THE hub

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

Winter Newsletter 2026–2027

Ottawa

The Nepean Seniors Centre Community Welcomes You!

Tara Wilson, Nepean Seniors Program Coordinator

Has anyone else wondered how quickly fall has passed us by? We've certainly been fortunate to enjoy pleasant weather and, dare I say it, no snow on the ground yet!

Winter registered programs are now available to view online at **register.ottawa.ca**. Registration opens online for winter swimming activities on November 17 and for all other **winter recreation programs on November 19 at 9:00 p.m.** Online registration is encouraged, with in-person registration available the following day at any City of Ottawa recreation customer service desk.

I'm also pleased to announce that the Nepean Seniors Volunteer Board **Christmas Breakfast** will take place on **Thursday, December 17**, from 9:30 a.m. to 11:30 a.m. Join us for a delicious breakfast and a live performance by Josh Dubovie, who many of you will remember from our Ice Cream Social this past August. We are delighted to welcome him back as we celebrate the holiday season together. Registration details can be found in this newsletter.

A sincere thank you to everyone who is partipating in our weekly **Tuesday Learn Series**. The goal is to provide engaging educational opportunities that keep our community informed, empowered, and connected. This fall, we've welcomed presentations on travel, estate planning, climate awareness, aging at home, fraud prevention, and more. The Learn Series will take a brief holiday pause in December and return on January 12. Upcoming topics planned for 2027 include fall prevention, recreation therapy, genealogy, healthy aging, scrapbooking, and much more. The Learn Series is included with membership, or participants may attend for a $2.50 drop-in fee.

If you haven't visited the Centre recently, I encourage you to stop by and explore everything we have to offer. Currently, **annual memberships** are **$32.97,** or **drop-in visits** available for **$2.50.** We'd be delighted to help you find programs and activities that match your interests.

The Nepean Seniors Centre is looking forward to welcoming you!

The Winter Hub

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Halloween Recap

A big thank you to everyone who attended the Nepean Seniors Centre Halloween Mini Games and Halloween Family Feud on Oct 16th! It was an absolute blast being silly, laughing together, and enjoying an afternoon of friendly competition. This event was certainly something a little different for our NSCs' events, but it was incredible to see the fun, lighthearted, and hilarious competitive spirit that emerged from both participants and spectators alike. The energy in the room was contagious, and everyone helped make the afternoon a memorable one.

For those who did not attend, the event featured a variety of game stations set up throughout the room. Participants tested their skills in challenges such as "Card Panic", where players raced against the clock to scoop up as many playing cards as possible using only a spatula while blindfolded. Another crowd favourite was the "Tower of Terror" Challenge, where participants had to build one continuous stack of cups from a pyramid starting position using only one hand, while keeping a ping pong ball balanced on top without letting it fall. While it sounded simple enough, it quickly became one of the funniest and most challenging activities of the afternoon, providing plenty of laughs for both participants and spectators!

It was an engaging and entertaining afternoon from start to finish. A special shout-out goes to the city staff who dedicated their time and energy to help facilitate the games. It was truly an all-hands-on-deck effort, and their support ensured everything ran smoothly and successfully. Thank you to everyone who participated, cheered on their fellow members, and helped make this Halloween celebration such a fun-filled event. I look forward to creating more memorable experiences together!

Tara Wilson













Learn Series:
Emergency Preparedness

Presented by Ottawa Paramedic Service

Tuesday, November 24

1:00 to 3:00 p.m.

Registration is required.



Learn about the services offered by Ottawa Paramedic Service and what to expect when calling 911. This informative presentation will also cover prevention tips related to falls, extreme heat, cold weather, and other emergency situations.

Cost:

- Free for members
- Non-members: $2.50 drop-in fee

Reserve your spot today. Spaces are still available!







Move. Laugh. Share Your Story

Chair Dance Class

Come and groove to fun tunes in this FREE chair dance program with instructor Sarah and make up some new moves together!

Registration Required to Attend

Heritage Room

Tuesday, December 15

10:00 am - 11:00 am

Offered in partnership from the City of Ottawa and the Ottawa Dance Directive.

Ottawa

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DANCE SEASON 16
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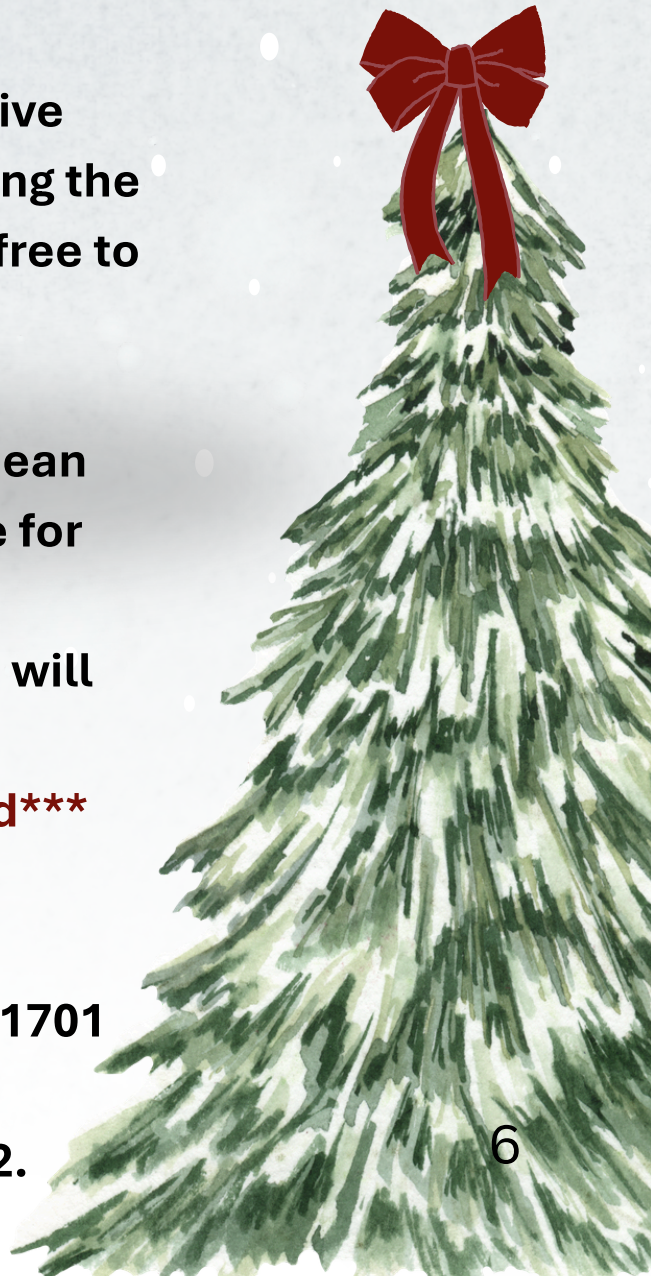
COMMUNITY ARTS + SOCIAL ENGAGEMENT
ARTS COMMUNAUTAIRES + ENGAGEMENT SOCIAL

NEPEAN SENIORS CENTRE PRESENTS:

THE NEPEAN SENIORS VOLUNTEER BOARD'S ANNUAL CHRISTMAS BREAKFAST

Thursday, December 17th

9:30 a.m. to 11:30 a.m.



Enjoy a delicious breakfast and a live performance by Josh Dubovie, featuring the classics with a Christmas twist. Feel free to sing along!

This event is sponsored by the Nepean Seniors Volunteer Board and is free for members.

A $15 plus tax fee for non-members will apply.

*****Registration is required to attend*****

Deadline: December 8th

Please visit Nepean Seniors Centre,1701 Woodroffe Ave, Entrance 3

or call at 613-580-2424 ext. 46652.

Learning Bridge Level 2 (Adults 50+)



Learn new strategies



Build confidence



Make friends

Nepean Seniors Centre

January 13th - March 3, 2027

Wednesdays 10am-Noon

Registration Required

Activity Code: 197915

Registration opens Online November 19 at 9pm

In person November 20th at any city of Ottawa recreation customer service desk.

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- March31,2027



Location	Monday	Tuesday	Wednesday	Thursday	Friday
	Membership Activities - 50+ *Membership or drop-in fee required				
Outside		**Walking Club** 10:00-11:00 AM Check in at the Front Desk			
Heritage Room	**Bid Euchre** 12:30-3:00 PM	**Learning Series** Inquire at the Front Desk **Registration Required to Attend**	**Contract Bridge** (Partners) 12:30 - 3:00 PM	**Cribbage** 1:00 -3:00 PM	**Crafters** 9:00-11:30 AM
	Sixty Six 1:00-3:00 PM				**Fun Bridge** 1:00 - 3:30 PM
					Chinese MahJong 1:00-3:00 PM
NSC Meeting Room	**Canasta** 1:00-3:00 Pm *Starts in January*		**Board Games & More** 9:30-11:30 AM **Robber's Rummy** 1:00-3:00 PM	**500** 12:30-3 PM	
Hall F		**Euchre** 12:30 - 3:00 PM	**Short Mat Bowling** 1:00 -3:00 PM & 6:00-8:00 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		
	***Additional fees apply. Visit our front desk to learn more or to register.** **RegisteredActivities - 50+**				
Hall F & Heritage Room	**Chair Exercise** (Heartwise) 10:30 - 11:30 AM Activity: 197738 Hall F	**Strength & Balance** 9:30 - 10:30 AM Activity: 197823 Hall F	**Chair Exercise** (Heartwise) 9:30 - 10:30 AM Activity: 197788 Hall F	**Songsters** 9:30-11:30 AM For information Email: Nepeansongsters @gmail.com	**Tai Chi Level 3** (Heartwise) 9:00 - 10:00 AM Activity:198028 Hall F
	Yoga Chair (Heartwise) 10:45 - 11:45AM Activity: 198062 Heritage Room		**Learn Bridge- Level 2** 10:00-12:00 PM Activity: 197915 Heritage Room	**Strength & Balance** 9:30 - 10:30 AM Activity: 197879 Hall F	**Tai Chi Level 2** (Heartwise) 10:00 - 11:00 AM Activity: 198010 Hall F
	Strength & Balance 1:00-2:00 PM Activity: 197899 Hall F		**Zumba Gold** 10:45 - 11:45 AM Activity: 197936 Hall F		**Tai Chi Level 1** (Heartwise) 11:00-12:00 PM Activity: 197981 Hall F

NSC Activity Report

Steve McIntyre, Board Chair

Hello Everyone!

Can you believe this incredible weather we are experiencing? What a wonderful Fall we have been blessed with, as opposed to that rainy, miserable summer.

Unfortunately, we know what is coming after a spectacular Fall. We had a good summer with our Annual Canada Day barbecue ,followed up by the Ice Cream Social, which had a wonderful attendance. We were treated to a musical afternoon that day by a wonderfully talented man called Josh.

We just celebrated Halloween, which was organized by Tara. It was so much fun, games, food, and camaraderie. We thank Tara for all her hard work. It was a memorable day.

Next, to round out the Year, is our Christmas Breakfast. It is free to all paid-up members of the Senior Centre. We have again asked Josh to sing for us, with festive music being on the agenda.

Once again , it has been great year to be a senior , with all the activities and events offered for us. May 2027 be even better!!!!

Military Whist

Military Whist is played once a month on the last Thursday of each month. We play in the Heritage Room, located behind Door #3 at the back of the Sportsplex.

The cost is $5.00 for members and $7.00 for non-members. After hall rental costs are deducted, all remaining funds collected are paid out as prize money.

Registration begins at 6:30 p.m., and play starts at 7:00 p.m. We finish at 9:00 p.m. after playing 20 hands. This is an easy and enjoyable game to learn and play.

Anyone interested in playing is welcome to contact me at the email address below.

Frank Carbonette
frank.carbonette@gmail.com

NSC Activity Report

Contract Bridge

Thanks to Elaine Dinelle and Arnold Baldwin, we had 24 people enjoy 5 tables of bridge at the Barrhaven Manor on Wednesday, September 16th, 2026. A buffet lunch was served by the Barrhaven Manor at 12 noon, followed by 5 rounds of table play. A door prize was supplied by the Barrhaven Manor. A fun time was had by all, thanks to Ami Jackson of the Barrhaven Manor.

Our numbers are slowly increasing. On Wednesday, October 7th, we had 36 people play bridge. That's 9 tables.

In the month of September, we had 2 small slams bid and made. One was by Judy Corbett and Evie Snarr, and the second was completed by Elaine Dinelle and Arnold Baldwin. Congratulations to both couples.

Anyone having questions or wishing to join our Wednesday afternoon bridge sessions, please contact me at the email address below.

Frank Carbonette
frank.carbonette@gmail.com
Contract Bridge



Sixty-Six

Join us every Monday from 1:00 to 3:00 p.m. for a fun afternoon of cards, conversation, and friendly competition. Sixty-Six is an enjoyable trick-taking card game that is easy to learn and rewarding to play, making it a favourite among our members.

Players gather around the table to test their skills, share a few laughs, and enjoy the company of fellow card enthusiasts. We also take a short break during the afternoon to relax and socialize.

Whether you're an experienced player or curious about trying something new, you'll find a welcoming group and a great atmosphere. New players are always welcome, so come join us and see why Sixty-Six is such a popular part of our Monday afternoons!

Board Games & More

Looking for a fun way to spend your Wednesday morning? Join Board Games & More for friendly competition, laughter, and great conversation!

Whether you enjoy classic board games, card games, or discovering something new, there's something for everyone. No experience is needed, and new players are always welcome. It's a wonderful opportunity to meet new people, connect with friends, and enjoy a relaxed and welcoming atmosphere.

Join us in the NSC Meeting Room every Wednesday from 9:30 a.m. to 11:30 a.m. Come play, socialize, and have fun. We look forward to seeing you there!

Shuffleboard

By: Fenny Benoit

Hi Everyone,

Shuffleboard is scheduled Monday and Wednesday from 1 to 3 weekly on the Concourse, 2nd level.

Our previous Convenors, Stella and Mike Hughes, have passed the responsibility of Convenor to me. They did an outstanding job during their 5 years, with many professional innovations that have greatly improved our efficiency and fun. It's great that they are still members and that we can tap into their knowledge.

We are a large group of 60-plus members. We have 7 courts available for 28 persons at a time. Not all members show up at each session due to various reasons, so we usually have enough courts. We welcome new members and are happy to teach you the game. Our emphasis is on having fun, as well as improving our skills. Whether you are an expert or a beginner, it really doesn't matter. Just try your best. There is lots of socializing and laughter. It's also gentle exercise for our entire body, and it definitely stimulates our brains.

We are extremely fortunate to have many volunteers who take turns with our set-up, which involves welcoming our members, putting out discs, chairs, and scoreboards, handing out tokens, etc., and with dismantling, which involves putting everything away plus sweeping the beads/wax from the courts. There are many other volunteers who pitch in unasked, with lots of smiles, which makes it all quick and fun. Thank you all.

Come take a look or try out a session!

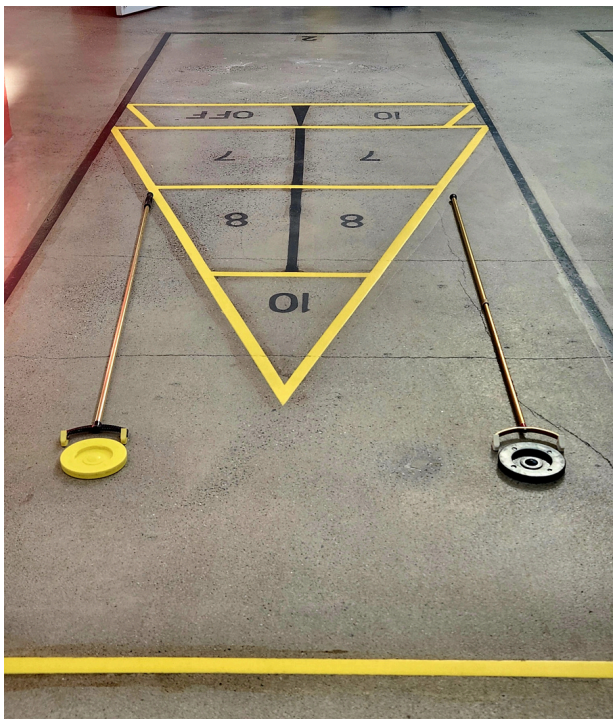
Bid Euchre

Join the Bid Euchre group every Monday from 12:30 to 3:00 p.m. in the Heritage Room for an afternoon of cards, conversation, and friendly competition.

Bid Euchre is a fun and engaging variation of traditional euchre that adds a little extra strategy to the game. If you're familiar with regular euchre, you'll quickly feel at home around the table.

Whether you're a long-time player or looking to take up the challenge, you'll find a great group of people ready to welcome you.

Arrive by 12:20 p.m. for a prompt start to the game. Whether you're looking to sharpen your skills, meet new people, or simply enjoy an afternoon of friendly competition, the Bid Euchre group would love to have you join us.



NSC Activity Report

NSC Walking Group

Looking for a great way to stay active and enjoy the outdoors? Join us every Tuesday from 10:00 to 11:00 a.m. for a refreshing walk along the beautiful wooded trails behind the Centre, rain, snow, or shine.

As the seasons change, the trails offer a wonderful opportunity to enjoy nature, fresh air, and the company of fellow walkers. Walking is an excellent way to support cardiovascular health, boost energy levels, and improve overall well-being.

Whether you're a regular walker or trying it for the first time, new participants are always welcome! Please check in at the front desk before heading out. The group departs promptly at 10:00 a.m.

After the walk, stay, warm up, and enjoy a cup of coffee in the lounge while catching up with friends.

Make Tuesday mornings a healthy and enjoyable part of your week!



Robber's Rummy

By: Zsuzsanna Gyimesine Soltesz

I am happy to report that Robber's Rummy is alive and kicking! Though we could always use some more members... We are definitely having fun with it. As I am reviving this game from long lost memories, the rules are still evolving, but I think we are close to having a usable and fair set of rules.

If you are not familiar with the game, I am told it is very similar to Rummikub (which I have never played), only it is played with cards instead of tiles. If this is still not enough description for you, please come and check it out personally on a Wednesday afternoon! The game is easy to learn.



NSC Activity Report

Euchre

By: Barbara Yurkoski

Our annual Awards Banquet took place on September 15. It began with a lunch catered by Metro and enjoyed by all, plus desserts provided by the bakers among us. The trophy for highest overall average went to Allen Trafford, who gets his name engraved on it. Allen's average score was 59.634. He also won Highest Single Day with a score of 94. Marianne Munro took Ladies' High Average with 57.061, very close to John Jarvis who was awarded Men's High Average at 57.979. Marianne also took Most Lone Hands in the season at 132 and Most Lone Hands in one day at 10.

Games are well attended with new members most weeks – six in the past month. In the first six weeks of the new season there were 7 individual day high scores in the seventies with John Bos and Sue Macpherson tied for the highest at 74. Also Viola Lacourse holds the current record for Single Day Lone Hands at 8.

Come join us on Tuesday afternoons.



Short Mat Bowling

By: Faye Schultz

The short mat season is going well. We have welcomed several new members this year. We play Wednesdays from 1:00 to 3:00 p.m. and 6:00 to 8:00 p.m.

For anyone not familiar with the game, short mat is a version of lawn bowling that is played indoors on a smaller mat. The only cost is the $30 membership fee for the Nepean Seniors Centre. Lawn bowls and coaching are available, and all levels of participation are welcome. Some of our members compete in the Canadian Championships and at the World Championships. The rest of us are there to stay active and socialize.

More information is available at the Nepean Seniors Centre.



Left to right: Marianne Munro, Allen Trafford, John Jarvis

NSC Activity Report

Cribbage
By: Smitty

Three cribbage players in the **Halloween** Spirit…



Attendance averages between 28 and 32 players, which is a good turnout and which we can now easily accommodate since Tara Wilson has arranged for more space.
Moreover, it is good to see is that there are constantly new players joining our group.

Latest Standings (as this article goes to press):

1st – John Bos
2nd – Sadie Adamson
3rd – Marianne Monroe



Other Cribbage News:
Perfect Game Day - August 20th - Terry Masnyk
Perfect Game Day - October 1st - John Jarvis

A number of you must be wondering what happened to the publication of 24 High Hands? As it turned out there were many more than we had anticipated…so the new and more difficult goal to obtain and announce is a **28** or better yet a **29** Hand!

As we are approaching the **Holiday Season** …the Cribbage Group and guests (where applicable) will be having their annual **Christmas Party** on Wednesday**, December 9th 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 all the trimmings after which there will be the usual secret gift exchange, which promises to be as exciting as it has been in previous years. For those of you who are not familiar with the secret gift exchange, everyone (including guests) must bring a gift, with a value of between **$10 and $15**, wrapped as a Christmas present without any form of identification.

Please note: The cribbage group gathers every **Thursday** afternoon at **1pm** in the **Heritage Room** and plays a total of **8 games** until (approximately) **3pm**. Please be present by **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 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, here are no further expenditures other than voluntary contribution(s) to replenish the **"cookie jar"** and the occasional donation required to participate in special events.

Fun Bridge

By: Terry Mayne

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

Each week, we typically have six or 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 up to an hour earlier, eager to play their first hands.

What makes Fun Bridge unique is its relaxed and welcoming atmosphere. We do not keep score, and we do not play with set partners. This 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 some time away from the game, as well as for newer players who have recently completed lessons and would like to gain experience in a friendly setting. It should be noted that we do not provide bridge instruction, and we expect all players to know the basics of bridge. We will try to help those who are new to the game.

We do our best to accommodate everyone who arrives by 1:00 p.m. There is no need to bring a partner, as we rotate partners and tables every half hour. This gives everyone a chance to meet and play with different people throughout the afternoon. Whether you're a long-time bridge enthusiast or someone looking for a relaxed place to sharpen your skills, we'd love to see you at Fun Bridge!

Canasta Coming Soon!

By: Zsuzsanna Gyimesine Soltesz

Starting in January, I am starting a Canasta group on Mondays from 1-3 p.m. in the Nepean Seniors Meeting/Patio Room.

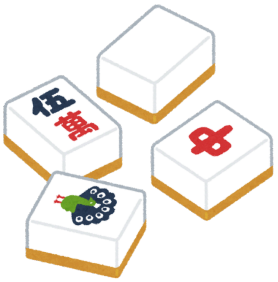
A lot of you probably know this card game. It's been available at the Kanata Seniors Centre for years (on Tuesdays), but I think it would be nice to have it in Nepean as well. It's a very good game, after all!

I would also be happy to teach anyone who isn't familiar with the game of Canasta. It is usually played by 4 people in pairs, but it's also possible (and entertaining) to play with 3 individual players or 2 teams of 3, so it's a bit more flexible that way than some other card games. The rules are not too complicated either and are easy to learn. The main thing is that you are supposed to collect sets of seven cards of the same denomination, e.g., seven kings or seven 5s, etc., of any suit. It's played with 2 or 3 decks of cards (complete with jokers), depending on the number of people playing. These sets of seven cards are called canastas, hence the name of the game.

If this sounds interesting to you, come and play with us in January!



NSC Activity Report





Chinese Mahjong

By: Zsuzsanna Gyimesine Soltesz

Mahjong has picked up some new members after the Open House, but we always welcome everyone, whether they are new or returning players.

We are continuously teaching beginners, so you need not be afraid to try it out. We usually have 2-3 tables playing on Friday afternoons.



If you are familiar with Mahjong, we play Chinese Mahjong, as opposed to American Mahjong, and specifically the Hong Kong version. We just play for fun; score counting is totally optional.

We also had tremendous fun at the Halloween party, as four of our players dressed up as Mahjong tiles, namely the "Green Dragon," the "East Wind," the "8 Character," and "1 Bamboo" tiles. See the attached photo. Thanks to Tara and the staff, the party was a great success, with lots of fun games.







NSC Activity Report

Creative Crafters
By: Kathie Gourley

The ladies of the Craft Group continue to meet every Friday morning in the Heritage Room of the Sportsplex. They enjoy each other's company while planning and working on new projects for sale to support the Nepean Seniors Centre.

At this time, we are planning another sale at Venvi Barrhaven Manor, 110 Berrigan Drive, Barrhaven. This will take place on November 29, 2026, from 1 to 4 p.m.
Also, this year, as in recent years, we are planning to make a charitable donation to the homeless people of our city. Every year, we make up bags of useful items (toques, mittens, socks, and scarves), along with toiletries (toothbrushes, toothpaste, etc.), to be given to a local charity, The Shepherds of Good Hope, for distribution.

If anyone has extra items, such as toiletries acquired on a holiday trip, or extra warm socks that you would like to donate to this worthy cause, they would be gratefully received. These are things which we must buy from our limited funds. This year, we are concentrating on bags for homeless men. We alternate, from year to year, between homeless men and homeless women. Just drop them off at the Heritage Room desk to be passed on to the Crafters.

The ladies who quilt are eager to start another quilt. However, our cupboards are getting low on material to use for this rather big undertaking. If anyone knows of fabric that could be put to use in this way and would like to donate it to a worthy cause, think of us, your Craft Group.

In Memory of Norma Mousaw
07-Jan-1940- 23-Oct 2026



Norma was a cherished member of the Nepean Seniors Centre and the Creative Crafters group for many years. Known for her kindness, generosity, and willingness to share her knowledge, she touched the lives of many through her friendship and beautiful handiwork.
Her warm smile and creative spirit will be greatly missed by all who knew her. We are grateful for the time she devoted to the Creative Crafters, the knowledge she shared, and the inspiration she brought to others through her creativity and compassion.
Norma will always hold a special place in our hearts. Our sincere condolences go out to her family and friends.

500
By: Andy Shorthouse

The fall is almost over for another year 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 We have temporarily been relocated to a meeting room just inside entrance #3 on your left side. If you a looking for a few laughs and a friendly game of cards, come join us

The high score numbers are as follows:

Elaine Dinelle. 5450
Carole Collins. 4880
Elaine Dinelle. 4690

Duplicate Bridge
By: Anne Coderre

As we move into the winter season, our bridge group continues to thrive with strong attendance and plenty of enthusiasm around the card tables. We regularly host 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 of bridge!

The Nepean Songsters

By: Susan Ascroft

How is it that you haven't joined the Songsters yet?

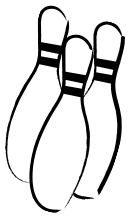
We meet every Thursday morning in the Heritage Room from 9:30 until 11:30. We begin with a warm-up that includes panting breaths, witchy nasals, and loud siren sounds. Some musical scales, a round (not Row, Row, Row Your Boat, but the same idea), and then we are ready to sing music everyone loves.

This month, the song list includes Neil Young's Harvest Moon, Aloha Oe, The Sounds of Silence, and Hello My Baby.

We do not have auditions, you are never asked to sing alone, and we really don't care if you are sometimes off-key. Once a month, we perform at a local seniors' residence.

There are over 50 members now, and we would love to meet you. Go to our website, Nepean Songsters, and read more about who we are. Then come some Thursday soon and see if you like us.

5-Pin Bowling



By: Roger Hack

Monday afternoon bowling resumed 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., there are no set teams, enabling 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 31st - Easter.

If you are interested in joining this league, please contact the undersigned.
Email hackrand@ sympatico.ca or phone 613-225-1420

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. Our new season starts on Tuesday, November 24.

New players are always welcome to join us. We can accommodate all levels of curlers, even those new to the game. If you're interested, we ask that you show up about 30 minutes early, so that we can get you set-up, before the start of play, at 9. For those of you that are new to the game, we will be running a beginners clinic on Thursday, November 26, starting at 9 am. Brooms and sliders are available at the curling rink.

We operate as a drop-in, so anyone is free to drop-in and join us any time during our season. 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.