



September and October, 2026

Nepean Seniors 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 Community Welcomes You!

Tara Wilson

I hope you have all been enjoying the summer. With registration around the corner, I wanted to share this fall newsletter early so that you have information about our upcoming fall programs. **Registration opens online on August 13th at 9:00 p.m.** through register.ottawa.ca, **or in person on August 14th** at any City of Ottawa Recreation Customer Service Desk.

Included in this newsletter, you will find our activity schedule, showcasing the many programs and services we offer. I am pleased to announce that our exercise classes have reached capacity, demonstrating just how important staying active, healthy, and connected is to our community. To help meet this growing demand, we have added an additional Strength and Balance 50+ class on Monday afternoons. We hope this additional class will create an opportunity for those who have had difficulty securing a spot in our other sessions.

I am also excited to share that our Tuesday Learning Series will be returning in the Heritage Room when space is available. We typically pause these sessions during the summer months due to lower attendance, but we look forward to welcoming everyone back this fall.

Please watch for updates in the Hub newsletter or inquire at our Customer Service Desk. Upcoming presentations may include topics such as healthy aging, staying safe at home, nutrition and wellness, fraud prevention and identity protection, estate, climate awareness, and more.

If you are interested in visiting the Centre, we would be delighted to help you find activities that match your interests. Memberships are \$32.97 per year, or you can visit for \$2.50 per drop-in. I encourage you to stop by, explore our facility, and see everything the Nepean Seniors Centre has to offer. We look forward to welcoming you!

The Fall Hub

TABLE OF CONTENTS

SEPTEMBER & OCTOBER ISSUE, 2026

PAGE	FEATURE
3	Fall Program Schedule <i>September 1 - December 23</i>
4	Ice Cream Social Recap
5	Annual General Meeting, NSC Volunteer Board & Open House
6-10	Learn Series Topics <i>(Registration Required)</i>
11	CPR Essentials & Halloween: <i>Save the Date!</i> 🎃
12	Share Your Talent
13	Level 1 Bridge Lessons <i>(Registration Required)</i>
14-21	Activity Reports

SEPTEMBER | OCTOBER

2026

 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 01- December 23, 2026 			
Location	Monday	Tuesday	Wednesday	Thursday	Friday
	Membership Activities *Membership or drop-in fee required				
Outside		Walking Club 10:00-11:00 AM Check in at front desk			
Heritage Room	Bid Euchre 12:30-3:00 PM	Learning Series Inquire at the front desk	Contract Bridge (Partners) 12:30 - 3:00 PM	Cribbage 1:00 -3:00 PM	Creative Crafters 9:00-11:30 AM
	Sixty Six 1:00-3:00 PM		Social Board Games 9:30 - 11:30 AM *Until Oct 14, the time slot will change afterward	500 12:30- 3:00 PM	Fun Bridge 1:00 - 3:30 PM Chinese Mah Jong 1:00-3:00 PM
NSC Meeting Room				Robber's Rummy 1:00-3:00PM	
Hall F		Euchre 12:30 - 3:00 PM	Short Mat Bowling 1:00 -3:00 PM		
			Short Mat Bowling 6:30 -8:30 PM	Duplicate Bridge (Partners) 12:30 - 4:00 PM	Duplicate Bridge (Partners) 12:30 - 4:00 PM
Concourse	Shuffleboard 1:00-3:00 PM		Shuffleboard 1:00-3:00 PM		
Registered Activities - 50+ *Additional fees apply. Visit our front desk to learn more or to register.					
Hall F & Heritage Room	Chair Exercise (Heartwise) 10:30 - 11:30 AM Activity: 196449 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 196834 Hall F	Chair Exercise (Heartwise) 9:30 - 10:30 AM Activity: 196595 Hall F	Songsters (Rental) 9:30-11:30 AM For more information Email: Nepeansongsters@gmail.com	Tai Chi Level 3 (Heartwise) 9:00 - 10:00 AM Activity: 196905 Hall F
	Yoga Chair (Heartwise) 10:45 - 11:45AM Activity: 196883 Heritage Room *Starts Oct 19		Zumba Gold 11:00- 12:00 PM Activity: 196885 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 196863 Hall F	Tai Chi Level 2 (Heartwise) 10:00 - 11:00 AM Activity: 196895 Hall F
	Strength & Balance 1:00-2:00 PM Activity: 196872 Hall F		Learn Bridge- Level 1 10:00-12:00 PM Activity: 196874 Heritage Room *Starts October 21		Tai Chi Level 1 (Heartwise) 11:00-12:00 PM Activity: 196889 Hall F

Ice Cream Social

Aug 5th, 2026

A special thank you to the Volunteer Board for treating us to an incredible afternoon of entertainment, featuring a fantastic live performance by the talented singer and entertainer Josh Dubovie, along with exciting raffle giveaways. Their support helped make this year's Annual Ice Cream Social a truly memorable event.

We would also like to extend our sincere appreciation to Waterford Grand Retirement Residence for generously sponsoring the delicious ice cream and wonderful prizes. Their support added an extra special touch to the celebration.

Most importantly, thank you to everyone who attended. Your enthusiasm, energy, and support made this social such a tremendous success. It was an afternoon filled with laughter, music, and friendship, and I'm grateful for the incredible turnout that helped make it so memorable.



Tara Wilson
Program Coordinator
Nepean Seniors Centre



Nepean
Seniors Board
Presents...

Annual GENERAL MEETING

1–3pm | September 29th

An opportunity for members to meet their
volunteer management board and for
existing members and potential members
to explore activities available and our experts
to give demonstrations!



*Light snacks and
refreshments available.*



Nepean Seniors Centre

1701 Woodroffe Ave, Entrance 3
Hall A/B



Presented by
Guest Speakers from

Arbor Memorial



Join us for an informative presentation on

End-of-Life Decisions

where guest speakers from **Arbor Memorial** will discuss important choices surrounding funeral, cremation, and cemetery arrangements.

Learn about the options available to you and your loved ones, and discover a variety of complimentary resources designed to help you make informed decisions with confidence and peace of mind.



Light refreshments and a door prize, generously provided by Arbor Memorial, will be available for attendees.



Date: Tuesday, September 8



Time: 11:00 a.m. to 12:00 p.m.



Location: Heritage Room, Nepean Seniors' Centre



Registration is required.

Cost: Free for Nepean Seniors' Centre members;
\$2.50 for non-members.



To register or for more information, please visit the **Nepean Seniors' Centre Front Desk** or call **613-580-2400 ext. 41264.**

We look forward to welcoming you to this valuable and informative session.

Ever wonder what it would be like
to visit the

GALÁPAGOS ISLANDS:

*Travelling in
Darwin's Footsteps*

Join Nepean Seniors Centre Member

Allen Trafford

for a fascinating travel presentation
about one of the world's most unique destinations.

Allen will share his firsthand experiences
visiting the Galápagos Islands, including:

- ✓ Planning a trip to the Galápagos
- ✓ Travel options and itineraries
- ✓ Spectacular scenery and unique wildlife
- ✓ Personal photos and videos from the islands
- ✓ Helpful tips and insights for future travellers



Presentation Length:

Approximately 45–60 minutes



DATE & TIME

**TUESDAY,
SEPTEMBER 15**

10:00 AM - 11:30 AM



LOCATION

HERITAGE ROOM

NEPEAN SENIORS CENTRE

1701 Woodroffe Avenue
(Located inside Entrance #3)



REGISTRATION

Please register at
NEPEAN SENIORS CENTRE
1701 Woodroffe Avenue
(Located inside Entrance #3)



ADMISSION

**MEMBERS:
FREE**

**NON-MEMBERS:
\$2.50
DROP-IN FEE**



CONTACT

Please contact
Nepean Seniors Centre
Front Desk at

**613-580-2400
ext. 46652**

Discover the remarkable landscapes, wildlife,
and natural history of the Galápagos Islands
through the eyes of a fellow traveller!



Ontario
Health atHome



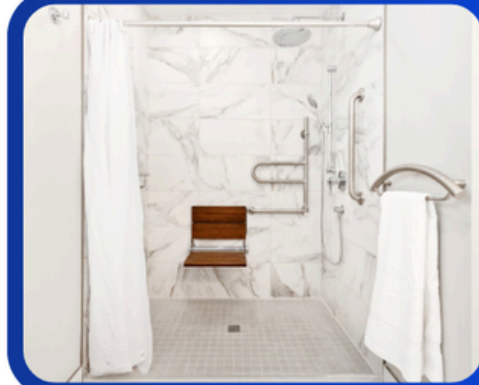
BUILDABLE
ACCESSIBLE DESIGN • RENOVATIONS

MAPLE CARE
PHYSIOTHERAPY &
NEURO REHAB CENTRE

Ottawa

AGING SAFELY AT HOME WITH COMMUNITY SUPPORTS

Please Register at the Nepean Seniors Centre's
Front Desk – Spots are Limited!
FREE for Members | \$2.50 for Non-Members



TUES, OCT. 6th, 2026 | 10:00am - 12:00pm

FREE PARKING & COFFEE/TEA PROVIDED!

- Learn about accessible renovations that improve independence;
- Get practical tips to improve balance & prevent falls;
- Understand how to access home & supportive care programs;
- Discover tax credits and funding options that assist with home modifications and community care services... and more!

Nepean Seniors Recreation Centre: Heritage Room
Nepean Sportsplex: 1701 Woodroffe Ave.



CLIMATE FRESH WORKSHOP



Understanding Climate Change & Taking Action

Join us for an engaging, collaborative **3-hour workshop** exploring the science and impacts of climate change—and discovering practical ways we can make a difference.

Through an innovative card game and creative activities, participants will:



Explore the connections between nature, climate and human activities



Learn how everyday actions can help protect ourselves and reduce harm



Share feelings and hopes for the future



Discover ways to take meaningful action



Create a personal action plan for positive change



The workshop is science-based, interactive and designed to leave participants feeling informed, hopeful and motivated, rather than overwhelmed by climate anxiety.



The **Climate Fresh** workshop has been delivered to more than **2.3 million** people worldwide in **167 countries** since 2018.



**Tuesday,
October 13th**



1:00–4:00 PM



**Nepean Seniors Centre
– Heritage Room**

REGISTRATION REQUIRED – LIMITED SPOTS AVAILABLE!



**Free for
members**



**Non-members:
\$2.50 drop-in fee**

*Come learn, connect and discover how we can each
play a part in creating a **healthier future**.*





CYBER SAFETY SERIES

PROTECT YOURSELF FROM SCAMS & IDENTITY THEFT

Practical, hands-on workshops to help you stay safe online.



SCAMMERS' TACTICS

IF IT HAPPENS TO YOU



**TUESDAY,
OCTOBER 20, 2026**



1:00 - 2:00 P.M.

Have you been targeted by a scam or wondered what to do if it happens?

LEARN HOW TO:

- ✓ Recognize common scams affecting older adults
- ✓ Take quick steps to protect yourself
- ✓ Report scams and recover safely



Bring your phone, tablet, or laptop for hands-on practice.



PROTECTING YOUR IDENTITY

LOCK IT DOWN



**TUESDAY,
OCTOBER 27, 2026**



1:00 - 2:00 P.M.

Are your online accounts secure from cybercriminals?

LEARN HOW TO:

- ✓ Create strong, unique passwords
- ✓ Manage your passwords securely
- ✓ Add extra protection with two-factor authentication



Bring your phone, tablet, or laptop for hands-on practice.



REGISTRATION REQUIRED

REGISTER AT THE NEPEAN SENIORS CENTRE FRONT DESK



1701 WOODROFFE AVENUE, OTTAWA



CONTACT THE FRONT DESK FOR INQUIRIES OR AVAILABILITY.





HEALTH & SAFETY

CPR ESSENTIALS FOR SENIORS

— WITH OTTAWA PARAMEDICS —

The Nepean Seniors Centre is offering CPR training session tailored specifically for older adults. This session focuses on simplified techniques and guidelines, considering the unique physical characteristics and potential limitations of seniors.



DATE: Tuesday, September 22, 2026



TIME: 10:00 a.m. – 1:00 p.m.

*(please feel free to pack a lunch
or snack for break)*



LOCATION: Heritage Room



COST: Free – Registration is required



SPACES ARE LIMITED!



Ottawa
PARAMEDICS

YOU CAN
SAVE
A LIFE



Please register at Nepean Seniors Centre front desk.
Call to inquire at 613-580-2400 ext.46652.

SAVE THE DATE!

Nepean Seniors Centre

HALLOWEEN — EVENT —



DATE: Friday,
October 16th, 2026



TIME: 11:30 a.m. – 2:30 p.m.

REGISTRATION WILL BE AVAILABLE SOON.
➤ MORE DETAILS TO COME! ➤

Mark your calendars and get ready for a spooktacular time!

Share Your TALENT!

CALLING ALL NEPEAN SENIORS' CENTRE MEMBERS & VOLUNTEERS!



Do you have a special skill, hobby, talent, or life experience you'd like to share?

We are looking for members of our wonderful community to lead a **one-time discussion, demonstration, or hands-on class** for fellow seniors.

Your knowledge can inspire others!

IDEAS INCLUDE:



COOKING & MEAL PREP

Share your favourite recipes, kitchen tips, and time-saving tricks.



KNITTING & SEWING

Teach basic stitches, mending, or simple projects.



GARDENING

Pass along your green-thumb knowledge and seasonal tips.



ARTS & CRAFTS

Show others your creative talents.



AND MORE!

Photography, Technology, Travel, Music, Woodworking & More!

WE ONLY NEED:

- ✓ 1-2 HOURS OF YOUR TIME
- ✓ A WILLINGNESS TO SHARE YOUR KNOWLEDGE
- ✓ A DESIRE TO CONNECT WITH OTHERS IN THE COMMUNITY

Everyone has something **valuable** to teach!



Interested?



CONTACT:
TARA WILSON
Program Coordinator
Nepean Seniors' Centre



Stop by for a chat—my door is always open!



SHARE YOUR KNOWLEDGE



INSPIRE OTHERS



BUILD COMMUNITY





Learn a Game for Life!

LEVEL 1 BRIDGE LESSONS



10am-Noon



Discover strategy,
make new friends
and have fun!



STARTING

OCTOBER

21



ACTIVITY CODE

#196874

REGISTRATION
REQUIRED

NSC Activity Report

I hope everyone had a great summer. The Board hopes everyone can take part in our Annual General Meeting coming up in September. Come and see what activities you might like to take part in, and take advantage of the availability of the various leads to ask questions about an activity you may want to pursue. Think as well about volunteering your talents. Enjoy the coming fall and winter activities.

Steve McIntyre, Board Chair

500

By: Andy Shorthouse

Summer and the heat wave hopefully has gone. 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 centre. 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 5060

Arnold Baldwin 4960

Arnold Baldwin 4770

On a sad note we have lost one of our long time 500 players Lois Langford .It was always a pleasure to have Lois as a partner. She will be missed.



Duplicate Bridge

By: Anne Coderre

As we move into the fall season, our bridge group continues to thrive with strong attendance and plenty of enthusiasm around the card tables. We are regularly hosting 7 to 9 tables on both Thursday and Friday afternoons, making for lively and enjoyable games each week.

Whether you are a seasoned player or looking to reconnect with the game after some time away, we invite you to join us for an afternoon of friendly competition, strategy, and social connection.

Players are asked to arrive by 12:30 p.m., with play beginning promptly at 12:45 p.m. We hope to see you there for an enjoyable afternoon!

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. We meet weekly, all summer. 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 2026 to date:

HIGHEST SINGLE DAY SCORE:

Anne Saunders - 281

HIGHEST NUMBER OF SUCCESSFUL MOON-SHOTS:

Anne Saunders - 6

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

Reg/Sherry Hall
Bid-Euchre Coordinators

Sixty-Six

Sixty-Six is a fun and easy card game played every Monday from 1:00–3:00 p.m. We usually take a 15-minute break to relax and enjoy some friendly chit-chat.

The game is best played with four people at a table, but we can also play with three, using a “dummy” hand when needed.

Sixty-Six is a trick-taking game played with six cards, with trump being called during play. The card ranking, from highest to lowest, is Ace, 10, King, Queen, Jack, and 9.

Come join us for some fun, laughter, and friendly competition! All are welcome, and we are always looking for new players.

Euchre

By: Barbara Yurkoski

While summer offers more outdoor opportunities, we do enjoy taking a break from the heat on Tuesday afternoons to play in air-conditioned comfort.

Richard Caron had 9 lone hands on May 19th and Allan Trafford had a score of 84 on June 23rd – a bit below his December achievement of 94 but noteworthy!

There is still time to beat their records before awards are announced in September. All euchre players are welcome to join us. Games start at 12:30 sharp.

NSC Activity Report

Shuffleboard

By: Mike Hughes

Shuffleboard is played on the Concourse, Mondays and Wednesdays. Our summer shuffleboard hours will change, and starting August 17, we will resume our regular hours of 1:00 P.M. to 3:00 P.M.

Numbers have decreased somewhat during the summer months, but we are still having 20 to 25 participants, as well as getting the occasional new player.

When we have new people join us, there is always someone available to explain a few simple rules to get you started.

The only charge is your annual Seniors Centre membership fee, or a \$2.50 drop-in fee.

We are thankful for our volunteers who take turns with the Set-Up. This involves mopping the courts, putting out the discs and chairs, spreading the beads/wax on the courts, giving out the tokens for each of the four games, and making sure things are put away. All of this is to make sure that things run smoothly.

Thanks to others who help with the Clean-Up.

See you on the Concourse!

Tuesday Morning Walking Group

Looking for a refreshing way to start your week? Join us every Tuesday from 10:00–11:00 a.m. 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!

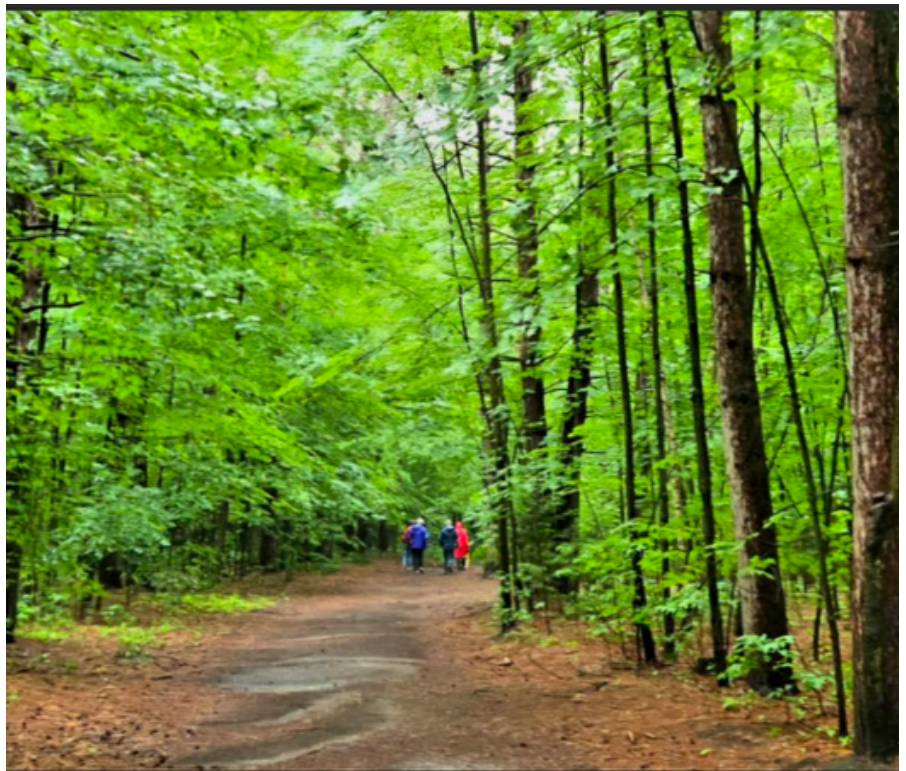
It's a great opportunity to stay active, enjoy nature, and connect with friendly faces.

Walking offers many health benefits, including improved cardiovascular health, increased energy, and an enhanced mood.

New walkers are always welcome! Just check in at the front desk before we head out. We leave promptly at 10:00 a.m.

After the walk, warm up and unwind with a cup of coffee in the lounge.

Make Tuesday mornings something to look forward to!



NSC Activity Report

Contract Bridge

By: Arnold Baldwin & Elaine Dinelle

Starting 2026 we are pleased to welcome a few new players

Ainsley Shepherd
Carmen Tremblay
Amina
Shan Dedhar
Julie Chahal



SLAMS



So far this year we have a record number of small slams bid & made

Frank Carbonette & Joan Forbes 2
Judy Corbett & Evie Snarr 1
Arnold & Elaine 5 and 2 vulnerable
Peter & Gudi Freeman 2
Pat Cassidy & Candy Laframboise 1
Amina & Shan Dedhar 1
Adolf James & Hazel Miller 1
Julie Leslie & Erika Janke 1

The highest monthly score at this time belongs to Frank & Joan at 19,250

Bridge Tournament

We had an all day “bring your own lunch” Contract Bridge Tournament on Saturday May 2. There were 28 people playing 5 tables in the morning and 5 tables in the afternoon.



There were cash prizes for the top three scores, one consolation prize, and 4 door prizes (2 \$25 gift certificates and 2 donated gift baskets)



There were cash prizes for the top three scores, one consolation prize, and 4 door prizes (2 \$25 gift certificates and 2 donated gift baskets)

We will plan another tournament this coming fall possibly in October. Date to follow.

SUMMER SALAD POT LUCK LUNCH

July 22nd we had a wonderful Salad pot luck lunch.



There were “ 24” in attendance contributing potato salad, pasta salad, Caesar salad, bean salad, devilled eggs, beet salad, rice salad, broccoli salad, charcuterie plate, cheese and buns.

For dessert we had lemon or butter tarts, brownies and a beautiful large bowl of mixed fruit.

What a great joint meal followed by our regular bridge game with 7 full tables.

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

edinelle@rogers.com
skippy999@rogers.com

NSC Activity Report

Social Board Games Group

By: Sapna Soni

What started as a new activity group in March 2026 has quickly become a lively gathering of board game and card game enthusiasts.

From building empires in Monopoly to creating winning patterns in Rummikub, and enjoying favourites like Probe, Mexican Train, and Azul, we've had no shortage of exciting game days. Thanks to some of our members, we've also added Skip-Bo, Uno Flip, and Flip 7 to the mix, and they've been a big hit!

We are always looking for new players and new games to try. Bring your competitive spirit, your sense of fun, or even a favourite game you'd like to share with the group.

Join us every Wednesday 9:30 a.m. to 11:30 a.m. in the Heritage Room
Don't know how to play? That's perfectly fine! Our group is friendly, welcoming, and more than happy to teach.

Come shuffle the cards, roll the dice, and discover your next favourite game with us!

Please note that we will continue to play at this time and in this room until October 14. After that, we will be moving to a new time slot and location. The updated game time and room location are still to be determined.

Short Mat Bowling

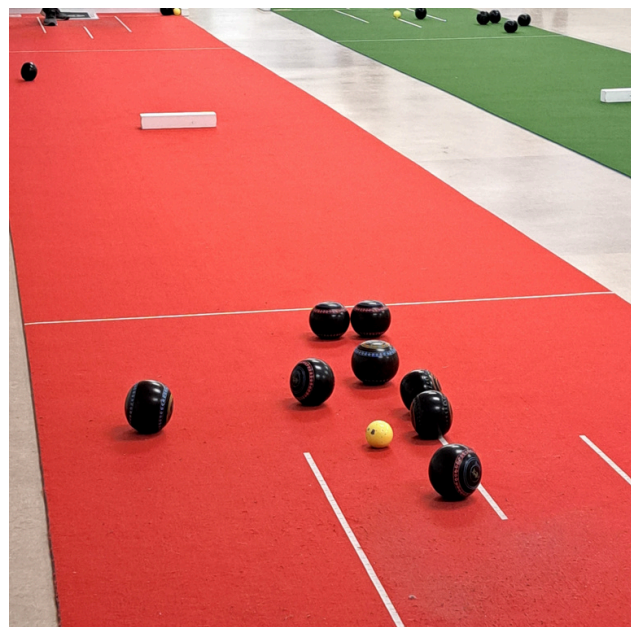
By: Faye Schultz

Short Mat Bowling continues to be a popular summer activity, with many players joining us to stay active and escape the heat. The program will continue into September, with play taking place on Wednesdays from 1:00 to 3:00 p.m. and 6:00 to 8:00 p.m.

For those unfamiliar with the game, Short Mat Bowling is an indoor version of lawn bowling played on a smaller mat. Participation is open to all skill levels, from beginners looking to try something new to experienced players, including some who compete at the Canadian and World Championship levels. Most of us simply enjoy the opportunity to stay active, have fun, and socialize.

The only cost to participate is a Nepean Seniors Centre annual membership, although a drop-in fee option is available for those who would like to give it a try. Lawn bowls are provided.

For more information, please contact the Nepean Seniors Centre.



NSC Activity Report

Cribbage

By: Smitty



Well folks it is that time again to let you know all that is new in Cribbage activities. It gives me great pleasure to announce that the turnouts have been very good, at an average of 30 players at most Thursday sessions. As a matter of fact we play in the Heritage room which holds 8 tables of 4 so we are close to reaching the capacity of that room. But not to worry...I am sure Tara Wilson with her many talents...will work something out to accommodate additional players.

To date all players are still chasing elusive 28 and 29 hands...but who knows one of those combinations could appear in the very next hand?

In the meantime we have started tracking players with 24 hands, and surprisingly there are many more than we had anticipated. The players who have had 24 hands has now reached **35** since the hub was last published. Due to the limited space allocated to this activity, it is impossible to publish all the individual names.

First, Second and Third place

1. John Bos 140 Wins
2. Sadie Adamson 136 Wins
3. Marianne Munro 129 Wins

The following players won all 8 games for a perfect day:

Smitty - June 2nd
Mark Nichols - June 18th

The cribbage group meets 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 and the starting teams organized.

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

Please note:

The city of Ottawa charges a **\$2.50 'Drop in'** fee for anyone who is not a member of the Senior Centre. So, if you are not a member of the Senior Centre as yet, and want to play on a regular basis, we strongly encourage you to sign up and become a member.

Beyond that, there are no further expenditures, however, we request occasional contribution(s) to replenish the "cookie jar"...we also appreciate donations in the form of home baked or store bought goodies.

That is all the news till the next issue of the Hub...

NSC Activity Report

Fun Bridge

By: Evie Snarr

Fall is just around the corner, and Fun Bridge continues to be a great way to spend a Friday afternoon!

Each week, we typically have seven tables of players enjoying an afternoon of friendly bridge. While our official play time is from 1:00 to 3:30 p.m., many members arrive earlier, eager to catch up with friends and get ready for the first hand. Please remember that the room cannot be used until staff have completed the setup.

What makes Fun Bridge unique is its relaxed and welcoming atmosphere. We do not keep score, which takes the pressure off and allows everyone to simply enjoy the game and the company. It is an excellent opportunity for those returning to bridge after a break, as well as for newer players who have recently completed lessons and would like to gain experience in a friendly setting.

While we do not provide bridge instruction, we do our best to accommodate everyone who arrives by 1:00 p.m. so they can join in the fun. There is no need to bring a partner, as we rotate partners and tables every half hour, giving everyone a chance to meet and play with different people throughout the afternoon.

Whether you're a long-time bridge enthusiast or looking for a relaxed place to play, we'd love to see you at Fun Bridge this fall!

Good news: Robber's Rummy is starting!

Starting on September 10th, we will have a Robber's Rummy group on Thursdays 1-3 pm. It will be held in the small room immediately left of Entrance 3. As I have another activity at the Senior Centre ending around noon on Thursdays, I will be in that room before Rummy starts, having my lunch, so if you in a similar situation, you are welcome to join me.

If you don't know Robber's Rummy, the rules are available at the front desk upon request (also in French if needed). In a nutshell, it's similar to other Rummy versions, the main differences being that:

1. you are not obligated to take a card from the deck on your turn,
2. there are no discards, and
3. after your initial meld, you can manipulate all the cards on the table to your advantage, regardless of who put them down.

That last aspect is actually the most fun part of it, in my opinion.

If this introduction made you curious about the game, please come and try it out on September 10th (Thursday) 1-3 pm.

See you there!

Zsuzsanna Gyimesine Soltesz

NSC Activity Report

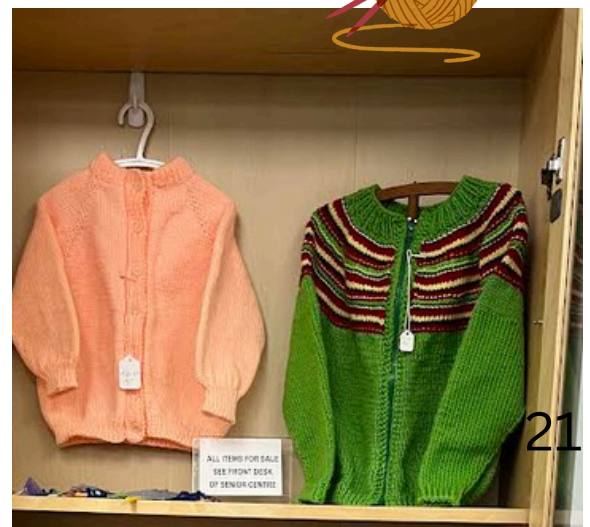
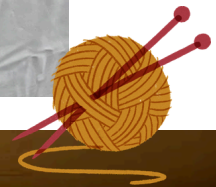
Creative Crafters

By: Kathie Gourley

This is the second summer that the ladies of the Craft Group have continued to meet on Friday mornings in the heritage room during July and August. It used to be that we said 'goodbye' to our friends in the Craft Group at the end of June, to meet up again after Labour Day. Of course, the numbers varies from week to week, as it also does in the winter. One week someone has visitors from out - of - town, so they cannot come. Or, another week, they themselves may have gone on holiday.

Still, there has been a goodly number of ladies coming each Friday morning during the summer months. They enjoy each others' company and knit or crochet while having a cup of coffee.

There was a craft table set up at the Canada Day Barbeque, held this year on July 3rd. The ladies made \$120. for the Seniors' Centre from that sale. Every little bit helps towards our Christmas - Time Brunch Party.



NSC Activity Report

Chinese Mahjong

By: *Zsuzsanna Gyimesine Soltesz*

Our Mahjong group has settled into a comfortable rhythm with our regular players. Rather than keeping official scores or recording results, we focus on enjoying the game and the social connection it provides. For anyone interested, I'm always happy to help keep track of scores during play.

Throughout the summer, we typically had one table running, with the occasional second table that was not quite full. Despite the smaller numbers, attendance has remained steady, and we continue to enjoy our weekly games together.

As we look ahead to the fall season, I'm optimistic that our numbers will grow once again. New and returning players are always welcome, and we look forward to seeing our Mahjong tables bustling with activity in the months ahead!

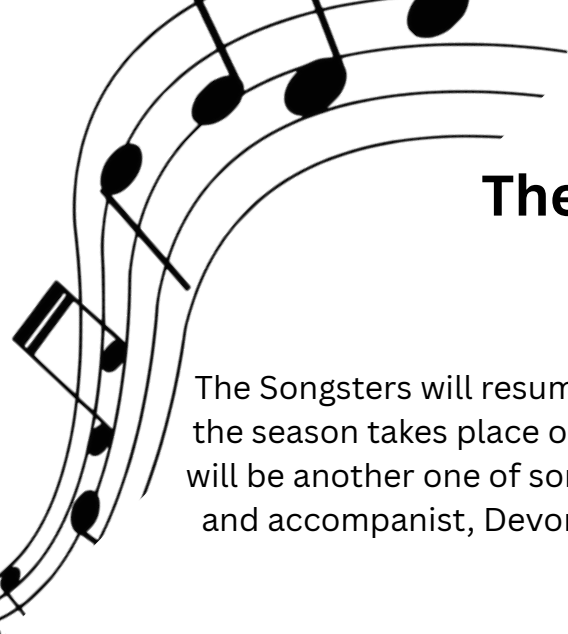
Curling

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. 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.

Last year was a great success, with a significant number of new curlers joining our group. This coming year we're gearing up for even more, hoping to surpass last year's attendance records.

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



The Nepean Songsters

By: Susan Ascroft

The Songsters will resume regular practices on September 10th. Our first sing-out of the season takes place on the 15th and we will be in full voice. The 2026-2027 season will be another one of song and laughter. Each week our director, Heather Lynn Smith, and accompanist, Devon Wastle-Thivierge, lead us through a wonderful selection of music.

Last season, this included such numbers as Button Up Your Overcoat, Good Morning Starshine, and The Lion Sleeps Tonight. Over the summer, the music committee has been hard at work, choosing new tunes to entertain the lovely people we meet at the senior's residences in Nepean and Kanata. September is a great time to try the Songsters.

We practice in the Heritage Room every Thursday from 9:30 to 11:30. There is no audition; you never have to sing solo; and we promise you will have fun.

5-Pin Bowling

By: Roger Hack



Monday afternoon bowling will resume for the 2026/27 season on Sept. 14th 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. 14th through to April 26th, with the exception of:

- Oct. 12th - Thanksgiving;
- Dec. 21st and 28th---Christmas/New Year's holiday period;
- Feb. 15th - Family Day;
- March 15th - March Break;
- March 31 - Easter.

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