



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



Season's Greetings from the Nepean Seniors Centre!

Tara White

We kindly welcome you to our wonderful Nepean Seniors Centre community! We're so delighted you've joined us at the NSC—a warm and friendly place where friendships grow, laughter fills the room, and there's always something fun to look forward to. Whether you're here to connect with others, learn something new, or simply relax and enjoy good company, we're thrilled to have you with us.

The holiday season is one of our favourite times of year, and we're especially excited for our upcoming Annual Christmas Breakfast—a joyful way to celebrate together! Inside this newsletter, you'll also find our winter program schedule, and all the activities that will keep your spirits bright throughout the season. As always, if you have any questions, ideas, or concerns, please don't hesitate to reach out. Our doors are always open.

Wishing you a warm and wonderful holiday season,

The Nepean Seniors Centre Team

Winter Registration Opens Soon!

Register for Recreation and Cultural, programs:
Online: Thursday, Nov 20 at 9 PM
In-person: Friday, Nov 21 at City Rec & Culture desks
Don't miss out!

Join Us for
Our Annual



CHRISTMAS BREAKFAST

Tuesday, December 2 at 9:30 a.m.

Enjoy a delicious breakfast and get into the holiday spirit with a special performance by the Nepean Songsters, singing your favourite Christmas carols — and don't forget to sing long!

Registration is required in person, and spots fill up quickly, so be sure to register early.



This is a Nepean Seniors Council-sponsored event for members. A small fee applies for non-members.

For more information, please call Nepean Seniors Centre at 613-580-2424 ext. 46652.



HOLIDAY SEASON FOOD DRIVE

SUPPORT THE OTTAWA FOOD BANK!

While you're enjoying a game or passing through,
Nepean Seniors Centre invites you to help families
in need.

- What to donate: Non-perishable food items
- Deadline: Monday, December 8
- Drop-off: Nepean Seniors Centre



Every contribution counts—let's spread warmth
and generosity this holiday season.

Thank you for making a difference!



OTTAWA PARAMEDIC SERVICE CPR & AED CERTIFICATION FREE COURSE FOR ADULTS 50+

Know what to do when a loved one or neighbour is suffering cardiac distress. Learn the steps of Cardiopulmonary Resuscitation (CPR) and the use of Automated External Defibrillators (AED). Get informed.

Registration Required – Limited Spots Available!

EVENT DATE: TUESDAY, DECEMBER 9, 2025

LOCATION: 1701 WOODROFFE AVENUE, NEPEAN, ONTARIO

NEPEAN SENIORS CENTRE, HERITAGE ROOM

TIME: 12:30 PM- 4:30 PM

TO RESERVE YOUR SPOT PHONE OR EMAIL

PHONE: 613-580-2400 EXT. 46652

EMAIL: NEPEANSENIORSCENTRE@OTTAWA.CA



LEARNING

BRIDGE – LEVEL 2 – ADULT 50+

If you already know a little bridge or have completed the beginner course, this is for you!



Activity Code
#140098

Enrollment Opens:
20 Nov 2025 9:00 PM
online register.ottawa.ca
or the following day in-person
Nov 21. Limited spots.

Activity Meeting Dates
21 Jan 2026 – 11 Mar 2026
Wed 10:00 AM – Noon



A SWEET SUMMER MEMORY

THANK YOU TO EVERYONE WHO JOINED US FOR THIS SUMMER'S ICE CREAM BINGO SOCIAL! WE HAD A SWEET TIME AND LOVED SEEING EVERYONE THERE. SPECIAL THANKS TO THE NEPEAN SENIORS CENTRE COUNCIL FOR THEIR SUPPORT AND TO THE WATERFORD GRAND RETIREMENT RESIDENCE FOR SPONSORING THE DELICIOUS ICE CREAM. NOW THAT THERE'S SNOW ON THE GROUND, IT'S HARD TO THINK ABOUT ICE CREAM—BUT WHAT GREAT MEMORIES!





Halloween Spirit in Full Swing!

From spooky bingo cards to silly costumes and shared laughter, the Halloween spirit was alive and thriving! Put Up Your Pumpkin brought out the giggles, and we all got a good kick out of the quirky things we have in common. It was a day of big smiles, playful energy, and festive fun that reminded us how special it is to celebrate together!

TRICK
OR
TREAT



NSC Activity Report

Cribbage

By Smitty

On Thursday, September 25th...Debbie Smits organized a Pizza lunch...there were 21 members of the Cribbage Group in attendance. The lunch was very good and enjoyed by all...the usual 8 games followed. It was a bonus that 3 new members joined the fold that day.

Attendance averages between 25 and 29 players, which is a good turnout considering the space of Heritage room, where the cribbage group play, is somewhat limited. What is good to see is that there are constantly new players who want to join the fray.

Latest Standings (as this article goes to press):

1st – Sadie Adamson

2nd – Marianne Monroe

3rd – Debbie Dupuis

Other Cribbage News:

October 9th: Elsie Larsen had a 28 hand

October 23rd: Pat Binette had a 0- game day

October 30th: Sue Maniscalco also had a 0- game day



As we are approaching Christmas, the Cribbage Group and guests (where applicable) will have their annual Christmas Party on Wednesday, December 10th at Noon at Summerhays Grill, 1971 Baseline Road (across from College Square Mall.) So parking is not a problem be it at the restaurant or across the street.

The lunch will consist of turkey and the trimmings after which there will be the usual secret gift exchange, which promises to be exciting as it has been in previous years. For those of you who are not familiar with the secret gift exchange...everyone (including guests) are requested to bring a gift with a value of between \$10 and \$15 wrapped but without any form of identification.

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 the game before.

If you are not already a member of the Nepean Senior Centre...we recommend that you sign up and pay the yearly dues directly to the Centre (at the reception desk). 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).

NSC Activity Report

Bid Euchre

By Reg Hall

Our Bid-Euchre Group meets on Mondays at 12:30 until 3:00 PM 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 more challenging version.

The following scores highlight the 2025 year, to date (October 27, 2025):

HIGHEST SINGLE DAY SCORES:

Elaine Dinelle - 288

Arnold Baldwin - 271

HIGHEST NUMBER OF MOON-SHOTS:

Elaine Dinelle - 8

Arnold Baldwin - 7

Enjoy the fall colours.....BUT, if you find you have nothing to do, please feel free to come out and enjoy yourself at the Nepean Seniors Centre.

Reg/Sherry Hall

Bid-Euchre Coordinators

Shuffleboard

By Mike Hughes

Shuffleboard is played year- round from 1:00 to 3:00 PM on Mondays and Wednesdays on the Concourse.

The only charge is your annual Senior Centre membership fee. We continue to have newer people join us. There is always someone available to explain a few simple rules to get you started.

We are grateful to our nine volunteers who take turns with the set-up. This involves mopping and waxing the courts, putting out the discs and chairs, cleaning the scoreboards, and giving out the tokens for each of our four games -- all to make sure that things run smoothly.

Thanks to others who help with the clean-up ...See you on the Concourse this winter!



NSC Activity Report

The Creative Crafters

By Kathie Gourley

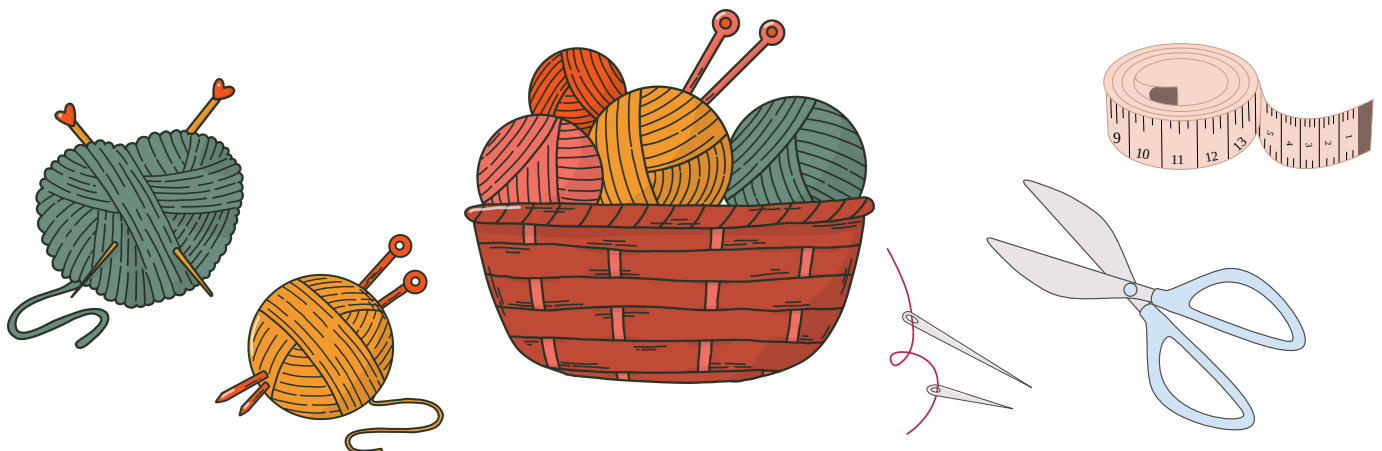
The new season for the crafters' group started this year on September 5th - although some of our dedicated and intrepid (because, they "went when no one went before") members continued to meet on Fridays all summer long, to chat and enjoy knitting and crocheting together.

On Sunday, November 30, 2025, ladies from our group will be taking part in a Craft Sale at Barrhaven Manor, 110 Berrigan Dr (off Greenbank Rd.) between 1pm and 3:30 pm. This would be an excellent opportunity to get a start on your Christmas shopping, with many unique items to choose from.

Our showcase cabinets in the Heritage Room and by the elevator change frequently. Please take a moment to check what is on display. All the proceeds from the sale of items from these cabinets is used to further the Nepean Seniors' programs. To that end, any donations of materials: yarns for knitting or crocheting or cloth for turning into quilts or place mats, etc. is very welcome. We do not buy new material for our projects. We recycle and repurpose what is already waiting in someone's closet to be brought out and made up into something new. This is one of the more challenging and rewarding aspects of our work.

Every year we manage to give away to some charity in our community excess items from our cupboards. At the beginning of November, we will make up bags of warm socks, mitts, toques, along with toiletries, that we will take to The Shepherds of Good Hope for distribution.

We Crafters believe in the old expression, "Make new friends, but keep the old. These are silver, those are gold". Thus, we always welcome new members to our crafting table. There's no need to worry about your skill level. Whether you are a complete novice, or whether it has been many years since you attempted any such work, there will be ladies willing and able to help you learn a new skill or brush up on something you learned many years ago. And indeed, you may have skills or know other crafts that you could share and teach us. We are avid students, willing to learn new things. Just show up at the Heritage Room door, any time between 9 am and 11 am on a Friday.



NSC Activity Report

Chinese Mahjong

by Zuzanna Gyimesine Soltesz

Chinese Mahjong is a fairly new activity at the Nepean Senior Centre; it started at the beginning of this year. We have been slowly growing ever since. We gained a lot of new members after the Open House - now we regularly play at 3-4 tables. Most of our players are new to Mahjong, but learning fast, while enjoying the game.

New players are always welcome! You don't need to worry about not knowing the game - we all started out that way, not too long ago. The game itself is not very complicated (it is fairly similar to playing Rummy, just using tiles instead of cards). Scoring is a bit harder; we are just getting to that part. We play every Friday, starting at 1 pm - check us out!



Duplicate Bridge

By Anne Coderre

Winter has arrived and our numbers are looking good. We are getting 6 to 8 tables on Thursday afternoon and the same on Friday afternoon. Please arrive for 12:30, we start to play at 12:45 PM. Come enjoy a good game of bridge with good company. Hope to see you there for an enjoyable afternoon!

Five Hundred

By Andy Shorthouse

Fall has arrived and WWWWinterrr is in the air. Why not get out of the house and come and enjoy some cards.. At present we are averaging 3 to 4 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 as follows:

Arnold Baldwin 6220

Steve McIntyre 5770

Arnold Baldwin 5660

NSC Activity Report

Euchre

By Barbara Yurkoski

In September we enjoyed a pizza lunch to celebrate the Euchre Club's 2024/2025 Season and award prizes. We play nine games each day and prizes are awarded in several categories. The winner for Highest Overall Average has their name engraved on our trophy.

Highest Overall Average was 58.71; highest single day score, 85; most single day lone hands, 7.

The winners in these and other categories are pictured below:

Front row, left to right: Gail Chapman, Highest Female Average; Sharon Kelly, Most Lone Hands (a 2-way tie), Most Single Day Lone Hands (a 4-way tie) and Perfect Attendance; Allen Trafford, Highest Overall Average; Lois Hogan, Most Single Day Lone Hands.

Back row, left to right: June Frechette, Most Single Day Lone Hands; Peter Kayrouz, Highest Single Day Score (a 2-way tie); Steve McIntyre, Highest Male Average; Marianne Munro, Most Lone Hands and Most Single Day Lone Hands.

Not pictured: William Yee, Highest Single Day Score.



Fun Bridge

by Evie Snarr

Celebrate the season with a friendly afternoon of bridge in the Heritage Room. Games run from 1:00 PM to 3:30 PM, but many arrive early to start as soon as four players are ready. If you're there by 1:00, we'll do our best to seat you.

A basic understanding of bridge is needed. If you're new to the game, ask about city-registered bridge lessons at the front desk.

Come for the cards, stay for the fun!

Short Mat/ Lawn Bowling

by Faye Schultz

The short mat season is well underway for the 2025-2026 season. New members are always welcome. Come to Hall F on Mondays and Wednesdays between 1 and 3 and Wednesday evening between 6 and 8 to give it a try. More information on the game is available at the Canadian Short Mat Bowls association at canadianshortmat.ca.

A few of our members headed down to Cobourg on Saturday November 1st for the mixed triples tournament. They played 4 games in one day and won two games and lost two.

Next, they are off to Lindsay, Ontario, for the National championships which be held from 17 to 23 November. This tournament will determine the team members who will head off to Norway in March 2026 for the world short mat bowls championships. We wish them well.

NSC Activity Report

Contract Bridge

By Arnold Baldwin & Elaine Dinelle

Slams

In September there were non vulnerable slams made by Pat Bruce & Candy Laframboise, Frank Carbonette & Jon Nielsen and a third by Peter and Gudi Freeman.

In October there were two non vulnerable slams bid & made by Arnold Baldwin & Elaine Dinelle and the second by Frank Carbonette & Jon Nielsen.

A fall tournament was held on Saturday October 18th with a great turnout of 9 tables of play.

1st prize went to Verna Toy and Art McCready
2nd prize went to Arnold Baldwin & Elaine Dinelle
3rd prize went to Gail Maguire & Shaheena Ghani

We also had a consolation prize for the pair who had a bad card day and as requested will not reveal their names.

There were 2 door prizes presented which were \$25 gift certificates to various restaurants. The winners were Elizabeth Elliot and Carol Olsen.

In the month of October, we welcomed 2 new players, Toni and Charlie Roussel. Very pleasant addition, of course from Newfoundland. Always great to get new players.

The last week of October we had 8 full tables which we hope will continue after summer holidays and cottage time.

We are planning a Christmas Lunch on December 10 and have an information sheet on card day, which we encourage you to sign up so we know our numbers attending. We will collect for this lunch in November.



NSC Activity Report

Sixty-Six

By Steve Toy

Sixty Six is a card game played every Monday from 1:00-3:00. We usually take a 15 minute break to chit chat. It is an easy game played with a table of 4 people. We could play with 3 people and one hand can be the dummy. It is a trick playing game played with 6 cards and trump is called. Ace being high, then 10, King, Queen, Jack and 9. Come and join us for some fun. All are welcome. We are always looking for new players.

The Walking Club

Looking for a refreshing way to start your week? Join us every Tuesday from 10:00–11:00 AM for a brisk walk through the beautiful wooded trails behind the centre—rain, snow, or shine.

It's a great opportunity to stay active, enjoy nature, and connect with friendly faces. New walkers are always welcome—just check in at the front desk before we head out. We leave promptly at 10:00 AM.

After the walk, warm up and unwind with a cup of coffee in the lounge. Make Tuesday mornings something to look forward to!

Military Whist

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 is **Thursday, November 27, 2025**

Contact Frank at 613-858-4554 for details.



NSC Activity Report

Curling *By Bob Streicher*

Our Nepean Seniors 50+ Curling group plays at the Nepean Sportsplex Curling Rink on Tuesday and Thursday mornings, from November 25th to March 19th, starting at 9am each morning. New players are always welcome to join us. We operate as a drop-in, so feel free to drop-in and join us any time you can. If you do join us, we ask that you arrive at least 15 to 30 minutes before 9am, so that we have time to make up the teams for that day.

We can accommodate all levels of curlers, even those new to the game. Don't feel like you would be able to do the slide delivery, like you see the professionals doing on TV? No problem - you can deliver the rocks from a standing position, using a delivery stick!

On the morning of Thursday, November 27, we will provide a special training session for anyone new to the game. If you are interested, simply come out that morning, and we will fit you in. Just be sure to arrive 15 to 30 minutes before 9, dressed in warm athletic clothing and clean sport shoes (i.e. no dirt, no salt). All curling related equipment is available at the club. It's never too late to give curling a try.

There are no membership fees required for curling with us, you simply pay (approx. \$6.65 to \$8.90) at the Athletic Desk each time you play.

If you would like more information, feel free to contact Bob at bb.streicher@gmail.com.

5 Pin Bowling *By Roger Hack*

Welcome to the many new bowlers who have joined us this 2025/26 season! We have been averaging around 75 bowlers each week which is ten more than last season's all time high

Festive Season:

Mon. Dec. 15th: regular afternoon bowling beginning at 1:00 p.m., followed later in the afternoon by a dinner at the Mandarin Restaurant on Hunt Club Road.

(Our last bowling day in 2025).

Mon. Jan. 5th: bowling resumes.

New bowlers are always welcome to join us (at the Merivale Bowling Centre, 1916 Merivale Road—please arrive by 12:30 for a 1:00 p.m. start). Please contact the activity coordinator listed below for more detailed information on such things as weekly fees, shoe rental, 50/50 draws etc.

Wishing everyone the very best of health and happiness in 2026!

(Contact info: hackrandm@sympatico.ca; 613-225-1420)

Nepean Seniors Board

Our Halloween event was held on October 21. We had nearly 55+ people attend. A delicious Lunch was provided by Tulip and Maple. We played Spooky bingo and three lovely prizes were won.

The participants chose the winners of the funniest, scariest, and most original costume.

Our next sponsored Board event is our annual Christmas breakfast. Be on the lookout out for the poster advertising it for December 2nd.

The snow will then soon arrive and we will say goodbye to another year. On behalf of the Board thank you for participating in the many activities we offer here at the Sportsplex and Seasons Greetings.

Steve McIntyre Board Chair

Songsters

By Susan Ascroft

The Nepean Songsters are pleased to report that our 2025-2026 season is going very, very well. We currently have a membership of about 50 (and there is always room for more). Our first concerts of the season were full of energy, and the audiences were very responsive. We will be singing at Thorncliffe Place in Bells Corners on November 11th. It will be a busy December as we are going to be performing on December 9th at Stillwater Creek on Robertson Road and on December 23rd at the Waterford Grand in Barrhaven..

We are very excited to announce that we will be leading the carols at the Seniors Centre Christmas breakfast on December 2nd. I promise a program of familiar and much-loved music, and we hope you will sing along.

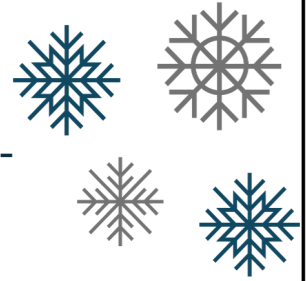
The choir is directed by Heather Lynn Smith and accompanied on the piano by Devon Wastle-Thivierge, both accomplished musicians who challenge and encourage us to sing our best. Currently in our repertoire are songs ranging from Ob-La-Di by the Beatles to John William's Rainbow Connection and including some lovely old melodies like Lilli Marlene and We'll Meet Again.

The Songsters practice in the Heritage Room on Thursday mornings from 9:30 until 11:30. Come any week and try us out. There are no auditions, and you never have to sing solo unless you want to. Be ready to sing and laugh for two hours of joyous fun



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

Nepean Seniors Centre Winter Schedule January 2- March 31, 2026



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 9-11AM
	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		
			Short Mat Bowling 6:30-8:30PM	Duplicate Bridge 12:30 - 4 PM	Duplicate Bridge 12:30 - 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: 140084 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 140126 Hall F	Chair Exercise 9:30 - 10:30 AM Activity: 140088 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 140132 Hall F	Tai Chi Level 3 9:00 - 10:00 AM Activity: 140094 Hall F
	Chair Yoga 10:45-11:45 AM Activity: 140080 Heritage Room		Learning Bridge Level 2 10:00am-Noon Activity 140098 Heritage Room	*Songsters (Rental) For more information email: NepeanSongsters@gmail.com	Tai Chi Level 2 10:00am-11:00am Activity: 140092 Hall F
					Tai Chi Level 1 11:00 - 12:00 PM Activity: 140090 Hall F

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

