



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



Welcome, Nepean Seniors Centre Community!

Let's welcome the arrival of the beautiful weather—it has certainly been a long winter. In this newsletter, you'll find the Nepean Seniors Centre summer schedule, along with activity reports from our wonderful NSC volunteers who do so much to keep our community thriving.

A special thank you to all NSC volunteers who nurture, grow, and support this community with compassion, care, dedication, and heart.

With warm weather just around the corner, we're excited to embrace the coming summer season with plenty of movement, connection, and outdoor fun. From our walking club exploring beautiful forest trails to energizing exercise classes, there are many ways to stay active and enjoy the fresh air together. Be sure to stay tuned for upcoming events through the Hub subscription newsletter. We'll be sharing details soon about our annual Canada Day celebration, ice cream social, and other activities.

Wishing you a bright, active, and sunny summer.

Summer Registration Opens Soon!

View online: Tuesday, May 5.

Register Online: Thursday, May 14 at 9 PM

Register in-person: Friday, May 15 at City Rec & Culture desks

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Thank You for Joining Our Annual NSC Christmas Breakfast

Thank you to everyone who attended our Annual Christmas Breakfast in December. The event was a wonderful success, with a fantastic turnout that reflected our continued growth as a community. This year marked a record-breaking attendance, and it was truly heartwarming to see so many familiar faces and many new ones gathered together to celebrate the season.

We are very grateful to all who joined us and helped make the morning so special. A sincere thank you goes to the Nepean Seniors Volunteer Council for their generous sponsorship, for coordinating the food and prizes, and for donating the Farm Boy basket that was raffled off and won by Sherry Hall.

We would also like to extend a special thank you to the Nepean Seniors Creative Crafters for the beautiful handmade pieces they create. Their ongoing efforts help support events like this and contribute greatly to the vibrant community at the Nepean Seniors Centre.

Finally, thank you to the Nepean Songsters for their lovely caroling performance, which brought warmth, cheer, and holiday spirit to the celebration.

We appreciate everyone who helped make this event memorable and look forward to many more opportunities to gather and celebrate together.



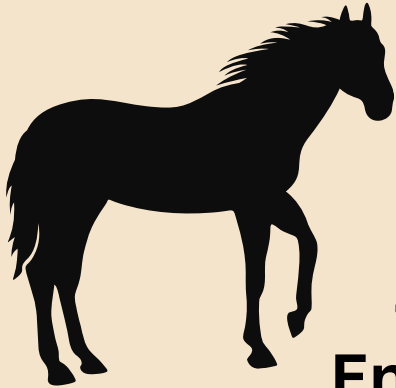
Special Presentation

Ottawa-Carleton Therapeutic Riding Association

Spots still Available

Tuesday, April 28th

11:00 a.m- 12:00 p.m



Nepean Seniors Centre

1701 Woodroffe Avenue

Entrance #3-Heritage Room

- Learn about the benefits of working with horses.
- Explore volunteer opportunities.
- Hear about outreach programs for seniors.
- Ask questions, connect & try something new.

Registration Required: \$2.50 (includes coffee/tea & muffin)

Register online: register.ottawa.ca

Activity Code: 182056

Or register in-person at the NSC front desk.

Please call if you have any questions at

613-580-2828/ ext. 46652

New Summer Hours for Shuffleboard

Please note that summer hours for shuffleboard will be in effect:

June 29 – August 14, 2026

During this time, shuffleboard will take place from

**10:00 a.m. to 12:00 p.m.
on Mondays and Wednesdays**

Regular hours will resume Monday,
August 17th 2026!



We wish you happy playing!

We hope these temporary hours offer a refreshing change, and thank you for your understanding.



SOCIAL BOARD GAMES



Looking for a fun and relaxed way to spend your afternoon?

Come on out to the Nepean Seniors Centre and join our **Social Board Games** program—where laughter, connection, and good times are always on the agenda!

Whether you're brand new to board games or a seasoned pro, everyone is welcome. No experience needed—just bring your smile and a willingness to have fun.

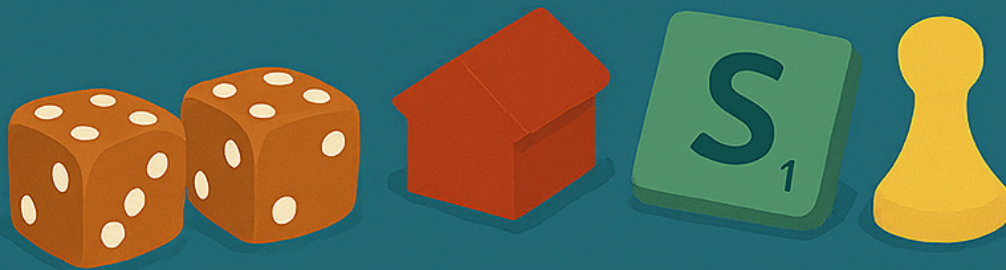
We have a cozy collection of games to enjoy, including Monopoly, Scrabble, Pictionary, Dominoes, and more.

Have a favourite game at home? Bring it along! We love discovering new classics.

When: Every Wednesday Time: 3:30–5:30 PM

Where: Heritage Room

Join us for two delightful hours filled with fun, laughter, friendly competition, and great company.



Roll the dice, make a move, and come have fun with us!

We look forward to seeing you there!

NSC Activity Report

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 2025 (note picture of award winners Arnold Baldwin and Elaine Dinelle):

HIGHEST OVERALL AVERAGE FOR THE ENTIRE YEAR:

Arnold Baldwin - 184.2

HIGHEST SINGLE DAY SCORE:

Arnold Baldwin - 288

HIGHEST NUMBER OF SUCESSFUL MOON-SHOTS:

Elaine Dinelle - 9

Arnold Baldwin - 9

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

Reg/Sherry Hall

Bid-Euchre Coordinators



NSC Activity Report

Short Mat/ Lawn Bowling

By Faye Schultz

The short mat season is going well, and we have welcomed several new members this year.

For anyone not familiar with the game, short mat is a version of lawn bowling played indoors on a smaller mat. The only cost is the Nepean Seniors Centre yearly membership fee, or you can pay a drop-in fee to try it out. Lawn bowls are available. All levels of participation are welcome—some of our members compete at the Canadian and world championships, while the rest of us are there to stay active and social. More information is available at the Nepean Seniors Centre.



NSC Activity Report

Shuffleboard

By Mike Hughes

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

Temporary hours change: From Monday to Wednesday, June 29 to August 14, shuffleboard will run from 10:00 AM to 12:00 PM. Regular hours will resume outside these dates. 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 volunteers who take turns with the set-up. This involves mopping and waxing the courts, putting out the discs and chairs, 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 summer!



NSC Activity Report

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. Bring on the summer weather and enjoy the lush greenery and scenic trails!

It's a great opportunity to stay active, enjoy nature, and connect with friendly faces. Walking also promotes many health benefits, including improved cardiovascular health, increased energy, and enhanced mood. 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!



Five Hundred

By Andy Shorthouse

Summer is in the air. Why not get out of the house and come and enjoy some cards.. At present we are averaging 3 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.

A big welcome for new members from the February Blahs

Amy Wyatt
Carol Hopkins
Ross Hopkins

The top three scores are as follows:

June Frechette. 5590
Marjorie Nelson. 5430
Carole Olsen. 5140



NSC Activity Report

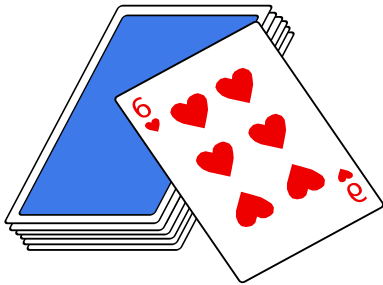
Euchre

By Barbara Yurkoski

The euchre group ended 2025 with a delicious Christmas lunch consisting of a catered meal and desserts provided by the many talented bakers in the group. In 2026, our Tuesday afternoon games have been well attended, offering a pleasant place to escape the bitter winter weather—and with the summer weather almost here, we’re looking forward to enjoying the change of seasons ahead.



We play 9 games of 8 hands. The top players are mentioned the following week, for total scores of over 65 or 4 lone hands or more. On Feb 17, Marianne Monroe had a rarely achieved score of 83, with the help of 10 lone hands—a very impressive feat.



NSC Activity Report

Contract Bridge

By Arnold Baldwin & Elaine Dinelle

End 2025

Although Pat Bruce and Candy Laframboise consistently have the highest daily score, Frank Carbonette and Joan Forbes recorded the highest daily score of “6450”

We had a great Christmas Lunch on December 10 with 30 players attending and contributing. A special thanks to Peter and Gudi for co-hosting this event.

Total slams for the year were

Non-vulnerable – Joan/Frank (2), Betty & Halina (2), Arnold & Elaine (4), Candy & Pat (6) Elizabeth Defalco (1) Jon Nielson and Frank (1)

Grand Slams Non vulnerable– Frank, Adolf & Hazel

Vulnerable Joan & Frank

New year 2026

Starting the new year we have to date

Joan and Frank 2 slams, Evie & Judy Corbett 1 slam, and Pat and Candy 1 slam

Bridge Tournament

An all day bring your own lunch contract Bridge tournament is planned for Saturday May 9 in the Heritage room where we usually play. Sign up sheets will be available at Wednesday Bridge. For more info contact edinelle@rogers.com

New Players

This year we are pleased to welcome a few new players.



Rita Vashishta & Abha Goomar
Krishne and Indu Sahay
Kathleen Mayes
Paul Julien and
Seeta Dayal
Ainsley Shepherd



If you are interested in playing contract bridge, come with your partner for 12:30p.m. Wednesdays. If you do not have a partner provide your name to Arnold or Elaine Dinelle and efforts will be made to find you a partner.

edinelle@rogers.com skippy999@rogers.com

NSC Activity Report

Cribbage

By Smitty

We will start the cribbage story with the annual Christmas Party on Wednesday, December 10th at Summerhays Grill, on Baseline Road...from all the feedback we have had thus far...most attendees thought that it was a roaring success and want to repeat it next year...as part of the party the much coveted trophy for 1st place...was handed to Sadie Adamson.

Jan 15th... As I am sure many of you may remember, we had a very nasty snowstorm but as the expression goes: Neither rain nor snow nor sleet nor hail can keep cribbage players from their Thursday game at the Nepean Sportsplex/Senior Centre... In this case it was the smallest contingent possible. We have not had such a small turnout and many a day. It consisted of a total eight players on two tables. Nevertheless, the hardy few had a good time.

Jan 22nd... Lois Hogan celebrated her 95th birthday.

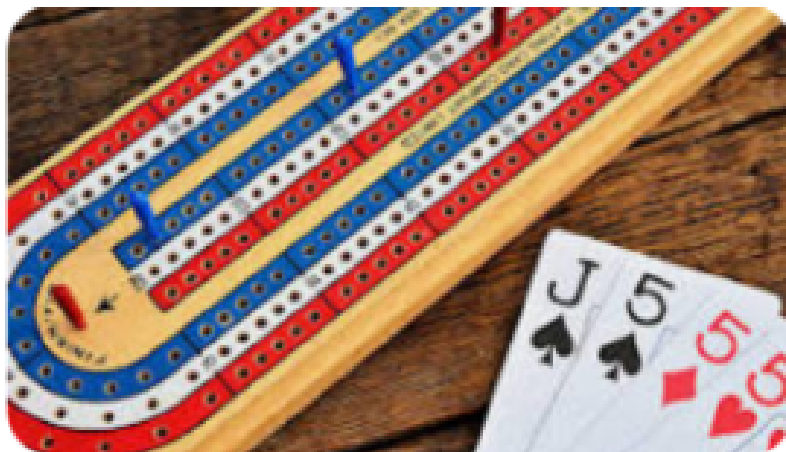
As a result of a nasty unpredictable winter storm on January 15th only 8 players showed up which is the lowest turnout ever...but before long attendance went from a regular 21 or 22 to 34 which happened on Feb 26th and as of late there has been the odd Thursday where there has been a turnout of 36 payers (9 tables) which is the maximum tables that room can accommodate.

First, Second and Third place

1. John Bos 80 Wins
2. Chris Clark 71 Wins
3. Sadie 69 Wins

High hands of 24 (or higher)

Mark Beauchamp February 26th
Debbie Dupuis March 6th
Chris Clark March 19th
Don Bresette March 19th
Marg Stone March 26th
Lois Hogan April 2nd



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 **12** contribution(s) to replenish the "cookie jar" and the occasional donation required to participate in specific event(s.)

NSC Activity Report

Cribbage – Good Games and Good Times



Lois Hogan Celebrating Her 95th Birthday

1st place trophy & plaque handed to Sadie Adamsom... by Debbie Smits.



Cribbage group at Christmas party, Dec 10, 2025

NSC Activity Report

Duplicate Bridge

By Anne Coderre

Summer is around the corner and our numbers are looking good. We are getting 7 to 9 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!

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.

Fun Bridge

By Evie Snarr

Happy Spring everyone.

I hate to start our news with sadness, but one of our long time members, Naiim Shafey, passed away a few months ago. Naiim was also part of many other activities at the centre that he enjoyed very much. We are all missing him.

We, at Fun Bridge, usually get seven tables to play bridge each Friday from “officially” 1:00 to 3:30 but many of our members arrive much earlier – they are so anxious to bid and play! But remember folks that we can’t use the room until it is all set up by staff. Our star BAKER brings cookies every week for us to enjoy with (or without) tea, coffee or hot chocolate. We all thank her for her work and thoughtfulness. As most of you know we don’t keep score so it is a very relaxing afternoon of bridge. It is actually a good way for people coming back to play after a few years away from it or just learning after taking lessons.

We do not teach anyone how to play. We try to accommodate anyone who comes by 1:00 so they can stay and play. You do not need to bring a partner – we change partners and/or tables every half hour.



NSC Activity Report

The Creative Crafters

By Kathie Gourley

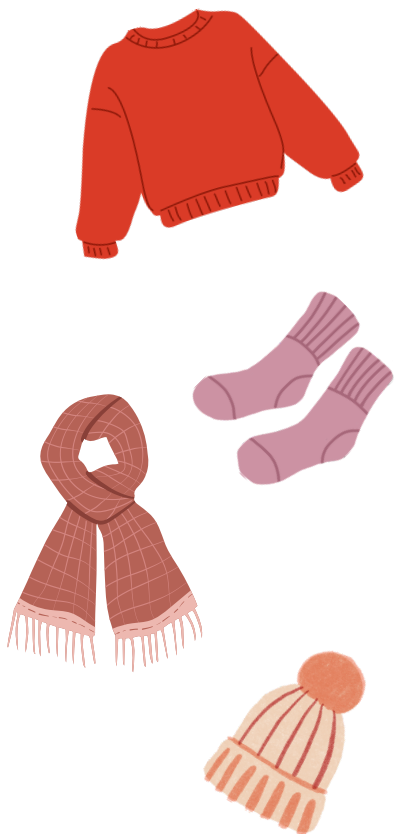
Many more “intrepid” ladies have joined our group since this column was published in the autumn, and our crafting table has needed to be extended – and extended again! It is a merry group of women – always willing to help or explain, - or tell an interesting tale.

The ladies who quilt are learning a new method of assembling their materials. There will be new quilts and throws to purchase at the Canada Day barbecue, which is held at the end of June here at the Sportsplex each year.

Do take a moment to go into the Heritage Room as you enter or leave the building. You will find unique and interesting items for sale in the cupboard there. For instance, we have on sale now, this handy little gadget (made of cloth!) that will help you to open those tight lids from bottles! Who’d have thought?! (And you won’t have to get the guy on the check-out at Loblaws to loosen the lids anymore! What a time saving for him – and for you!)

Also, there is a cute little doll for sale -beautifully knitted and dressed, with a cute, embroidered face and pigtails. Any little child (grandchild or friend’s child) would love her. I must mention - along with the sweaters and placemats – there are bigger card holders now available for those who play bridge or euchre, to use to arrange their playing cards. Do check this cupboard out.

However, our supply of yarns, for the knitters and crocheters, is running low. Thus, a plea for help: if any of you know of a cache of yarn hidden away in closet or drawer, please think of us so we can keep our needles clicking away making more gifts for you to purchase come Christmas time again. All unique. All made with loving care.



NSC Heritage Sale Cabinet,

NSC Activity Report

Chinese Mahjong

by Zuzanna Gyimesine Soltesz

Chinese Mahjong is here to stay! I am glad to report that we have been growing slowly but steadily since the beginning. Nowadays, we usually have 3 tables going.

With the increase in our number of players, it became clear that there are 2 types of players among us: those who prefer the simplicity and speed of playing Mahjong without scoring, and those who enjoy the challenge of counting points and strategizing for most points possible. Therefore, we are dividing the Mahjong group into 2 subgroups: Simple Mahjong (no scoring) and Mahjong with Scoring.

Both of these subgroups will still meet at the same time as before, just the setup of tables changes slightly. There will be always at least one table set up for each subgroup, and if more tables are needed, those will be set up according to the players needs. We currently have 5 sets of tiles, so, if the number of players doesn't increase dramatically, we should be able to accommodate everyone for quite a long while. (And in the happy event of a huge increase over our current capacity, I am sure the Senior Centre will be able to get us more sets and space, if needed.)

So, if you are intimidated by the complicated scoring system, please don't hesitate to come and enjoy Simple Mahjong. If you enjoy the challenge of mastering the scoring system, please don't hesitate to come and play with likeminded people. The more the merrier!



NSC Activity Report

Robber's Rummy – New Group Forming

By: Zsuzsanna Gyimesiné Soltész

I would like to start a new group for anyone interested in playing Robber's Rummy. To the best of my knowledge, this game is not currently offered at any Senior Centre—though I would be very happy to be proven wrong and meet others who already know and enjoy it.

I grew up playing a version of Rummy we called Robber's Rummy, and I have very fond memories of it. While searching online, I found similar games, but none that exactly matched the version I remembered. So, I wrote down the rules as best as I could, filling in a few gaps with elements from other versions where needed. These will serve as the “official” rules for the group.

For those unfamiliar with the game, Robber's Rummy is played with two or three decks of cards (including Jokers), depending on the number of players. There are no teams—everyone plays individually—so the game is quite flexible in terms of group size. For practical purposes, I suggest a maximum of eight players at a large table. With the smaller tables at the Senior Centre, groups of 2–5 players are ideal, though 6–8 players could be accommodated by combining tables if needed.

The objective is to meld all your cards into sets or runs of at least three cards. The “robber” aspect begins after your initial meld: from that point on, players can rearrange and manipulate all cards on the table to their advantage during their turn. You can “rob” cards from existing sets to create new ones, add cards from your hand, swap out Jokers, and reorganize combinations—as long as all cards remain properly melded on the table. It's a dynamic and engaging game that offers plenty of strategy and fun.

If you are interested in joining, please call the NSC Customer Service front desk at 613-580-2828 ext. 46652 and leave your name, phone number, and preferred day (Monday, Wednesday, or Thursday afternoon).

The final schedule and location will depend on interest and room availability, so your input will be very helpful.

We look forward to hearing from you!



NSC Activity Report

Curling

By Bob Streicher

Our Nepean Seniors Curling 2025/26 season has come to an end, and what a successful season it has been! The number of participants increased substantially this season, with 62 new curlers coming out at least once during the season. Our highest single day attendance reached 59 curlers. We had 55 people attend our year-end luncheon, held on our final day of our season, Thursday, March 19. We also put together 5 teams to play in a curling challenge against the Ninth-enders group, who play on Friday evenings at the Sportsplex, and we won 4 out of the 5 matches played.

Our Nepean Seniors 50+ Curling group plays at the Nepean Sportsplex Curling Rink on Tuesday and Thursday mornings, from mid-November to mid-March. New players are always welcome to join us. We operate as a drop-in, so anyone is free to drop-in and join us any time during our season. We can accommodate all levels of curlers, even those new to the game. There are no membership fees required for curling with us, you simply pay at the Athletic Desk each time you play.

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



2025/26 Nepean Seniors Curling Champions: from left to right, lead - Marc Loiselle, skip Bob Streicher, third - Mike Fricker (missing from the picture was our second - Stephen Toy).

NSC Activity Report

Nepean Seniors Board

Spring at the Sportsplex

We are now into spring—well, maybe! With all this snow, I'm not sure Mother Nature got the message. It's a great time to take advantage of the many activities offered here at the Sportsplex. One of the most popular is Mahjong, and there's always room for one more player.

The board is also beginning to plan our Canada Day celebrations. More details will be shared as they become available.

Steve McIntyre Board Chair

5 Pin Bowling

By Roger Hack

Participation in our Monday afternoon bowling has continued the trend of previous seasons, with attendance this season often in the 75+ range. Bowling is our main reason for getting together, but the social aspect is a great part of the enjoyment – renewing friendships and enjoying the company of others in a casual and relaxed atmosphere.

Our final day of bowling, and end-of-season party, will be held on Monday, April 27th. Although it is a non-competitive bowling “league”, we do track averages throughout the season, including high individual games and 3-game series; and we will be presenting prizes to celebrate special achievements (with and without handicap, so all have a chance to win). A few door prizes will be drawn as well.

Monday afternoon bowling will resume for the 2026/27 season on September 14th. New bowlers are always welcome. Bowling begins at 1:00 p.m., at the Merivale Bowling Centre, 1916 Merivale Road.

5-Pin Bowling is not part of the Nepean Seniors Centre membership but is included here so that seniors know this activity exists.

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

Songsters

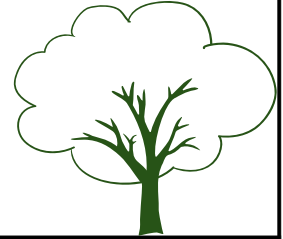
By Susan Ascroft

The Nepean Songsters are having a wonderful year. The choir membership is back to pre-Covid numbers including a strong section of male voices. Each month, the Songsters perform at a Seniors' residence in the west end of the city. Unfortunately, four times this winter the singouts were cancelled because the residences were dealing with a virus. We were able to find other dates and the spring will be busy. The Nepean Songsters meet every Thursday morning in the Heritage Room from 9:30 until 11:30. Our director, Heather Lynn Smith, leads the group through a warm-up and then two hours of wonderful music. We are accompanied on the piano by Devon Wastle-Thivierge. Both of these women are talented musicians who inspire us as we learn. The music we sing is varied and includes golden oldies like Raindrops Keep Fallin' on my Head, through Button Up Your Overcoat, to the Rainbow Connection. Sometimes we sing in harmony and sometimes in unison. We always have fun. If you would like to come sit in on a practice to see if you like us, please do. We will be delighted to find you a seat.



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

Nepean Seniors Centre Summer Schedule June 23- Aug 28, 2026



Location	Monday	Tuesday	Wednesday	Thursday	Friday
Membership Activities* Membership or drop-in fee required					
Outside		Walking Club 10 - 11 AM			
Heritage Room	Bid Euchre 12:30-3:00 PM		Contract Bridge (Partners) 12:30 - 3 PM	Cribbage 1 - 3 PM	Creative Crafters 9-11:30 AM
	Sixty Six 1-3PM		Social Board Games 3:30 - 5:30 PM	500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM Chinese 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 -8:30 PM	Duplicate Bridge (Partners) 12:30 - 4 PM	Duplicate Bridge (Partners) 12:30 - 4 PM
Concourse	Shuffleboard June 29-August 14 Summer Hours: 10:00 AM-Noon Return to Regular Hours outside these dates: 1:00 PM-3:00 PM		Shuffleboard June 29-August 14 Summer Hours: 10:00 AM-Noon Return to Regular Hours outside these dates: 1:00 PM-3:00 PM		
Registered Activities - Older Adult *additional cost. For more information, or to register please visit our front desk					
Nepean Senior Centre	Chair Exercise (Heartwise) 10:30 - 11:30 AM Activity: 173811 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 173815 Hall F	Chair Exercise (Heartwise) 9:30 - 10:30 AM Activity: 173819 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 173823 Hall F	Tai Chi Level 3 (Heartwise) 9:00 - 10:00 AM Activity: 173834 Hall F
				Zumba Gold 10:45 - 11:45 AM Activity: 173828 Hall F	Tai Chi Level 2 (Heartwise) 10:00 - 11:00 AM Activity: 173833 Hall F
					Tai Chi Level 1 (Heartwise) 11:00 AM-Noon Activity: 173831 Hall F