

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



The Nepean Seniors Centre Team Welcomes You!



Jennifer Stewart

For those who I haven't had the opportunity to meet, I am the Program Coordinator returning from Maternity Leave. I gave birth to a healthy boy named Jameson, who is now almost 18 months and keeps us on our toes everyday - what a joy! While it has been a personal adjustment to return back to the office it has been a delight to see you all again, a special thank you to Karim for all his hard work while I was away.

I am looking forward to our upcoming event, February Blah's, and our Spring programming which registration begins Thursday, February 13th. As always if you ever have any questions or concerns, please never hesitate to reach out.

Winter Registration for recreation, cultural and virtual activities begins Thursday, February 13th at 9 pm online.

New Programming

Grey Matter Gatherings

Join a vibrant community program for those aged 50 and above who are eager to engage their minds. Participants can enjoy problem-solving, lively debates, short story analysis, and trivia games. Experience lifelong learning, share wisdom, sharpen intellects, and foster friendships.

TMC - Total Muscle Conditioning

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand-weights.

Nepean Seniors Centre

WINTER BLAH'S BASH

Friday, February 21st

Enjoy a day of some of our great activities!
Why not try something new?!

Activities Available:

Sign-in begins at 9am - activities run from 9:30am - 3:30pm

Morning:

500	Fun Bridge
Euchre	Short Mat
Cribbage	Sixty Six

Afternoon:

Bid Euchre
Military Whist
Shuffleboard

Lunch & Refreshments Provided

Fee: \$13

**REGISTER AT THE NEPEAN SENIORS
CENTRE FRONT DESK BY FEB 16TH**



**Nepean Seniors' Centre
Christmas Breakfast**



Interested in the below activities, please reach out to Zsuzsanna Gyimesine Soltesz
zsuzsa1979@gmail.com
to express your interest!

CHINESE MAHJONG

I am told that Mahjong was offered as an activity here at the Sportsplex some years back, but it didn't work out because there was nobody who knew how to play. Well, if that was the only problem, here is our chance to start a brand new Mahjong group! I went to the Kanata Senior Centre and learned all I could about Chinese

Mahjong in about a year. I don't claim to know everything, but I have the rules in writing, so if there is anything I don't remember, we can look it up. (Please note that there is an American version of the game, but I am not familiar with that.) I am happy to offer my knowledge to teach anyone interested in Chinese Mahjong to play it, and be a convenor for a Chinese Mahjong group at the Nepean Senior Centre. Let's start this new group! I can attest to that it is a very enjoyable game.



CHAMBER MUSIC

We have started a Chamber Music group at the end of 2024, but so far it has not lifted off the ground. The initial members all found other activities more interesting, apparently... We are not giving up however, not yet! There are several amateur orchestras around Ottawa for music lovers, but I have yet to find one that does rehearsals during the day. I can't be the only music loving senior reluctant to go out at night I think it would be nice to have a group of senior musicians that plays together during the day to avoid busy traffic. I am hoping that there are more people out there who would like to play some classical music together with other seniors. As I play the cello, I am more familiar with string instruments, I would be happy to be the convenor for a small string group. I would gladly play together with wind instruments as well, only in that case I would probably not be the best convenor, because of my unfamiliarity with such instruments and their requirements. For clarification: you don't have to be a master musician to join, but you need to be able to read music and play your instrument, at least at a beginner level, like you have been learning for about a year. Unless a willing music teacher joins us, of course - I would definitely welcome that, but I myself am not qualified to teach music. I hope we can find 3-4 like minded people, that would be a great start!

NSC Activity Report

CRIBBAGE

By Smitty

Welcome back to the Thursday afternoon cribbage games...we sincerely hope that everyone had wonderful holidays and are adhering to all those well intended New Year's resolutions?

The annual Christmas lunch had its surprises...with the venue being moved from Halls 'C' & 'D' in the adjoining building '4' back to the original Hall 'A' in the main building '3' which caused only a minor inconvenience. All in all the annual Christmas Lunch turned out to be a success with the usual interesting and in most cases pleasant surprises for everyone.

During the event, Marg Stone was crowned champion for 2024 and handed a mini trophy for her efforts.

Also, Sadie Adamson was formally thanked for her 12 years continuous commitment and support to the games and players with a beautiful bouquet of roses!

2025 started rather slow...there were only 14 players in attendance on January 2nd...I guess a lot of people did not take note of the senior centre's closure dates during the Christmas break and the startup date in 2025.

And now unto the standings:

- 1st - Marianne Monroe, with 35 wins
- 2nd - Bruce Drysdale with 33 wins
- 3rd - Debbie Smits with 32 wins

There is only one 0 game day to report:

Smitty on December 12th...which will be counted as part of the 2025 stats.

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. 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 Halk

Our Bid-Euchre Group meets on Mondays at 12:30 until 3:00 in the Heritage Room. Attendees are encouraged 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.

On January 20th, we concluded our 2024 year-end activities with our annual pizza lunch and awards presentations. The following scores highlighted the 2024 year.:

Highest Single Daily Scores

Elaine Dinelle – 280

Arnold Baldwin – 243

Highest Average Scores

Anne Saunders – 174.8

John Jarvis – 176.4

Highest Number of Moon-Shots

Elaine Dinelle – 9

John MacMillan - 8

Highest average overall score for the Year

Elaine Dinelle – 187.4

BID EUCHRE

by Reg Halk



CREATIVE CRAFTERS

by Audrey M. Fitzpatrick

After our Christmas break we are now back busily replenishing our stock. Our sales have been most gratifying. Our showcases change frequently displaying the latest items. There are several knitted items as well as a twin sized quilt that is colourful and reversible.

We are also pleased to welcome several new members to our group. Each comes with her own ideas and expertise. Our group is now back to pre-covid numbers.

We welcome your donations of yarn and fabric. It enables us to keep our prices low. Please think of us if you are downsizing. We also welcome new ideas and requests.

We meet in the Heritage Room on Fri. from 9-11 a.m. New members are welcome.

SHUFFLEBOARD

by Mike Hughes

Shuffleboard is a year round sport played on the CONCOURSE, on Mondays and Wednesdays from 1:00 to about 3:00 PM. We play 4 games and draw tokens for each game to determine on which of the 7 courts you will play.

We do not keep records of scores nor are you assigned to a team, so how well you do is just part of the experience. We have beginners, and those with more experience who are always willing to help newer people. In the four games one might play - with the same or against the same person - all depending on the token one draws.

Discs and cues are available for use.

We have four crews to look after the set-up and clean-up for each day. With help from many of the members, those tasks are made easy. Our numbers are relatively consistent. We have 28 spaces on the 7 courts. If we have more than 28, we try our best to get everyone to play at least three games. It is just a fun activity, with a bit of exercise thrown in ...



SEASONS GREETINGS, MERRY CHRISTMAS
and HAPPY NEW YEAR 🌟

from the Nepean Seniors Centre "Shufflers"
(from those 27 who were there on Dec 16th

DUPLICATE BRIDGE

by Anne Coderre

A new year has arrived and our numbers are looking good. We are getting 6 to 8 tables on Thursday afternoon and the same on Friday afternoon. Good bridge with good company. Hope to see you there!

EUCHRE

By Barbara Yurkoski

Attendance at euchre has averaged 51 since September but is steadily creeping up. Over 60 players have participated some weeks. Where last year the high score for a single day was 83, this year 85 has already been achieved and nine people have scored 80 or more on a single day. So far this year, the average score per day is 54.

We have a large hall with room for more players, so come out on Tuesday afternoon to meet the challenge or just to have fun.

FUN BRIDGE

by Evie Snarr

We still get together by 1:00 to have a fun afternoon of bridge. Come and join us as long as you are flexible with bridge rules!! Most afternoons we even have home made cookies to offer .

One of our long time members, Martin Defalco, passed away. We will miss Martin.

Spring will be here soon and we won't have to drive through slush or worse.

SHORT MAT/LAWN BOWLING

by Faye Schultz

The short mat season is well underway. We have welcomed a few new members and look forward to more people who want to try this fun sport.

We play Mondays and Wednesdays from 1 to 4 and Wednesday evenings from 6 to 8. This is a drop in activity so there is no commitment to a team. Coaching is provided by Debbie Ferrill, a former Canadian champion.

More information is available at the seniors centre office. The only cost is the seniors centre membership which is \$30.45 and includes participation in other activities.

Sixty-Six

by Emil Dukovac

New members just appeared. Jo Eaton came with Linda Lafromboise . It is gréât to have two full tables . Donald Never fails to bring a treat. I tell him it's not fair! Another new membres is Karen Ellis. We would love to see Yvette Bedard back to join us . All she needs is à ride.!



CONTRACT BRIDGE

by Frank Carbonette

Pizza Day

Wednesday afternoon, November 1st, was Pizza day for contract bridge players. We had 30 players enjoy a delicious pizza lunch from the Colonnade Pizza in Barrhaven. Lunch was held between 12:30 and 1:30 pm with a chocolate cake thrown in for a nice desert.

Slams

Gudi & Peter Freeman bid & made a small slam on December 11, 2024.

Wednesday Bridge

You don't need to be an expert to enjoy an afternoon of bridge. Our numbers are slowly increasing, but we still want more members to show up. Anyone needing a partner and wanting to join the bridge group for an afternoon of bridge should register with the front desk at the back of the Sportsplex or send an email to frank.carbonette@gmail.com.

FIVE HUNDRED

by Andy Shorthouse

We have been lucky enough to welcome new players to join us. At present we are averaging 4 to 5 tables of card players. We play on Thursdays from 12:30 pm to 3 pm in the senior center. If you are looking for a few laughs and a friendly game of cards, come join us.

the top scores are:

John Jarvis	5050
Bob Simoneau	4720
Elaine Dinelle	4510

NEPEAN SENIORS CENTRE BOARD

Welcome to February! Depending on which groundhog you believe, we either have 6 more weeks of winter or we don't. Keep your eyes on the activities offered at the Seniors Centre. For instance, check out the February Blahs on February 21st. A fun day of games and lunch. Meet new or old friends and have fun. On March 1st there is a contract bridge tournament. At a later date we will be offering a live and learn session. Lots of activities for all tastes. Check it out! *Steve McIntyre Board Chair*

NSC BOARD ACTIVITY REPORT

by Frank Carbonette

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 February 27th.

Contact Frank at 613-858-4554 for details.

BRIDGE TOURNAMENT

An all-day “bring your own lunch”, Contract Bridge Tournament is scheduled for Saturday March 1st, 2025.

Cost is 15.00/couple.

Pre-registration is required. Play begins at 9:30 and finished by 3:00 pm. Anyone wanting to play should register send an email to frank.carbonette@gmail.com.

SONGSTERS

By Susan Ascroft

The Nepean Songsters' second semester of the 2024/2025 season started at the beginning of February. The fall season was very successful. We performed every month at a different seniors' residence in the area and our audiences were wonderful. We are singing songs that we love. Some current titles you might know too are

8 Days a Week, Button Up Your Overcoat and Love Me Tender. Heather Lynn Smith and Devon Wastle-

Thivierge have a deep knowledge of music and they are teaching us to sing better every week. From the opening chords of O Canada to the last song two hours later, the singers fill the room with happy melodies. The membership is almost at pre-Covid levels and we have a lively mix of long-time and new members but there is always a seat available for you. Come join us any Thursday Morning at 9:30 in the Heritage Room. We will find you a chair and a book of music while you test us to see if you like us. There are no auditions and you never have to sing solo unless you want to. We will make you fill you lungs with air so your voice can soar in song and roar with laughter. I hope we see you soon.

CURLING

By Bob Streicher

Our 50+ Seniors Curling events take place every Tuesday and Thursday morning, from 9 to 11 am, at the Nepean Sportsplex Curling Rink. Since we operate as a drop-in, there is no need to commit to being available every week - simply show up when you can. Teams are made up each day, based on who is available. We do ask, however, that you try to be there about 20 minutes before 9, to allow the Draw Master enough time to make up the teams for that day.

Attendance has been up somewhat this year, which is nice to see, but we still have lots of space for accommodating more people. We're planning a Saturday afternoon fun challenge on March 1, against a group that plays at the Sportsplex on Friday evenings, called the Ninth Enders, followed by dinner out. At the end of our season, in mid-March, we will be holding a play-off, followed by our year-end luncheon.

New curlers are always welcome at any point during the season, including anyone new to the game. The rink has pretty much all of the equipment needed to play. If you show up with relatively warm athletic wear, and with clean sports shoes (i.e. no dirt, no salt), we'll put you on a team! Light drinks and snacks are available after the game.

See you on the rink!

5 PIN - BOWLING

By Roger Hack

Participation in our Monday afternoon bowling seems to be continuing the trend of previous seasons, with attendance this season often in the 65+ 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.

Please note: There will be no bowling on March 10th (Spring Break) and on April 21st (Easter Monday).

Our final day of bowling, and end-of-season party, will be on Monday, April 28th. 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 2025/26 season on September 8th. New bowlers are always welcome. Bowling begins at 1:00 p.m., at the Merivale Bowling Centre, 1916 Merivale Road and usually the three games played end approx. 3 PM. Cost is currently \$16 per session.

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