.m. sharp in Hall F.** The cost is \$2.25 per person. Come out and join us. I promise you an afternoon of fun and laughs.

FIVE HUNDRED

[HOME]



By Joan O'Meara

Looks like some nice weather is coming up. Hopefully that means some of the snowbirds will be coming back to cards. The bad weather we had kept some of the regulars away. Anyway a big welcome back to all members, old and new. I mustn't forget too those on the sick list. We'll be happy to see all of you return.

The month of March of course meant a celebration of the big guy himself, St. Patrick. Along with the *wearin o' the green* a beautiful St. Patrick's Day cake adorned a festive table of goodies. A little Irish poem, written and read by a little Irish Colleen brought a few grins and chuckles.

The top scores for the last two months were:

Alice Keiwan	4210
Joan O'Meara	4130}
Joan O'Meara	4000}

Way to go Joan!!!

As usual congratulations to one and all.

Everyone is welcome to join us every **Thursday at 12:45 p.m. in the Heritage Room** for 3 to 3½ hours of fun.

5-PIN BOWLING

[HOME]



By Roger Hack

Monday, April 23 will be our final day of bowling for the 2017/18 season, followed immediately afterwards by our end-of-season party in the Bowling Centre restaurant. Special achievements during the season were announced and awards were presented as follows:

High Average

Men: Pierre Ouellette 194.3
Women: Connie Corbett 173.8

High Game (Scratch)

Men: John Minaker 312
Women: Pat Gregoire 280

High Series (Scratch)

Men: John Gregoire 732
Women: Karen Leach 615

High Game (Handicap)

Men: Jack Brown 326.3
Women: Vi Robitaille 314.3

High Series (Handicap)

Men: Marc Michaud 750.8
Women: Jeanette Winsor 726.5

We hope to see everyone again next season (beginning on September 10).

(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)

(Alternate: Rudi Kurtz / rudikurtz@gmail.com / 613-435-5828)

FUN BRIDGE

[HOME]



By Wilma Matchett

In this report we are featuring the celebrations for 3 of our "nonagenarians" - Gerry Mulligan (February 13th), John Kobzey (February 19th) and Bill Lloyd (March 13th). Thanks to Karen Borrens for managing to catch the big smiles of the 3 guys as they were served their cakes (or maybe they were still amused by the singing of Happy Birthday by the Fun Bridge Group). Gerry's and John's photos attached and Bill's photo is attached to Janet Laframboise's article.

Butch Carmichael and Terry Mayne added another celebratory 7NT game to their individual records on February 7th. Several other duos have come up short when playing what they thought was going to be a Grand Slam bid, but at least they are trying! It is Fun Bridge and it is always fun to try making a challenging bid!



(Gerry Mulligan)



(John Kobzey)

The Fun Bridge Group meets every **Friday afternoon from 1:00 pm to 3:30 pm 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 but we do like to play as many challenging bids as the cards permit.

In our ranks, there are many experienced Bridge players who are more than willing to coach Bridge class graduates and those coming back to the game after an absence of many years. Officially, at Fun Bridge we don't keep score. There are so many "new and advanced systems" but there are many "tried and true" methods of bidding and play that most of our members enjoy - with rules that are flexible enough to blend with the limited conventions that recent graduates have learned.

The Fun Bridge group will be looking forward to their annual pizza luncheon on April 13, catered by Boston Pizza on Hunt Club Road. We all enjoy sampling the various varieties.

NEPEAN SONGSTERS

[HOME]



By Pat Martinson

The Songsters have had a busy winter, with sing-outs at Ravines Seniors' Suites in February, Thorncliffe Place Retirement Residence and Carlingwood Retirement Community, both in March. It is a wonderful experience to bring entertainment to these communities, and see the smiles on the people, some of whom like to sing along with us. That is the real purpose of the choir, to connect in music with people who are mostly confined. Two of our beloved long-time members passed away recently and we were pleased to be able to take some part in their funerals. Other members have moved away or have left for a variety of reasons. We are therefore hoping to recruit some new members, as we have plenty of room. Please consider joining us. You don't have to be able to read music, just enjoy singing and the wonderful comradeship that awaits you in the choir. We practise every Thursday morning at 9 o'clock in the Heritage room. Please come and check us out.

SHUFFLEBOARD

[HOME]



By Gary Fraser

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

[HOME]



By Emil Dukovac

Ace ten high! I am pleased with the turn out. People are returning from their winter outings and my group is growing! I thank Leslie for allowing me to have the Monday space to develop the game. New people are coming out to try the game and they catch on quickly.

TRAVEL CLUB

[HOME]



By Barbara St. Laurent

2018 Trips

Mystery Tour - June 6 - 8, 2018 - Registration is ongoing for this trip. Historically this is one of our more popular bus tours so please register before all the seats are gone. There will be a **Meet & Greet for this trip on Friday, June 1 at 10 am in the Heritage room.**

Scotland-Scottish Royal - September 28-October 6, 2018 - A presentation for this trip will take place on **April 20, 2018 at 10:00 am** in the Heritage Room at the Seniors Centre. If you have checked the web site recently, you will notice there is a slide show in the Travel Club section. If you haven't been on the web site, please check it out; I'm sure you will like it.

If you are a single traveller and prefer double occupancy, every effort is made to bring singles together on all our trips.

In preparation for **2019**, there will be a presentation for Spain/Portugal conducted by Travac Travel on **May 9 at 10:00 am** in the Heritage Room. All are welcome.

Kanata Seniors One-Day Trips

We continue to post flyers on the bulletin board in the Heritage Room from the Kanata Seniors Centre. Members of the Nepean Seniors Recreation Centre are invited to join the Kanata trips and members from Kanata are welcome to join our trips.

VOLUNTEER COORDINATION

[\[HOME\]](#)




By Barbara St.Laurent

The hours reported for **January-March** are **2,377**. As a reminder, anyone who is interested in joining the Committee for planning our **30th Anniversary**, please let Leslie or I know - the more the merrier. Don't forget, it's the volunteers that help keep the Nepean Seniors Recreation Centre operating efficiently.

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call the Western Ottawa Community Resource Centre (WOCRC) at 613-591-3686.		1 9:00 Tai Chi 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	2 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	3 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, No Carpet Bowling	4 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	5 Contract Bridge Tournament at VIVA Barrhaven (275 Tartan Drive) – Free, but must sign up in advance
6 12:30 Duplicate Bridge	7 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Floor Shuffleboard, Sixty-Six	8 9:00 Tai Chi 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	9 9:00 Chair Exercise 9:30 Board Meeting 10:00 Spain/Portugal trip presentation 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	10 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	11 * 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	12
13 12:30 Duplicate Bridge	14 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Floor Shuffleboard, Sixty-Six	15 9:00 Tai Chi 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	16 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	17 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	18 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist	19 CLOSED
20 CLOSED	21 Victoria Day CLOSED	22 9:00 Tai Chi 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	23 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	24 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	25 * 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	26 10:00 iPad® Security Learn about your iPad security features including passwords, privacy settings, etc.
27 12:30 Duplicate Bridge	28 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Floor Shuffleboard, Sixty-Six	29 9:00 Tai Chi 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	30 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	31 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	Notes: The walking club will start as soon as the trails are less muddy. Please call to make sure it is on before showing up. Due to the annual Dance Competitions, Carpet Bowling will be cancelled May 3.	

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call the WOCRC at 613-591-3686. ** The Tai Chi Studio is for those who have a good knowledge of Tai Chi. No instruction available. Cost: \$2.25 drop-in fee. Cycling Club: Every Tuesday at 9:30 am. Call the Centre if you are interested and additional information will be made available.					1 10:00 Nordic Walking, Meet n' Greet for Mystery Tour 12:45 Duplicate Bridge 1:00 Fun Bridge Deadline for Jul / Aug articles	2
3 12:30 Duplicate Bridge	4 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Floor Shuffleboard, Sixty-Six	5 9:00 Tai Chi 9:30 Walking Club, Cycling Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	6 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	7 9:00 Choir, Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	8 * 9:30 – 2 Age Well Celebration 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	9
10 12:30 Duplicate Bridge	11 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Floor Shuffleboard, Sixty-Six	12 9:00 Tai Chi Studio 9:30 Walking Club, Cycling Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	13 9:00 Chair Exercise 9:30 Board Meeting 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	14 9:00 Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	15 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	16
17 12:30 Duplicate Bridge	18 9:30 Walking Club 10:30 Chair Exercise 1:00 Floor Shuffleboard, Sixty-Six	19 9:00 Tai Chi Studio 9:30 Walking Club, Cycling Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	20 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	21 9:00 Creative Crafts 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	22 * 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge Last chance to buy Canada Day BBQ tickets!	23
24 12:30 Duplicate Bridge	25 9:30 Walking Club 10:30 Chair Exercise 1:00 Floor Shuffleboard, Sixty-Six	26 Usual Tuesday morning activities 9 - noon Wellness Clinic 11:30 CANADA DAY BBQ 12:45 Euchre  1:00 Cribbage, Carpet Bowling	27 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	28 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	29 12:45 Duplicate Bridge 1:00 Fun Bridge	30 CLOSED



Nepean Seniors Recreation Centre
Invites you to our

Canada Day BBQ

Sponsored by  CHARTWELL
retirement residences

Wednesday, June 26, 2018

At 11:30 AM

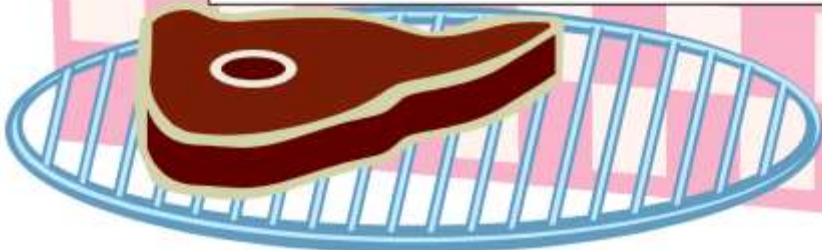
Food will be served in Capones' Ballroom -
entrance # 4

➡ **Wear your best Red & White Outfit**

- *Hamburger
- *Salad
- *Prizes
- *Entertainment by our own Golden Oldies & Silvertones
- * Regular Wednesday activities (Bridge, Floor Shuffleboard)
- *Coffee/Tea
- *Strawberries & Cake
- *Bar (at your own cost)

All for \$11.00!

Tickets are available at the front desk. Deadline
is June 22.





HEALTH AND WELLNESS CLINIC

Prior to the Nepean Seniors Recreation Centre's Canada Day BBQ, Ottawa's Community Paramedics will be available onsite for a health and wellness clinic where you can discuss with them your health and wellness concerns

Nepean Sportsplex, Hall E (Entrance #4)
Tuesday, June 26, 2018
9 am to noon



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

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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.