



Nepean Recreation Centre  
Nepean Sportsplex, 1701 Woodroffe Ave.  
Program Information:  
Tara.white@ottawa.ca  
613-580-2424 ext. 41264 or nepeanseniorscentre.ca



## The Nepean Seniors Centre, Your Community, Your Home!



I hope you're all enjoying your summer and finding ways to stay cool during this hot Ottawa season! My name is Tara White, and I'm thrilled to step into Jen Stewart's role as your new Program Coordinator for the Nepean Seniors Centre while she's away on maternity leave.

You may recognize me from my time at the Nepean Visual Arts Centre, which we share with the Seniors Centre, where I served as acting clerk for nearly two years.

It's been a true pleasure greeting so many familiar, friendly faces at events like Halloween, Volunteer Appreciation, Canada Day, and our various socials. It means so much to now have the opportunity to serve you in this new capacity.

I'm incredibly passionate about connecting with people and supporting our senior community in every way I can. This centre is such a special place, and it's been heartening to see our numbers grow again—especially after the isolating impact of the pandemic. I believe recreation is more than just fun; it plays a vital role in fostering human connection and enhancing our quality of life. It brings people together across differences in the most meaningful ways.

Although things tend to quiet down during the summer, I'm really looking forward to chatting with both familiar and new faces at our upcoming ice cream social—which has already reached capacity! A quick reminder: our Fall schedule is now online, with **registration opening August 14 at 9:00 p.m. online**, and **in-person registration beginning the next day**.

It's an honour to be part of this incredible community. Please feel free to stop by for a visit anytime! If you have any questions about our programs, swing by the front desk or give us a call—myself or any member of our wonderful Customer Service Representative team will be happy to help.

Warmly,  
Tara White Program Coordinator, Nepean Seniors Centre

# **NEPEAN SENIORS CENTRE TEMPORARY CLOSURE NOTICE**



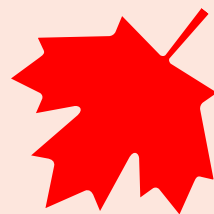
**Please note that due to roof repair maintenance, the Nepean Seniors Centre will be closed from Aug 25 to September 14.**

**If all goes according to plan, we look forward to reopening on September 15.**

**During this time, Heritage Card Games will be relocated to Hall F inside Entrance #2. Unfortunately, Short Mat Bowling will be paused and will resume on September 15.**

**If you have any questions, feel free to contact the Centre before September 1. Our team will be happy to assist you.**

**Thank you for your understanding—we appreciate your patience and support!**



## **Thank You for a Wonderful Canada Celebration!**

We're truly grateful to everyone who joined us for our Canada-themed event—it was an afternoon to remember! From delicious food and live music to trivia games and cornhole, the day was packed with fun and smiles.

Guests enjoyed browsing and purchasing beautiful handcrafted items from our talented local crafters, adding a special touch to the celebration. And as the event came to a close, our wonderful entertainer Larry Garnet got a few people dancing... I couldn't help but join in too!

Thank you for helping us create lasting memories. We loved celebrating with you and look forward to seeing you again soon!





**TUESDAY,  
SEPTEMBER 23**

**NEPEAN SENIORS  
CENTRE  
OPEN HOUSE**

**1:00-3:00PM**

**Join us for an afternoon of connection, discovery, and free refreshments!**

**Enjoy coffee & snacks / Explore activities: fitness, games, social events & more / Meet our team & ask about memberships and drop-ins.**

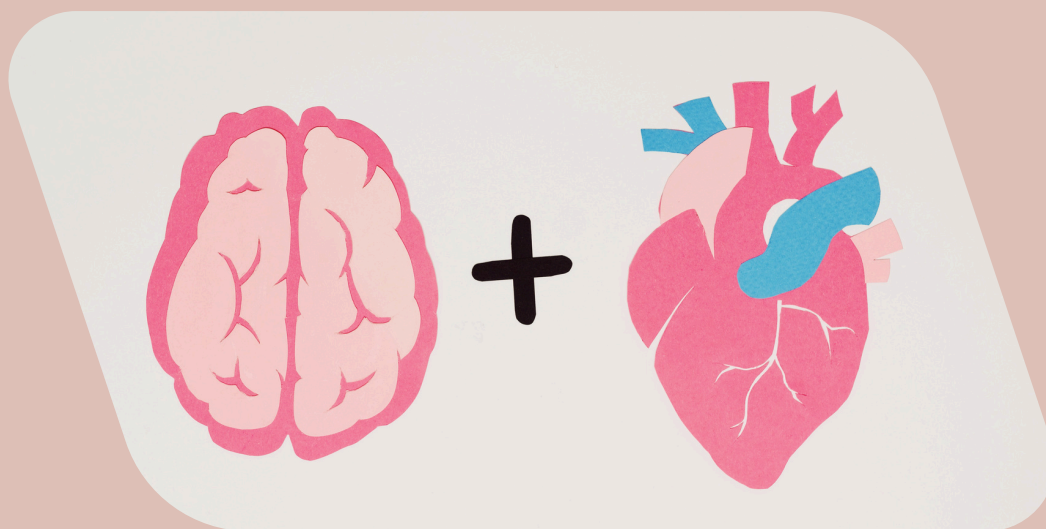
**Whether you're staying active or making new friends—we'd love to welcome you. Bring a friend!**



# Fall & Winter Learning Series- Comming Soon!

Stay tuned for our upcoming FREE lectures and courses focused on topics that matter most to you, including:

- Nutrition & Wellness
- Health & Safety
- Financial Security



**Whether you're looking to stay informed, get inspired, or simply learn something new—we've got something for everyone.**

**Make sure to check back with us this fall or stay subscribed to The Hub newsletter, where you'll receive invitations to all our upcoming events and learning opportunities.**

# NSC ACTIVITY REPORT

## CRIBBAGE

*By Smitty*

As the expression goes...‘it was a long time coming’ such is the case of the cribbage plaque that was presented on July 17th by Debbie Smits to Marg Stone the 2024 leader.

Attendance averages between 24 and 28 players, which is a good turnout considering the limited space of Heritage hall where the cribbage group plays. What is also good to see is that we constantly have new players who are familiar with the game but haven’t played for eons and who want to join the fray.

Standings...(as of July 17th) :

1st - Marianne Monroe

2nd – Sadie Adamson

3rd – Debbie Dupuis

At this time there are no exceptional hands or other game events to report.

Please note: The cribbage group gathers every Thursday afternoon at 1pm in the Heritage Room and play a total of 8 games until (approximately) 3pm. Please present yourself around 12:45 so that the appropriate number of tables can be set up.

All newcomers are welcome, providing they have cribbage experience. Unfortunately, we are not setup to teach the game to individuals who have never played cribbage before.

If you are not a member of the Nepean Senior Centre...we recommend that you sign up and pay the yearly dues directly to the Centre. Beyond that, there are no further expenditures other than voluntary contribution(s) to replenish the “cookie jar” and the occasional donation required to participate in specific event(s.)



## THE WALKING CLUB

*by Linda Hardinge*

Join us every Tuesday from 10:00–11:00 AM for a refreshing walk through the wooded trails behind the centre—rain, snow, or shine! It’s a great way to stay active and enjoy good company.

This summer, we even explored Britannia Beach, a fun change of scenery that the group loved. New walkers are always welcome! Just check in at the front desk before we head out—we leave promptly at 10:00 AM. Come walk with us and make Tuesday mornings something to look forward to!

## CREATIVE CRAFTERS

*by Audrey M. Fitzpatrick*

Traditionally the crafters have always taken their hiatus from end of June to September. However, this year some of our new ladies opted to continue our

Friday sessions all summer. Our starting date in September has been postponed until after the renovations have been completed. At present, it appears to be September 19th when we will once again meet, Fridays from 9a.m. - 11a.m. in the Heritage Room. Our showcases have many interesting items available for sale. The front desk will assist if there is an item of interest.

Donations of yarn and fabric are always needed.

We welcome new members.



## FUN BRIDGE

*by Evie Snarr*

There's nothing new to report from the

Fun Bridge group, but the good times continue! As many of you know, we meet every Friday afternoon from 1:00 to 3:30 PM, though most players arrive earlier to catch up and settle in.

We've welcomed a few new faces over the summer and continue to enjoy lively games with 5 to 6 tables each week. It's all about sharing laughs, sharpening our skills, and enjoying each other's company.

If you're interested in joining the fun, please note that a basic understanding of Bridge is required. For those new to the game, we encourage you to sign up for Level 1 Registered Bridge Lessons this fall at the Nepean Seniors Centre. For more details, please visit the front desk.

## SHUFFLEBOARD

*by Mike Hughes*

Shuffleboard is played on the Concourse every Monday and Wednesday from 1:00 to about 3:00 PM.

The game is similar to curling on ice, except the "house" is a triangle divided into six sections, each marked with a number for scoring. The goal is to slide your discs into these sections without touching any lines, which determines your score.

Your opponent's objective is to knock your discs out to reduce your score—and you'll do the same to theirs!

Each team has two players, one stationed at each end. A game consists of six frames, and we typically play four games per session.

It's a fun and friendly way to spend an afternoon!



We look forward to seeing you at the table!



## **EUCHRE**

*By Barbara Yurkoski*

Pictured below, left to right, is the team responsible for Tuesday euchre. Hélène Laurin rings the bell to ensure we change tables in an orderly way. Statistician Peter Wueppelmann tracks the scores and lone hands - a big job for a group that often numbers 60 or more. Peter also takes over as coordinator when our official coordinator, Donna Caron, next right, is away. Barbara Yurkoski handles the newsletter reports.

We have a large hall with room for more players, so come out to Hall F on Tuesday afternoon at 12:30 to have fun. on Tuesday, Sept 9 we will be holding our Annual Awards Luncheon including a Pizza Lunch.



## **BID EUCHRE**

*by Reg Hall*

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

We are currently a group of some 40+ 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.

The following scores highlight the 2025 year, to date (July 28, 2025):

### **HIGHEST SINGLE DAY SCORES:**

Elaine Dinelle - 271

Wayne Baxter - 268

### **HIGHEST NUMBER OF MOON-SHOTS:**

Elaine Dinelle - 5

Naiim Shafey - 4

Enjoy the summer.....If you have nothing to do, come out and enjoy yourself at the Nepean Seniors Centre.

Reg/Sherry Hall  
Bid-Euchre Coordinators





## SHORT MAT

*by Faye Schultz*

We hope all our Short Mat members have had an enjoyable summer—whether lawn bowling, golfing, or cooling off at a pool or cottage. Our Fall/Winter session will begin in early October. For anyone unfamiliar with Short Mat, it's a variation of lawn bowling played indoors on a smaller mat. It's a great way to stay active and social during the colder months.

We play in Hall F at the Nepean Sportsplex on the following schedule:

- Mondays from 1:00–3:00pm, starting September 15 (following our closure from September 1–14)
- Wednesday afternoons from 1:00–3:00pm, starting October 1
- Wednesday evenings from 6:30–8:30pm, also starting October 1

The only cost to participate is a membership in the Nepean Seniors Centre, which is approximately \$32.05. Coaching and bowls are provided, so newcomers are always welcome.

We're proud to share that four of our members will be heading to Lindsay, Ontario in November to compete in the Canadian Championships. If successful, they'll move on to represent Canada at the World Championships in Norway in March 2026.

## DUPLICATE BRIDGE

*by Anne Coderre*

Fall has arrived and our numbers are looking good. We are getting 6 to 8 tables on Thursday afternoon and the same on Friday afternoon. Getting there for 12:30, we start to play at 12:45. Good bridge with good company. Hope to see you there for an enjoyable afternoon!

## SIXTY-SIX

*by Steve Toy*

Sixty Six is a card game played every Monday from 1:00 to 3:00 PM. We usually take a 15-minute break to chit-chat. It's an easy game played with a table of four people. We can also play with three people, using one hand as the dummy.

It's a trick-playing game played with six cards: Ace is high, followed by 10, King, Queen, Jack, and 9.

Come and join us for some fun!

## FIVE HUNDRED

*by Andy Shorthouse*

Summer is just about over and we have been lucky enough to have good luck with our players in our group. At present we are averaging 4 to 5 tables of card players. We play on Thursdays from 12:30 pm to 3 pm in the senior center. If you are looking for a few laughs and a friendly game of cards, come join us.

The top three scores are:

Elaine Dinelle	5270
Steve McIntyre	5200
Steve McIntyre	5160

## CONTRACT BRIDGE

*by Frank Carbonette*

### **New Head**

We now have a new Head of Contract Bridge. Arnold Baldwin has taken over as the new person in charge of Contract Bridge. Congratulations to you, Arnold — we hope you have a long run!

### **Slams**

In June, Candy Laframboise and Pat Bruce bid and completed a small slam, non-vulnerable.

In July, Candy Laframboise and Pat Bruce bid and completed two small slams, non-vulnerable.

Gudi and Peter Freeman bid and made a small slam, non-vulnerable.

Hazel Miller and Adolf James bid and made a grand slam.

### **Bridge Tournament**

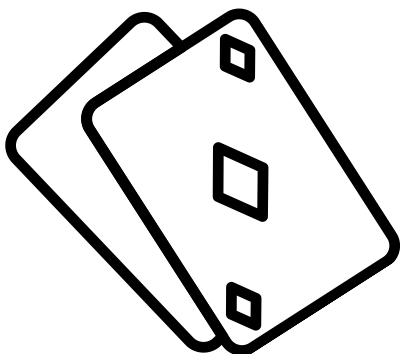
An all-day “bring your own lunch” Contract Bridge Tournament was held on Saturday, June 21st. We had 32 people playing — six tables in the morning and five tables in the afternoon. Five top players scored in the money, with over \$250.00 handed out in prizes.

### **Wednesday Bridge**

You don’t need to be an expert to enjoy an afternoon of bridge. Our numbers are slowly increasing, but we still want more members to show up.

Anyone needing a partner and wanting to join the bridge group for an afternoon of play should register at the front desk at the back of the Sportsplex or send an email to [edinelle@rogers.com](mailto:edinelle@rogers.com).

Contract Bridge Arnold Baldwin



## CHINESE MAHJONG

*By Zsuzsanna Gyimesine Soltesz*

This is a fairly new - and growing - program at the Nepean Senior Centre, aimed for beginner Mahjong players.

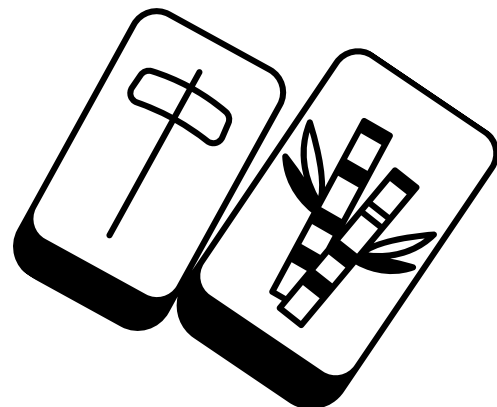
I am not a Mahjong expert, by any means, but I enjoy the game and want to share it with as many people as I can.

I have learnt the game at the Kanata Senior Centre, so if you learn from me, you can easily go and play Mahjong there as well, on Monday mornings, as it is the same version of the game. There are probably a zillion different versions of it around the world - I believe our version is called the Cantonese or Old Version.

The basic rules of the game are fairly simple, and similar to some common card games, like rummy. I think most of the differences between Mahjong variations are in the scoring. In my opinion, scoring is the hardest part. But don't let that intimidate you: we have "cheat sheets" to help! So, come and check us out on Friday afternoons 1-3 pm.

Hoping to see you there,  
Zsuzsanna Gyimesine Soltesz

Please note: Zsuzanna will return in September after taking a break in August. If you're interested in learning the game, we recommend waiting until September to attend.



# NEPEAN SENIORS CENTRE BOARD

I hope all of you have enjoyed summer this year. Whether it was at a cottage, spending time with family or visiting friends. This fall we have our AGM and open house. I hope you take advantage of an activity and perhaps can volunteer some of your time with these activities. The seniors centre exists for us. Let's make it stronger with our participation.

Steve

*Steve McIntyre Board Chair*

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## SONGSTERS

*By Susan Ascroft*

As summer ends many of you are thinking of the long winter ahead. What is the best way to achieve happiness when the sun does not warm us?  
Easy answer, music, heart-warming music.

Consider becoming a member of the Nepean Songsters, a choir for seniors. We meet every Thursday morning in the Heritage Room at 9:30

Led by Heather Lynn Smith with Devon Wastle-Thivierge playing the piano, we fill the room with song and laughter for two hours.

We perform monthly at seniors' residences in Ottawa's west end.

There are no auditions and you are never asked to sing solo although you may certainly volunteer.

Some of the songs we were working on in June included titles like Stand by Me, Feeling Groovy, Ghost Riders in the Sky and Rainbow Connection.

Please go to our website, Nepean Songsters for more information.

Or better yet, come join us any Thursday and try us out.

We would love to see you.



## **CURLING**

*By Bob Streicher*

Our Nepean Seniors 50+ Curling group plays at the Nepean Sportsplex Curling Rink on Tuesday and Thursday mornings, from mid-November to mid-March, from 9 to 11 am. We operate as a drop-in, so feel free to drop-in and join us any time you like. We can accommodate all levels of curlers, even those new to the game. It's never too late to give it a try. There are no membership fees requirement for playing, you simply pay (approx. \$6) each time you play. If you would like more information about joining us, feel free to contact me at [bb.streicher@gmail.com](mailto:bb.streicher@gmail.com).

Something new we did this past February, at the invitation of a group called the Ninth Enders that curls at the Sportsplex on Friday evenings, was we rented 4 sheets on a Saturday afternoon, and played matches against each other, which we followed with an evening out for dinner. Everyone seemed to enjoy this, so we hope to make this an annual event. Our season ended, this past March, with a play-off session followed by a luncheon.



*2025 Nepean Seniors Curling Play-off Champions (from left to right): - Second - Mark Scott; Skip - Glen Salter; Third - Mike Fricker; and Lead - Christiane Stevens*

## **5 PIN - BOWLING**

*By Roger Hack*

Monday afternoon bowling will resume for the 2025/26 season on Sept. 8th at the Merivale Bowling Centre, 1916 Merivale Road. The league is a non competitive social gathering i.e. no set teams to enable everyone the chance to socialize with different people each week. 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. 8th through to April 28th, with the exception of:

Oct. 13th - Thanksgiving;  
Dec. 22nd and 29th---Christmas/New Year's holiday period;  
Feb. 16th - Family Day;  
March 16th - March Break;  
April 6th - Easter.

If you are interested in joining this league, please contact the under-signed: Roger Hack  
Email: [hackrandm@sympatico.ca](mailto:hackrandm@sympatico.ca) (phone 613-225-1420)





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

### September 2- December 23, 2025



\*The Senior Centre will be closed from Aug 25 to September 14. During this time, Heritage Room activities will temporarily move to Hall F.

	Monday	Tuesday	Wednesday	Thursday	Friday
Location	Membership Activities *Membership or drop-in fee required				
Outside		Walking Club 10 - 11 AM register at front desk			Creative Crafters 9:00-11 AM
Heritage Room	Bid Euchre 12:30-3:00 PM		Contract Bridge 12:30 - 3 PM	Cribbage 1 - 3 PM	
	Sixty Six 1-3PM		Social Board Games 4:00 - 8:00 PM	500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM Mah Jong 1 - 3 PM
Hall F	Short Mat Bowling 1 - 3 PM	Euchre 12:30 - 3 PM	Short Mat Bowling 1 - 3 PM *Starts Oct 1		
			Short Mat Bowling 6:30- 8:30 PM *Starts Oct 1	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	<b>Chair Exercise</b> 10:30 - 11:30 AM Activity: 139317 <b>Hall F</b>	<b>Strength &amp; Balance</b> <b>Sept 2- Oct 21</b> 9:30- 10:30 AM Activity: 140107 <b>Hall F</b>	<b>Chair Exercise</b> 9:30- 10:30 AM Activity: 139321 <b>Hall F</b>	<b>Strength &amp; Balance</b> <b>Sept 4- Oct 23</b> 9:30- 10:30 AM Activity: 140112 <b>Hall F</b>	<b>Tai Chi Level 3</b> 9:00- 10:00 AM Activity: 140049 <b>Hall F</b>
	<b>Chair Yoga</b> 10:45-11:45 AM Activity: 139315 <b>Heritage Room</b>	<b>Strength &amp; Balance</b> <b>Oct 28- Dec 16</b> 9:30- 10:30 AM Activity: 140117 <b>Hall F</b>	<b>Learning Bridge</b> <b>Level 1</b> 10:00 AM- 12:00 PM Activity: 140054 <b>Heritage Room</b>	<b>Strength &amp; Balance</b> <b>Oct 30- Dec 18</b> 9:30- 10:30 AM Activity: 140121 <b>Hall F</b>	<b>Tai Chi Level 2</b> 10:00- 11:00AM Activity: 140048 <b>Hall F</b>
				<b>Songsters (Rental)</b> 9:30- 11:30 AM For more info email: Nepeansongsters@gmail.com	<b>Tai Chi Level 1</b> 11:00- 12:00 PM Activity: 140037 <b>Hall F</b>
				<b>Zumba Gold</b> 10:45- 11:45 AM Activity: 139188 <b>Hall F</b>	

# Share Your Thoughts with Us!

We'd love to hear from you! Please take a moment to fill out our quick online survey about the programs at Nepean Seniors Centre. Your thoughts and feedback help us improve our services and better support you and our community.

If you'd rather fill out a paper copy, please feel free to stop by our front desk anytime — we'll be happy to provide one, and you can drop it in our suggestion box when you're finished.

Thank you for being part of our community!

## Nepean Seniors Centre Program Survey



### Nepean Seniors Centre Program Survey

The Nepean Seniors Centre is a recipient of the Seniors Active Living grant. As a grant recipient, we are required to survey our participants to gather feedback regarding our programs. Please indicate your level of agreement with the following statements.

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

\* Required

1. The programs offered at the Nepean Seniors Centre help me feel more engaged in my community. \*

- ☐ Strongly agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly disagree
- ☐ Unsure

2. The programs offered at the Nepean Seniors Centre meets my needs and interests. \*

- ☐ Strongly agree
- ☐ Agree