

January and February, 2020



NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Ave
Entrance #3
Ottawa, Ontario, K2G 1W2
Information: 613-580-2828 ext 46652

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FROM THE OFFICE

By Leslie Dondale

613 580 2424 ext 41264

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2020 Board Members

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I am pleased to introduce your 2020 Board Members.

Janet Laframboise	Chair/Communications Coordinator
Carl O’Keefe	Treasurer
Dorothy Latour	Volunteer Coordinator
Vacant	Special Events Coordinator
Terry Mayne	Webmaster & Digital Archivist
Vacant	Fundraising Coordinator
Gail Vaughan	Recording Secretary
Nancy Wright	Member at Large
Heather Campbell	Member at Large

Thanks to the Board members who volunteered their time this past year, particularly those who have completed their extended terms, Art McCready and Barbara St Laurent. Your work was truly appreciated. A big welcome to our new Board member, Heather.

There are still vacancies on the Board. If you are interested in getting involved, please contact one of the Board members or see Leslie.

Membership Renewal

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Just a friendly reminder that your membership fees for 2020 are now due. If you have not already done so, please drop by the front desk to take care of payment. The current fee is **\$27.75** due to the City’s 2.5% increase. We accept cash, cheque, debit and credit as methods of payment.

Breakfast

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Over 200 people came by to enjoy a continental breakfast provided by the Volunteer Management Board. Thanks to the members of the Nepean Songsters for leading us in a joyful sing-along following the meal. Finally, a BIG thanks to The Redwoods for providing the delicious, freshly made breakfast wraps and muffins!

Contract Bridge Tournament

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On November 9 we had 40 participants in our tournament. Once again Sheila Tye did a great job in organizing the day, including the lasagna lunch. Our thanks go to V!VA Barrhaven for providing the morning treats and cookies at lunch. The top two placed teams, Joyce Samson & Jake Enns and Normajean Barry & Steve McIntyre, were given gift cards. A third person chosen by random draw won a gift card as well. The next tournament will be held on Saturday, May 9 so mark your calendars now.

Fit Minds™

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There were 13 members who thoroughly enjoyed the complimentary course offered by Nicole from Chartwell Riverpark. If there is enough interest and there is new material, this course may be offered again in the spring.

Food Bank and Snowsuit Fund

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Thanks to everyone who generously donated hats, mitts, coats and food to these wonderful charities. They will be greatly appreciated by the people living in our community.

Rideau Carleton Casino trip

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We had 49 members go to the Casino on November 6. The higher numbers may have had something to do with the 2 for 1 buffet! Thanks to the Board members, Art McCready and Dorothy Latour for organizing the outing and looking after the group that evening. Another Casino trip will be scheduled for some time in March or April.

Thank you!

[HOME]

A great big thank you to Sheila, Dorothy, Art, Bill and Terry for taking the time to wash down all the card tables. It is greatly appreciated and will hopefully help with the cold and flu season coming soon.

Attendance Draw

[HOME]

by Gail Vaughan

As many of you are aware, we have held an Attendance Draw at our centre for many years. The original intent of the draw was as a fundraiser. But over the years it has become an insignificant source of revenue. In addition, on many occasions there are inconsistencies in the amount of money collected. Usually, the number of names entered does not match the amount collected. This has been very frustrating for the volunteers overseeing the draw.

Since this has continued to be an ongoing problem, the Management Board of the NSRC has voted to discontinue the draw. December 13 will be our last draw. The Board wishes to extend a sincere thank-you to the dedicated volunteers who managed the draw over the years. We recognize that the strength of our Centre comes from our volunteers and your work does not go unnoticed.

Here are the winners of our final draws.

Oct 18	Julie Leslie won \$23.50
Nov 1	Eugene Pokoj won \$27
Nov 15	Catherine Daljeet won \$31
Nov 29	Dan Coulterman won \$38

UP AND COMING

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Military Whist

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The next one will be **Friday, January 17 at 7 pm**. The Court at Barrhaven will be the sponsor for the refreshments. The cost is \$6.00 (exact change is greatly appreciated!) and includes cash prizes and delicious refreshments. There might still be some tickets available. Check with the office. **The following one will be at the Blahs Bash on February 14.**

Blahs Bash

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The Blahs Bash will be held on **Friday, February 14**. What better way to beat the winter blahs than to spend the day with your friends. This is a fun-filled day where you can play all kinds of activities in the morning, enjoy Tim Horton's soup and sandwich for lunch and then participate in different activities in the afternoon. Some activities have a maximum number that can participate, so buy your ticket early. Please see the separate flyer with all of the details. **Note:** All regular activities are cancelled that day.

Lunch at Sir Guy Carleton Secondary School

[HOME]

by Smitty

As had been advertised...on Wednesday November 20 there was a 'bean to bar' chocolate presentation at the Sir Guy Carleton High School given by pastry chef Tatiana Vorobej which was nothing short of interesting and educational. The presentation went through the history and origins of chocolate and its discovery by the Spanish explorer, Herman Cortez. She also prepared and let the audience taste a chocolate beverage as it was brewed originally by the Aztec and Mayan tribes, which is a far cry from what we know as 'hot chocolate' today...I



I guess one has to develop a taste for that beverage, then she let the audience taste various types of chocolate and similar to wine 'terroir' plays a big role in final taste. All that was followed by a delicious lunch prepared by a Spanish exchange chef Roberto and a number of assisting students. There was a turnout of 32 people. The teacher would like to do something similar in the future, but no date or topic has been chosen yet. Once the details have been sorted out, a flyer will be posted around the Centre and on our website at www.nepeanseniorscentre.ca

Travel Insurance presentation

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Join Tracy McNulty for an open discussion about Travel Insurance on **January 22 at 10 am in the Heritage room**. Travel Insurance is a must have when you're on holidays, but will there be circumstances when you will not be covered by your Insurance policy? The rules for Ontarians are changing as of January 1, 2020. Out of Country Services and OHIP, what does it cover? Let's find out! **Although it is free, you must sign up at the front desk.**

Photo Sharing presentation

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Lynda Buske is once again offering another session, this time on setting up photos on a shared site. This lecture will show you how to put your pictures up on line so they can be viewed by friends and family. See how to set up a shared site at Shutterfly.com with free unlimited storage and how to customize your site. Learn how to add and organize both photos and albums and how to enable people to make comments. It will take place on **Friday, January 17 10-11 am in the Heritage room**. Although it is free, you must sign up at the front desk.

Tea and Talks

[HOME]

Protecting Your Finances: Financial exploitation is a growing concern in Canada, in fact, it is the most commonly reported form of mistreatment affecting older adults! Join us for a discussion around fraud and learn how to protect your personal information and your assets on **Friday, February 28 at 10 am in the Heritage room**. Although it is free, you must sign up at the front desk.

Caregiving: When caring for a loved one, there can be many challenges. Often in caregiving we can feel alone and overwhelmed. Taking care of ourselves and learning to recognize caregiver fatigue are vital to our wellbeing. Join us for a good discussion around self-care and learn about the many resources that are there to support caregivers on **Friday, March 6 at 10 am in the Heritage room**. Although it is free, you must sign up at the front desk.

Snowshoeing / X-Country Skiing

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Last year the weather didn't cooperate as much as we had liked, but we have a good-sized group who are ready to go for this season. We use the trails located behind the Sportsplex on **Mondays at 10:30 am and Fridays at 1:00 pm**. There is no charge, but you must be a member of the Centre. I have snowshoes that you can borrow if you want to give it a try before purchasing your own set. We generally start in January when there is enough snow. If you are interested, please contact Leslie at the office at 613-580-2424 ext 41264 or leslie.dondale@ottawa.ca

Winter Programs

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Chair Exercise – Jan 6 – Mar 2 Mondays 10:30 – 11:30 am \$81.75 Barcode: 1501421

Chair Exercise – Jan 8 – Mar 4 Wednesdays 9 – 10 am \$91.75 Barcode: 1501439

Learning Bridge Level 2 – Jan 8 – Feb 26 Wednesdays 10:30 am – 12:30 pm \$143.25 Barcode: 1501569

Line Dancing Level 1* – Jan 17 – Mar 6 Fridays 10:30 – 11:30 am \$93 Barcode: 1501592

Line Dancing Level 2* – Jan 6 – Mar 2 Mondays 10:30 – 11:30 am \$93 Barcode: 1501602

Tai Chi – Jan 7 – Mar 10 Tuesdays **Level 1** 11 – 12 pm, **Level 2** 10 – 11 am, **Level 3** 9 – 10 am \$102 Barcodes: Level 1 1510593 Level 2 1501523 Level 3 1501549

***The Line Dancing courses take place at the Nepean Creative Arts Centre, 35 Stafford Rd. Bells Corners.**

Registration is ongoing. You can register here at the centre, online or at any Client Service Centre or Community Centre across the City of Ottawa.

ACTIVITIES

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CARPET BOWLING

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by Alida Dopplinger

Our sport is interesting in that our bowls are heavier on one side, so that they go in a curve instead of straight ahead.

We meet every **Tuesday and Thursday on the Concourse, from one until three o'clock** but we ask members to show up fifteen minutes early to help set up. The cost is \$1.25 and 25 cents for refreshments.

We have lost some members due to health or other reasons, so we would welcome new members.

CREATIVE CRAFTERS

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by Audrey M. Fitzpatrick

Our Open House Sale was a success and several folks bought tickets for our raffle quilt and necklace. Tickets will also be sold at the Breakfast on December 12 with the drawing being made at that time. Winners will be announced in the next issue.

As you have probably noticed our concourse cabinets suffered damage during replacement after the elevator construction. The cabinets have been relocated to the righthand side of the upper concourse and hopefully will be back in full operation soon. One has already been filled with a colourful display of our inventory. These items can be purchased by asking at the front desk. The Heritage Room cabinets also show off some our new items. We have several children's sweaters with colourful patterns as well as heavier pullovers with matching hats for the budding figure skaters, sizes range from 2-14 years. Girls' jumpers sizes 2-4 are also available. We now have several adult bibs available.

Our ladies put together and delivered 12 bags for homeless women. These bags contained hats, scarves, gloves, socks and toiletries. Many thanks to Barbara for spearheading this project and to all the ladies who helped sew, knit and fill the bags.

Your donations of wool and fabric keep coming in and we thank you as without your generosity we couldn't create our lovely items.



We meet each **Thursday in Hall F from 9-11 a.m.** We will resume our weekly sessions on **January 9, 2020.**

We wish everyone a Happy and Healthy New Year.

COMMUNICATIONS COORDINATOR

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by Janet Laframboise

2019 flew by so quickly and I can't believe that we are saying hello to 2020. I hope you manage to spend time with family and friends over

the holiday season.

Our Christmas Breakfast held on December 12 was a great success, although Mayor Watson and Councillor Egli were unable to attend due to the conflict with Council meetings. Councillor Egli's staff attended in his stead to help serve the sausage rolls. It was a good time to catch up with other members and to enjoy our choir singing Christmas Carols.

Keep up to date on the events taking place at the Seniors Centre by reading the Hub with a two-month calendar attached at the back and checking on upcoming events posted in the Heritage Room and outside Leslie's office. There is a lot going on at the Centre so don't miss any opportunities by not keeping yourself in the know. Check out the Winter schedule for the various group events for dates and fees. For me it will be Chair Exercise classes, Contract Bridge on Wednesday afternoons, if I am available, Fun Bridge on Friday afternoons and a winter vacation, a two-week Southern Caribbean Cruise in January. Something else on my agenda will be the February Blahs Bash on February 14 so hope to see you there.

Merry Christmas to you and yours and all the best for 2020.

CONTRACT BRIDGE

[HOME]



by *Gopal Kunchur*

We play Contract Bridge every **Wednesday afternoon starting at 1 p.m.** Some members show up early and practice as and when possible. As a declarer you must plan your play before touching the first card. Count your winners and potential losers. Consider opponents bids, if any. I have observed time and time again that declarer loses a contract without proper planning and impatience.

We had our fall lunch on November 20 with 54 members in attendance, followed by our usual Bridge session. All enjoyed the delicious meal followed by variety of desserts including a fresh fruit bowl and tea and coffee. Arnold proposed a vote of thanks to the following members and also others who helped under the able and kind assistance of Frank. Frank, Norma Jean, Steve and Judy did all shopping. Margrit prepared cold meat platters, Ray mixed the fruit bowl, Steve and Rose set up dining tables with colored table covers and cutlery, Joan did bun cutting, Joan and Judy mixed salad bowls, Rose laid out vegetables. The menu included a variety of salads, vegetable platters, buns with butter, cheese platters, cold cuts, foie de canard, fresh fruit bowl and a variety of desserts, tea and coffee.

CURLING

[HOME]



by *Lloyd Nieman*

Curling started November 12. We welcomed 16 new curlers following the NRSC Open House. Thanks to our new curlers, and to our returning group, for supporting the activity.

Our average attendance is 42 curlers, up slightly from last year. We can accommodate bigger numbers so new curlers are always welcome to join us. Because we make up different teams every day new curlers can start any time. You don't have to make an attendance commitment. When you attend, the cost is only \$5.00 per day (in addition to the Seniors Centre's annual fee).

Launching sticks are available for those who prefer not to kneel in the hack when delivering the rock. Several members have found this innovation allows them to extend their curling careers. Brooms are also provided by the Sportsplex.

We curl **Tuesdays and Thursdays**; meeting in the **Spectators' Lounge** between 8:15 and 8:45 a.m. to set up the teams, curling from **9:00 to 11:00**, then reassembling in the lounge for refreshments. It is best to arrive at least 15 minutes before 9:00 to allow our draw master to make up the teams for the day. This also gives you some time to warm up before the games begin.

The last day of curling for the first half of the season will be December 19. There will be no curling on December 24, 26 or 31.

We start the New Year on January 2.

If you would like some exercise, friendly competition and good conversation curling might be for you. See you there.



by Smitty

Unfortunately, this newsletter is published and circulated long after specific event(s)...in this case, Halloween. On October 31 as I was headed towards the Heritage Room to play Cribbage, I encountered a rather unusual looking woman who looked like a cleaning lady with curlers in her hair and wearing a house coat who gave the impression that she had just gotten out of bed. In passing she greeted me and even mentioned my name...but in all honesty I had no idea who this person might be? So off I went to play Cribbage...when the games were over... the same woman was still hanging around and talking with a number of other players...and eventually meandered into Leslie Dondale's office. Then all of a sudden it dawned on me by hearing her voice again that it was none other than Leslie Dondale all decked out for Halloween...she sure had me fooled...see for yourself!

October 10 - Bruce Drysdale and Ron Anderson tied for First Place (both were \$1.00 winners).

Also, on **October 10** - Laurier Trottier & Debbie Smits had a run of 4 Aces two hands in a row the set of 4 aces was played they pegged 14 pts, and the 2nd time pegging...16 pts)...now that is one way to get around the crib board in a hurry). **October 22** - another great lunch as well as a number of prizes were handed out by John Larsen on behalf of the 50/50 pool...54 people were in attendance which was the record so far! **October 19** - John Knapp had a perfect afternoon – winning all 8 games.

October 31 - Denise Marshall became a new member. **November 19** - Ron Anderson came in first for the 3rd consecutive time...and took home yet another \$1.00. **November 19** - Dan Coulterman & Dave Voisey joined the crib family **November 21** - Ted Snugden & Viola Lacourse had a total score of 47 pts in one round of play (Viola had a 24 hand and Ted had a 14 hand plus a 9 crib) **November 28** – Jake Enns and Viola Lacourse who often seems to get big hands won one of their games in 4 rounds...nothing short of impressive!

We are always happy to welcome new players to our card sessions. Simply show up at the Heritage Room Entrance #3 of the Nepean Sportsplex/Senior Centre any **Tuesday** or **Thursday afternoon before 12:50**. The games start at **1 p.m. sharp** and go till around **3:30 p.m.** for a total of eight games. Of course, there is a coffee/tea and cookie break at the half way mark and let's not forget the drawing of that day's **50/50**. The cost for playing is **\$2 pp**, and **\$1 per ticket** for the **50/50** (on a voluntary basis)...whoever wins the most games with the lowest score stands to win a **\$1.00** and the biggest loser of the day gets to take home a whole quarter!

In closing...we want to wish everyone a **Very Merry Christmas** and all the best for **2020!**



DUPLICATE BRIDGE

[HOME]



by *Gopal Kunchur*

We play Duplicate Bridge based on ACBL (American Contract Bridge League) on **Wednesday at 6:30 p.m. and Thursday, Friday and Sunday at 12:30 p.m.** Recently the old time of 12:45 has been changed to avoid traffic problems. It has been observed that some members touch bidding boxes and remove their hand to reconsider their decision. This should be avoided. Please do not take a long

time to bid or pass.

Between September 25, 2019 and November 24, 2019, there were 34 events with 609 pairs participating. There were 12 pairs over 65%:

Anne/Rashid	75
Anne/Kevin	73.8
Gopal/Rashid	72.2
Monica/Fraser	70.5
David F./Mark	69.3
Carl/Jim St.	67.9
David F./Mark	67.9
Anne/Art	66.7
Jean/Manny	66.1
Mindy/Michael	66.1
Diane/Vic	65.3
Jean/Manny	65.3

EUCHRE NEWS

[HOME]



by *Betsy Shorthouse*

Well here we are already with another year screaming by. The older I get the faster they seem to go.

We have had a great 2019 for the most part. Lots of new faces have joined our group and seem to be enjoying themselves.

One of our dear members, Lucy Beauregard, lost her battle, after a long fight with Cancer. She will be missed in our group as she was such a gentle soul.

On the 17th of December we had our Christmas luncheon and as usual it was a huge success. A big thank you to all those in the group that assisted Donna in the preparation of this event.

We welcome one and all to join us in **Hall F, every Tuesday at 12:30 sharp.** The cost is \$2.50 per person.

FIVE HUNDRED

[HOME]



by Joan O'Meara

The weather hasn't been bad for the last few days but let's face it, winter is here. This is Canada. How lucky can you get?

Since our last edition Halloween has come and gone. Since it fell on a Thursday this year the "Ace of Hearts" arrived at cards bearing treats and left the tricks for the games. A fun time was had by all.

By the time you read this we will have had our usual "Christmas Lunch". Looking forward to our usual great sandwiches, goodies and pull crackers to go along with the festivities. This year we welcomed a special guest, Leslie who sadly will be leaving us next summer.

It's so nice to see Ken and Alice back with us. Ken looks so good and hopefully is on the mend. The news from Ann is that she is still waiting for surgery but hopes to be with us soon.

Sad news is the passing of Dave Balsam. Dave hasn't been with us for quite a while due to his health problems. He really enjoyed "500". Deepest sympathy to his wife and family.

On a lighter note we are happy to welcome some new members – Norine Ezard and Helene and Bob Simoneau. Hope you are enjoying the game.

The top scores for the last two months were:

Steve Pressey	6300
Joan O'Meara	6050
Elaine Dinelle	5750

Congratulations to all.

We are now back in the **Heritage Room**, so come join us every **Thursday at 12:30 p.m.** Fun and games will only cost you \$2.25.

5-PIN BOWLING

[HOME]



by Marsha and Roger Hack

Welcome to all the new bowlers who joined us at the annual Open House on October 30 and have continued bowling with us since then! Our weekly attendance has been averaging in the upper 70's in recent weeks and reached an all-time record of 83 bowlers the beginning of December.

Our last day of bowling for 2019 was on Monday, December 16, and bowling will resume, following the holiday period, on Monday, January 6. New bowlers are always welcome to join us at the Merivale Bowling Centre, 1916 Merivale Road. Please arrive by 12:30 for a 1:00 p.m. start.

Wishing everyone the very best of health and happiness in 2020.

Contact info: Roger/Marsha Hack: hackrandm@sympatico.ca; 613-225-1420; Alternate: Rudi Kurtz: rudi.kurtz@gmail.com; 613-435-5828.

FUN BRIDGE

[\[HOME\]](#)



by *Wilma Matchett*

The Fun Bridge Group meets every Friday afternoon from 1:00 to 3:30 p.m. in the Heritage Room. Many of our participants arrive as early as 12:30 p.m. and start playing Bridge as soon as their table has 4 players. Players change partners and/or tables every half hour after our official start time. We are a friendly bunch and we do like to play as many challenging bids as the cards permit. We don't keep score, but we do congratulate those who make their bids and cheer on those who tried hard.

There are many experienced Bridge players in the Fun Bridge group who are more than willing to help new-comers to this challenging game and those coming back to it after many years. The "new and innovative" methods of bidding and play don't make sense to a lot of us and we encourage flexibility in bidding and playing. I haven't heard of any of our members celebrating making their Grand Slam bids as 2019 comes to an end - but there are still a few weeks of this year left for all participants to meet this challenge.

Members of the Fun Bridge Group join Evie and myself in wishing our fellow NSRC members all good wishes for a Happy and Healthy 2020.

NEPEAN SONGSTERS

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by *Nikki White*

Thankfully the Nepean Senior Centre's renovations are now over, and the Nepean Songsters have returned to our usual practice venue. We were all very happy to "come home".

Our annual concert took place on Sunday, November 3. It was a wonderful afternoon. We welcomed our families and many friends to the Meridian Studio Theatre at Centrepointe. Here they were treated to the Nepean Songsters "Singing Through the Decades". We sang many classic songs that our audience knew so they too could join in on the fun.

The Nepean Songsters will be singing at the annual Christmas Breakfast on Thursday, December 12. We will be singing some of the usual favourites, but we will be adding some new songs to the mix. As always, we look forward to this event.

New members are welcome to join the Nepean Songsters at any time. We practice every **Thursday morning from 9:00 – 11:00**. If you like to sing, please drop by!

SHUFFLEBOARD

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We play shuffleboard from **1 p.m. to 3 p.m. on Mondays and Wednesdays, on the concourse** with typically four or five courts in use. We have room for more as there are six courts so if you would like some exercise and fun, come and join us.

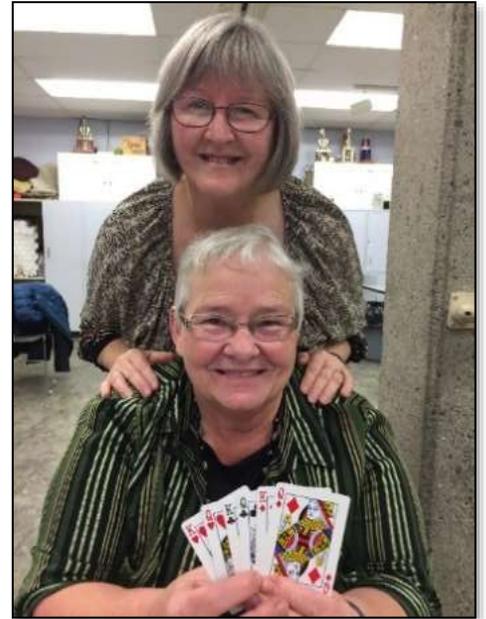
SIXTY-SIX

[HOME]



by Emil Dukovac

Christmas is upon us. Twelve 66 players enjoyed a Christmas luncheon on Monday the second of December. Mark had a “put your cards down” on the table. Marlyn and Yvette had three marriages in one hand. Looking forward to the next year.



TRAVEL CLUB NEWS

[HOME]



by Lynda Obenauf and Joan Terris

LET YOUR ADVENTURE BEGIN!

We had a very successful Travel Showcase in fall 2019. Thank you to everyone who turned out to hear about our plans for the next year. We'd also like to thank all the people who stopped at our table to talk to us at the Open House in October. It was a great chance to speak with people in person and find out what destinations they were interested in. We enjoyed catching up with old friends, but we noticed that we had a lot of people visit our table who were attending an event at the Nepean Seniors Center for the first time.

2019 Trips

We had a very busy year in 2019. Trips out of the country to Portugal/Spain and Germany were very successful, and we also had a trip inside Ontario to the Niagara region. As we write this article, we are looking forward to two day trips in upcoming days, one to Upper Canada Playhouse on December 5 and another to Chateau Montebello on December 11.

2020 Trips

The following trips are being offered in 2020 and planning is well under way. Early in the new year, we will have dates and pricing available:

Prince Edward Island & Iles-de-la-Madeleine - June 2020

Stratford Festival - September 2020

Italy - September/October 2020

We are also looking at a further short trip, planned for April or May, which will have a special guest participant. As well, if the December 2019 day trips are a success, we will present similar events for December 2020.

Trips under consideration for 2021

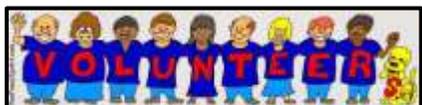
Cape Cod and Boston, Holland, Canary Islands

These are just possibilities, we have several other destinations under consideration.

Again, best wishes to everyone for a happy and prosperous 2020, from your Travel Club Executive.

VOLUNTEER COORDINATION

[HOME]



by Barbara St.Laurent

At the AGM I informed everyone that the volunteer hours recorded at that time were 9,831.5. Since then the total hours recorded have increased to 9,989.5. We will be able to record hours for 2019 up until the end of February at the very latest. Let's see if we can reach or exceed last years' total of 13,136.50 at yearend.

You can report your hours monthly or quarterly. The Seniors Centre benefits greatly from the grant that Leslie gets from the province which is partially based on the number of volunteer hours reported annually - so please send in your hours. For any new members, volunteer hours include: attending meetings (including driving time), as a volunteer, time spent sending/reading/answering e-mails, shopping and/or baking for treats for your activity, helping to organize and attend special events and so on.....

As the end of December 2019, I resigned from the Management Board as the Volunteer Coordinator. I expect to continue attending some of the activities the Seniors Centre has to offer. As of January 2020, Dorothy Latour will be the new Volunteer Coordinator and you can send your hours to Dorothy at dorothy.latour@sympatico.ca or you can complete the Volunteer Hours form available in the Heritage Room.

Thank you all for your support and have a wonderful winter.

Merry Christmas

[HOME]

To all the long-time members as well as all the new members, I want to wish you a very Merry Christmas and all the best of the season. I hope the New Year brings you joy and I look forward to sharing many more happy moments with you before I retire in June.

Leslie

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Notes: For a Foot Care Clinic Appointment please call 613-591-3686. Cross-country skiing and snowshoeing will start January 6, weather permitting, Mondays at 10:30 am and Fridays at 1 pm. ^ Line Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners</p>			<p>1 Welcome to 2020!  Centre is CLOSED</p>	<p>2 9:00 Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling</p>	<p>3 12:30 Duplicate Bridge 1:00 Fun Bridge</p>	<p>4</p>
<p>5 12:30 Duplicate Bridge</p>	<p>6 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six</p>	<p>7 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling</p>	<p>8 9:00 Foot Care Clinic, Chair Exercise 9:30 Board Meeting 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge</p>	<p>9 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling</p>	<p>10 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing</p>	<p>11</p>
<p>12 12:30 Duplicate Bridge</p>	<p>13 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six</p>	<p>14 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling</p>	<p>15 9:00 Chair Exercise 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge</p>	<p>16 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling</p>	<p>17 10:00 Photo Sharing presentation 10:30 Line Dancing 1^ 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing 7:00 Military Whist</p>	<p>18</p>
<p>19 12:30 Duplicate Bridge</p>	<p>20 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre Group</p>	<p>21 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling</p>	<p>22 9:00 Chair Exercise 10:00 Travel Insurance presentation 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge</p>	<p>23 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling</p>	<p>24 10:30 Line Dancing 1 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing</p>	<p>25</p>
<p>26 12:30 Duplicate Bridge</p>	<p>27 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six</p>	<p>28 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling</p>	<p>29 9:00 Chair Exercise 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge</p>	<p>30 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling</p>	<p>31 10:30 Line Dancing 1 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing Mar/Apr Hub deadline</p>	

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: For a Foot Care Clinic Appointment please call 613-591-3686. *All regularly scheduled activities are cancelled the day of the Blahs Bash - Friday, February 14.						1
2 12:30 Duplicate Bridge	3 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre Group	4 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	5 9:00 Foot Care Clinic, Chair Exercise 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	6 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling	7 10:30 Line Dancing 1 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	8
9 12:30 Duplicate Bridge	10 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	11 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	12 9:00 Chair Exercise 9:30 Board Meeting 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	13 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling	14 Valentine's Day 10:30 Line Dancing 1 9:30 Blahs Bash *  1:00 Snowshoeing, cross-country skiing	15 Nat'l. Flag of Canada Day 
16 12:30 Duplicate Bridge	17 Family Day  Centre Closed	18 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	19 9:00 Chair Exercise 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	20 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling	21 10:30 Line Dancing 1 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	22
23 12:30 Duplicate Bridge	24 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	25 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	26 9:00 Chair Exercise 10:30 Bridge lessons 2 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	27 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling	28 10:00 Protecting Your Finances Tea & Talk 10:30 Line Dancing 1 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	29

TRAVEL INSURANCE PRESENTATION

I welcome you to join Tracy McNulty for a free, open discussion about Travel Insurance on **Wednesday, January 22, 2020 at 10:00 am in the Heritage room.**

Travel Insurance is a must have when you're on holidays, but will there be circumstances when you will not be covered by your Insurance policy?

The rules for Ontarians are changing as of January 1, 2020. Out of Country Services and OHIP, what does it cover?

Let's find out!

Although it is free, please sign up at the front desk so we know our numbers.



Tracy L McNulty, CHS

Senior Insurance, Living Benefits & Wealth Management Advisor

Cold Man Winter has arrived!

Join Nepean Seniors Recreation Centre's

Winter Blahs Bash

February 14, 2020

9 a.m. to 9:30 a.m. sign in

Activities commence 9:30 a.m. to 3:30 p.m.

PLEASE NOTE: All regular scheduled Activities are cancelled this day.

Nepean Sportsplex, 1701 Woodroffe Avenue



Try something new! Activities to select from:

Morning

- Fun Bridge
- Cribbage
- Euchre
- 500
- Sixty-Six
- Floor Shuffleboard

Afternoon

- Military Whist
- Carpet Bowling
- Snowshoeing/Cross-Country skiing

Tim Horton's Soup & sandwich + dessert

provided for all registrants as well as prizes!

Wear Comfortable Clothing

Pre-Registration:

Nepean Seniors Recreation Centre only

Nepean Sportsplex, 1701 Woodroffe Avenue

Fee:

\$10.00 for members, \$11.00 for non-members



Registration Deadline: February 7, 2020 or until tickets are sold out

Information: 580-2828 ext. 2

[\[HOME\]](#)

How to contact us:

Visit us at our facilities:

Nepean Seniors Recreation Centre

Nepean Sportsplex
1701 Woodroffe Ave
Nepean, Ontario
K2G 1W2
(Entrance # 3 at rear of building)

Contact our front office

(613) 580 - 2828 extension 2

Get more Program information

(Get more information on NSRC
Activities and Programs)

(613) 580 - 2828 extension 2

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[NSRC Management Board](#)

Nepean Seniors Recreation Centre

[NSRC Website](#)

The *eHub* is a publication
produced by the volunteer members of the
Nepean Seniors Recreation Centre.