

NEPEAN SENIORS RECREATION CENTRE

Nepean Sportsplex, 1701 Woodroffe Avenue
Ottawa, Ontario

March/April, 2023

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**The Nepean Seniors Centre
Staff Team Welcome You!**

Jennifer Stewart

It appears March is coming in like a lion this year, let's hope the Farmer's Almanac is correct, and March goes out like a lamb with much less snow. I can't believe it has already been a full year since beginning this role at the Nepean Seniors Centre. I often find myself coming home to my husband to talk about how great my day

was here at the Seniors Centre, thank you all for making this place so enjoyable!

We had our February Blah's Bash which was a great success, and we are looking forward to hosting more events and activities. Our Spring registration has opened with some great fitness programs for all to enjoy. We have a few new activities being introduced including Bid Euchre, Garden Club and Arts & Crafts. We are currently looking for a volunteer to assist with our Garden Club, unfortunately I wouldn't consider myself to have a green thumb (thanks to Betsy Shorthouse for keeping my 1 plant alive) and would love expertise on context of how to develop this program. If you are interested, please contact me to chat further.

Our Arts and Crafts club is for anyone who wishes to bring any home projects including sign making, card making, beads, coloring, calligraphy, and everything in between. No expertise is necessary in any of our groups, we welcome all.

You spoke, and we heard you! Military Whist will be returning in the coming months, more information will be emailed and posted on site soon.

ACTIVITIES

CREATIVE CRAFTERS

by Audrey M. Fitzpatrick



Spring is just around the corner. In fact, a Robin has made an appearance. Our crafters are busily making our “Doggy” quilt. It will be colourful and should appeal to pet owners. None of these dogs have to be walked!

Our crafters are happy to report that the treasurer was able to turn over \$930 to the Senior Management Board. This was money earned at our Open House in Oct. and the Christmas Sale and in-house sales from Sept. to Dec. 31. We sincerely thank those who purchased items from us.

We are also pleased to report that we have attracted several new ladies, all of whom have diverse talents. We always welcome new people, experience is not a requirement as we have experienced ladies to help with any project.

Please take a peek at our showcases, one by the elevator and one in the Heritage Room. If you wish to purchase something, the front desk will assist you and remember all money stays here at the Centre.

A gentle reminder to those who may be travelling, small hotel soaps, shampoos and conditioners can be put in our bags for the homeless. Please consider donating them to us.

We meet on **Thursday in Hall F from 9 a.m.-11 a.m**

CHAIR’S REPORT

By Janet Laframboise

Our first February Blahs Bash since Covid was a success with around 70 people in attendance. It was nice catching up with everyone and playing Fun Bridge in the morning and Military Whist in the afternoon. Lunch was ordered from **big**

that it was also my lunch for the next day. Many asked if we were going to do this again and I said YES we do this every year to break up the winter and have fun. There was also interest in having Military Whist start again and we are working on having this happen so stay tuned for news about this.

The Spring Schedule March 13th - June 30th is now available so check out the activities for dates and times. Bid Euchre 9:30-11:30 has been included and I attended on the 13th to learn how to play and enjoyed it immensely although a newbie to the game.

The registered activities are also listed and now open for registration. You can visit the front desk to register for your activity.

It is time to get back at the activities provided by the Nepean Seniors Recreation Centre and I for one will be showing up for Fun Bridge on Friday afternoons and Bid Euchre on Monday mornings. To me it is welcome back to my social life.

DUPLICATE BRIDGE

by Art McCready



Spring is around the corner, and we are looking forward to getting more members back to duplicate bridge. It was a slow winter with only 4 or 5 tables on Thursday afternoon and 2 or 3 tables on Friday afternoon. We had to cancel a few Friday’s bridge because of low numbers.

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. If you want to see the results each week, just send me your email address and I will include you in the duplicate bridge results email.

Hope to see more new and old members back this spring.

CRIBBAGE *by Sadie Adamson*

Winter has arrived making driving a bit tricky at times but our dedicated cribbage players come out every week no matter the weather.

Winter Blah's Bash was a good day to catch up with friends not seen in a long time as well as being a lot of fun.

If you enjoy playing cribbage, please join us on Thursday afternoon at 1pm.

Everyone is welcome.

CURLING by *Bob Streicher*

Our 2022/23 curling season has sadly come to a close. We ended the season with a playoff involving the top point getters for each of the four curling positions throughout the season playing off against each other. A Box Luncheon was also held on Tuesday, March 14, in the Seniors Centre, immediately following play that day. Over 30 people attended the Luncheon.



The season was relatively successful overall, but we are still in a process of rebuilding, following a 2 year break due to COVID. Weather was also a bit of a challenge several mornings this year - the worst of which saw only 5 curlers in total braving the elements and still playing, which isn't easy to do with just 5 people. Looking forward to next fall, and hope to see even more curlers out there on the ice.

2022/23 Winning Team: Lead - Lorna King, Second - Lynne Hendricks, Third - Stephen Lane, and Skip - Sue Mayotte



BID EUCHRE by *Bill Brazeau*

We are so pleased to announce that a new group has been formed. Bid Euchre is a really fun game of cards. If you can play Euchre you can play this. There will also be assistance for anyone that wants to learn how to play.

For the time being, it will be held a 9:30 a.m. on Monday. This time may be amended later on down the road, depending on how many people are interested in playing.

It will be held in the Heritage Room a Nepean Sportsplex. Lots of free parking.

EUCHRE By *Betsy Shorthouse*



Well, this has been quite the winter. Snow, snow and more snow. Thank goodness it didn't interfere with the attendance at Euchre. Each week we have continued to gain new players. We welcome all the new players to this group and we hope you are enjoying yourselves.

We play Euchre on Tuesday afternoons at 12:30 p.m. sharp, in Hall F and it only costs \$1.25 per week. Lot of free parking is available.

FUN BRIDGE by Wilma Matchett



NO ARTICLE SUBMITTED

FIVE HUNDRED

by Andy Shorthouse



Mother Nature was playing tricks on our time to get out during the month of February to play 500. We are looking for more players to come and join us. We are averaging 3 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 friendly game of cards come check us out.

The high scores are:

June Frechette	4050
Steve Pressey	3960
Carole Collins.	3950

5-PIN BOWLING -By Marsha and Roger Hack



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.

SHORT MAT/LAWN BOWLING by Larry Myers



Short Mat Lawn Bowling at the Nepean Sportsplex has had 50 players this year. We are playing Mondays at 1:00 to 4:00 and Wednesdays at 1:00 to 4:00 and 6:00 to 9:00. We welcome new members. Coaching is available to get players started. We have 2 members of our club who will play this month in Scotland in the World Championships.

SIXTY-SIX by Emil Dukovac

We are a small group and we like it like that. Lately we had a few new people join and that is good. Marlyn scored six point by placing her card on the table . no one could stop her, But they stopped me as I tried to go alone and Steve put m down. All in all we a happy bunch. It will be nice when the rest of the gang shows up.



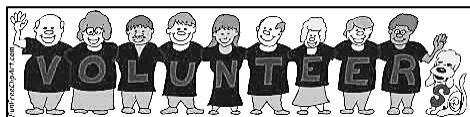
NEPEAN SONGSTERS

by Suzan Ascroft

The Nepean Songsters have just begun the second half of the season with a sing out at the Stillwater Creek Retirement Residence on Robertson Road. In honour of St. Patrick's Day, we wore green ties or scarves over our usual uniform of white shirts and black pants. For the occasion we had six lovely, familiar Irish tunes. While not everyone in the audience knew the words to the verses, many joined us for the choruses of songs like An Irish Lullaby and When Irish Eyes are Smiling.

Heather Lynn Smith conducted the choir and Devon Wastle-Thivierge accompanied us on the piano. They are both very accomplished musicians and we are very lucky to have them guiding us.

The choir is much smaller now than it was three years ago at the beginning of the Covid epidemic. We have lots of room for new singers. Come join us in the Heritage Room any Thursday morning from 9:30 to 11:30 There are no auditions. you don't need to know how to read music. You don't need to be a trained singer. You just need to be ready to have a wonderful time singing with a group of happy people.



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.