



NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Avenue
Ottawa, Ontario

January/February, 2023

Program Information: Jennifer.Stewart@Ottawa.ca
Information: 613 580-2828 Ext. 41264 or www.nepeanseniorscentre.ca



The Nepean Seniors Centre Staff Team Welcome You!

Jennifer Stewart

If you are a new or returning member, we look forward to welcoming you back to our center. We are beginning to have lots of new and returning faces, please ensure we are continuing to foster a warm and welcoming environment for all our members, and volunteers. Interested on returning but feeling overwhelmed or don't

know where to start? You are not alone! I encourage you to reach out to me directly and we can work together to find a program that is right for you.

It is that time of year again when days are filled with grant applications, data entry for our Spring and Summer sessions and general meetings and trainings. I always encourage an open-door policy but in the off event you see my door closed, I am either in a meeting which are often held virtually or entering an application but look forward to speaking with you when I finish.

Memberships are \$29.75/year and members are no longer required to pay any additional fees, however, any donations made to your group will go towards any additional social gatherings and to your volunteer board – please see your activity convener for more information.

The City of Ottawa has released their new registration system and I thank you for your patience as we navigate and adapt – our main issue was our pin pads, but we are expecting to have this issue resolved in the next coming weeks. Friendly reminder that to participate in



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any of our membership-based activities, clients are expected to have already renewed their membership or are required to register for a membership.

The Nepean Seniors Volunteer Management Board did a terrific job hosting our annual Christmas Breakfast which had a terrific turnout, and delicious food. A special thank you goes to The Nepean Songsters for their entertainment and The Red Woods Retirement Home for their catering assistance. The volunteers are the backbone to this Centre and without them we would not be able run the activities that we do – they are all a pleasure to work with and I am grateful to be collaborating with a knowledgeable, and hard-working group.

The Nepean Seniors is beginning to host our Learning Series. A date to be announced in February we will be hearing from the Alzheimer Society of Ottawa sharing their knowledge and answering any questions you may have with the goal of promoting successful aging in our community. Please see the front desk for registration! Stay tuned for the date!

Members are now eligible to apply for the City of Ottawa subsidy program, Ottawa Hand in Hand which if you are approved, provides members with up to \$205 a year towards recreation programs or memberships. Members must complete an application which includes proof of income. For more information, please visit our front desk.

ACTIVITIES

CREATIVE CRAFTERS

by Audrey M. Fitzpatrick

Happy New Year to one and all. Let us hope this year brings more normalcy to our lives.



Our display cabinet that was on the Concourse is now situated beside the elevator right outside the entrance to the Senior Centre. Do have a look at the display.



The crafters would like some help in trying to locate our 150th Anniversary of Canada Quilt. It was presented to the Board at our Canada Day

Party in 2017. The quilt had been hung in the Heritage Room and was a beautiful depiction of the 13 Provinces and Territories. The crafters had spent a great deal of time putting together the intricate pieces. During the elevator construction and the renovation of the Senior Centre, the quilt was removed. It has not been seen since. If anyone has any information regarding its whereabouts, PLEASE inform Jennifer, a Board Member, or a crafter.

Our first “Kitty” quilt sold and another was ordered at the Open House. The second one is nearing completion. We are contemplating a “Doggie” quilt next. These are twin sized and appealing to animal lovers. All monies gleaned from the quilt sales and our other sales go to the Board for their use in providing supplies to the various senior activities.

Many thanks to those who have donated fabric and wool. You keep us happy.

This year we again put together bags for homeless men containing mitts, scarves, toques, socks, neck warmers and toiletry items.

We welcome new members. We meet on **Thurs. from 9 a.m.-11 a.m. in Hall F.**

CHAIR'S REPORT

By Janet Laframboise

I hope everyone enjoyed the holidays with family and friends and are ready to move forward in 2023.

The Christmas Breakfast held December 19th was a big success with 130 people in attendance. It was nice to see some familiar faces and catch up on what is happening in their lives. It was also nice to see many new faces and hope that you enjoyed the Breakfast and look forward to attending the various events, such as the February Blahs Bash on February 24th. Keep an eye out for further information on this.

The winter activities have now started up and you can check out the schedule on our website.

It is important that we all hand in our 2022 volunteer hours as Jennifer needs the total hours contributed when applying for grants. No hours submitted means that we may not receive grants to help run the Seniors Centre so please be sure to get your hours to Dorothy Latour at dorothy.latour@sympatico.ca by the end of January.

DUPLICATE BRIDGE

by Art McCready

If you need more information please email me at ArthurMcCready@gmail.com. Also, if you want to play and you need a partner, please email me.



CRIBBAGE by Sadie Adamson

Seems that winter is here. Numbers are down a bit as people are staying in where it is warm.

We had a wonderful Christmas lunch on December 15th with 25 players attending.

Welcome to the new players that have joined our group. Lots of room for more avid crib players.

We meet Thursday at 1pm until 3. Come out and join the fun.

CURLING by Bob Streicher

We're back! After a two year break, we started back into curling in mid-November of last year, and are scheduled to play every Tuesday and Thursday morning up until March 16th. A number of the old gang have come back, but we've also had close to twenty new curlers come out thus far.



We operate on a pay-as-you-go basis, at only \$4.50 per day, with complimentary snacks and beverages provided after the game. All the necessary equipment for playing is available (brooms, slip on slider, delivery sticks, and even grippers) at the rink. Teams are made up daily, so there is no requirement to be available every day that we play. New curlers are always welcome to join us at any time, regardless of your level of experience (including no previous experience what-so-ever, as you're never too old to learn). Space is essentially unlimited - we'll fit you in! We play from 9 to 11 am, but show up a little early, so we can make up the teams. (Of note: Curlers are no longer required to have a Nepean Seniors Centre membership in order to play. It's strictly pay-as-you-go!)

It's certainly good to be back out on the ice! While some of us have had to admit that our games have gotten a little rusty from the long break, there's no better way to address this than simply getting back out there, throwing a few

rocks, sweeping our hearts out, screaming at the top of our lungs, and having fun. That's what curlers do!

EUCHRE

By Betsy Shorthouse



Here we are already, 2023. To end off last year, we had a great catered sit down Turkey and Meat Pie dinner with all the trimmings. It was nice to see the turnout.

We have had many new people join our group this year, and you are all so welcome to our group. We have had really large turnouts lately and one with 84 people in attendance. If you are looking for a good afternoon of fun and entertainment why not give us a try.

We play euchre on Tuesday afternoons, Hall F, at 12:30 sharp and it costs \$1.25 per person. There is free coffee, tea and snacks provided each week.



FUN BRIDGE *by Wilma Matchett*



The weather outside may be frightful but the Fun Bridge group will give a warm welcome to anyone looking for relaxing bridge games on Friday afternoons.

Terry Mayne and Naiim Shafey started the new year with a 7NT bid, which Terry successfully completed - Congratulations to both of you.

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 do not keep score but we do congratulate those who make their bids and cheer on those who tried hard.

We are willing to assist the recent graduates of the various bridge courses if they wish to consult the more experienced players - there are so many "new and innovative" methods of bidding and play that don't make much sense to the veteran players and we encourage patience and flexibility.

FIVE HUNDRED

by Andy Shorthouse



It has been a slow but good recovery year for 500. We started slow but we have slowly grown our numbers over the year.

It was nice to celebrate our Christmas break with a Pizza Lunch on December 15. We had 16 people who signed up and everyone seemed to enjoy our pizza and desserts. We were also able to play our

regular 4 games after lunch. Good to be able to get back to having lunch together after the past couple of years.

We play on Thursdays from 12:30 pm to 3 pm in the senior center. If you are looking for a few laughs and friendly game of cards come check us out we are always looking for new players.

The top scores for November/December were:

Tina Guindon	4550
Sharon O'Byrne	4030
Lois Hogan	3850



5-PIN BOWLING -By Marsha and Roger Hack

The bowling league resumed, after a three week absence for Christmas & New Years, on January 9th.



Our League is a non-competitive league, which is noted for being a regular social activity

involving good exercise, fun times and camaraderie.

There are no “teams” (or team pressure). Bowlers’ averages are maintained on an informal basis throughout the season, and a number of prizes are awarded at the end of the season to celebrate special achievements (with and without handicap), i.e. for male/female high averages, high games, and high series.

Venue: [the Merivale Bowling Centre, 1916 Merivale Road](#) (south of Hunt Club Road), Monday afternoons, from 1:00-3:00 p.m., to April 24th inclusive.

This is a drop-in activity where players bowl 3 games (cost is \$15). A weekly 50/50 draw generates funds which are put towards prizes.

Proper bowling shoes must be worn (and can be rented on-site if necessary for \$3). Regular bowlers quite often purchase their own shoes.

If you are interested in participating in this 5-pin bowling league please email or phone the activity coordinator listed below.

Roger Hack, 613-225-1420, hackrandm@sympatico.ca

SHORT MAT/LAWN BOWLING *by Larry Myers*

Short Mat bowling continues until March with games Monday at 1:00 and Wednesdays at 1:00 and 6:30. Please contact Blaine Phillips or Debbie Ferrill for information.



debbie.ferrill@hotmail.com. or
phillips.blaine@gmail.com

SIXTY-SIX by Emil Dukovac

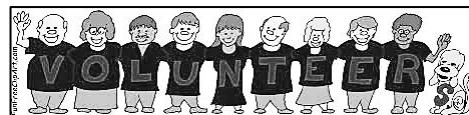
At our Christmas party we served homemade meat pies made by my wife. Yvette Bedard made a pot full of mashed potatoes with gravy. Yvette Lesimple made a salad with cheese and walnuts dressed with her French vinaigrette. Mark Beauchamp added a Lebanese salad. The rest of the group brought side dishes and drinks. Marlyn and her husband Jack set up five tables dressed with her red linen cloth and a nice centrepiece. She brought crackers, utensils and plates to make it a festive setting. I would like to add that we have three new members: Steven Toy, Linda Laframboise, and Yvette Lesimple.



NEPEAN SONGSTERS by Suzan Ascroft

Thursdays at 9:30, you can hear the dulcet tones of the The Nepean Songsters as they start their weekly practice in the Heritage Room. Our repertoire includes upbeat ditties like You Gotta have Heart, romantic lullabies like Dream a Little Dream of Me, cowboy laments like They Call the Wind Maria and soaring ballads like We Rise Again.

Our very capable musical director, Heather Lynn Smith, and our pianist, Devon Wastle-Thivierge, lead us in song. We are hoping to attract lots of new members this year. There are no auditions, we welcome every voice. You will never be asked to sing a solo unless that is something you want. It is not necessary to know how to read music although the music is available. There is a membership fee to cover our costs but Songsters do not have to be members of the Seniors Center. We have resumed our monthly sing-outs at local seniors' residences. And we really hope you will join us.



VOLUNTEER COORDINATION

By Dorothy Latour

Volunteers have reported hours in the year of 2022. Volunteer hours are reported for anything and everything you do to help with any of the events/activities held by the Nepean Seniors Recreation Centre. You can forward your hours to me at dorothy.latour@sympatico.ca.