



Special points of interest:

- Upcoming Events
- CPR Essentials for Seniors
- Ice Cream Social in Review
- Feedback Survey

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NEPEAN SENIORS CENTRE

Nepean Sportsplex,
1701 Woodroffe Avenue,
Ottawa, Ontario



E-mail: Karim.Ahmed@ottawa.ca

NSC Program Feedback Surveys – Details on Final Page

Winter Registration for recreation, cultural and virtual activities begins on November 14 at 9 pm online.

Monday, October 21 is Halloween

Join us for a day of frightful fun and ghoulish delights! Our Halloween event is packed with activities designed to entertain and engage. Win Fantastic Prizes!

Enjoy a delicious catered lunch featuring Artisan Sandwiches: Turkey, Apple and Brie, Roast Beef & Aged Cheddar, vegetarian options available.

Come dressed in your best costume and be ready for a hauntingly good time!

Register Before Oct 15, 2024!

Registration is Required:
Members: 13.27\$ (+tax)
Non-Members 16.59\$ (+tax)
Activity # 113897
Contact the Front Desk at:
613-580-2400 X46652



Have a spooky good time

Event Schedule

- 11:00 to 11:15am Opening Words
- 11:15 to 12:15 Haunted Casino
- 12:15 to 1:15pm Lunch / Dessert
- 1:15 to 1:45pm Brain Boo-sters
- 2:00 to 2:30pm Costume Contest
- 2:45 to 3:00pm Closing Words

NEPEAN SENIOR CENTRE
HALLOWEEN EVENT

October 21, 2024

11-3pm

Activity # 113897



Each registered participant will receive 30 chips.

With those chips, you can choose to play the Haunted Casino Games, or buy ballots to enter the draw for one or more of the gift baskets seen below.

Q: What if you run out of chips?

A: Get more chips by: Dressing up, using the photobooth, participating in activities!

Q: What if you don't want the gift basket?

A: Drinks, lunch, desserts, entertainment, games and friends should keep you plenty busy!

*Registration Details and Event Schedule are listed on the Title Page.



CPR Essentials for Seniors

with the

Ottawa Paramedics

**New Date
Available
Don't Miss Out!**

The Nepean Senior Centre is offering CPR training sessions tailored specifically for older adults. These sessions focus on simplified techniques and guidelines, considering the unique physical characteristics and potential limitations of seniors.

**Activity #
112961**

DATE: Tuesday, Nov 19, 2024
TIME: 1:30 pm to 4:30 pm
LOCATION: Heritage Room
COST: Free - Registration is Required

Spaces are Limited!

**Please register at the Nepean Seniors' Centre
Front Desk by November 8, 2024**



Christmas Breakfast

Free for Members
 Sign up sheets will be available
 More details to come!

Save the Date!

Dec 9, 2024 from 9AM to 12PM





Oct 31 – Nov 3, 2024

Free Parking **2 for 1 admission**
 Thursday (all day) | Friday (5 pm to 8 pm)

1701 Woodroffe Avenue | ottawa.ca/sportsplex

Hours
 Thursday 10 am - 6 pm
 Friday 10 am - 8 pm
 Saturday 10 am - 6 pm
 Sunday 10 am - 4 pm

Admission Prices
 Adults \$7
 Seniors / Youth \$5
 Children (under 12) Free

Ottawa
ottawa.ca 3-1-1
 TTY-ATS 613-580-2401
 10-100-000



WELCOME TO A WORLD OF AQUATICS

ADULT SWIM BASICS

IMPROVE MENTAL & PHYSICAL WELL-BEING

- Increase knowledge & body awareness.
- Social interaction with others
- Fun atmosphere in the pool and therapeutic swirl pool
- Gain confidence in the water & improve your swimming.

Wednesdays & Fridays 10-11am
Location: Nepean Sportsplex Pool
September 18 to December 20, 2024

Taught by professional water experts to guide you through a 1-hour experience. Open to anyone 50 + years.

DROP-IN RATES, 50-64 years \$6.80 & 65+ years \$5.25

INFO – steve.papai@ottawa.ca

New this Fall
JOIN US EVERY WEDNESDAY

SOCIAL BOARD GAMES

4:30PM - 8:30PM IN THE HERITAGE ROOM

Play Cards, Chess, Cribbage and More!
Meet new people, learn, laugh, and be loud!



ICE CREAM SOCIAL 2024

We deeply appreciate the efforts of the Nepean Senior Centre Volunteer Board and their generous donation of the event's ice cream and toppings!

Thank you all for joining us!



NSC Activity Report

CREATIVE CRAFTERS

by Audrey M. Fitzpatrick

After such a beautiful September, it is difficult to think of cooler weather and Christmas but our ladies are busily preparing for our sale at the Christmas Breakfast on Dec. 6th. This will be an opportune time to do some Christmas shopping.



We have received a large donation of yarn to the delight of our knitters. We have also received a generous donation of hand knitted scarves, hats, gloves and mitts, many of which are in sets. We say a big "thank you". For those who decorate at Hallowe'en we have an assortment of crocheted pumpkins in various sizes.

Our showcases change almost on a weekly basis so new things are frequently displayed. It is also worth noting that unless specified, our knitted items are machine washable.

Crafters meet every **Fri. in the Heritage Room from 9 am-11a.m.** We welcome new members with or without experience. We have ladies who can help.

CRIBBAGE

by Smitty

Greetings to one and all...I am back after a long absence...due to COVID 19 and other unexpected personal situations.

Let me start off by thanking **Sadie Adanson**...the ever efficient organizer par excellence. **NO**, she is not leaving us but she will be a player instead of organizer after having handled that position for some 12 years through thick and thin and always accommodating late comers and early leavers. Also, she was and still wants to be involved in organizing events and occurrences. Therefore, (and I am sure I speak for all the Cribbage players) a **GRRREAT THANK YOU Sadie**...job well done.



Now onwards and upwards...Debbie Smits has taken on the task of organizing the games for the foreseeable future.

Mark Beauchamp will be tracking statistics... which means there will be some kind of recognition possibly at the end of the year? So from now on we will be giving reports on scores and exceptional hands. For the new comers... contrary to the usual way cribbage points are counted...we recognize the player with the lowest count wins the game/day instead of the other way round.

At last count and before going to press:

In 1st place: **Elsie Larsen** with **100** wins... followed by **Mark Beauchamp** in 2nd with **93** wins and in 3rd place **Marg Stone** with **91** wins.

Then there were also perfect game/days with a score of 'o'

Marianne Munro	- August 1, 2024
John Flook	- July 18, 2024
Smitty	- July 11, 2024

Then there is some sad news to report...**John Larsen** an avid cribbage player and quintessential gentleman passed away on September 11th...the cribbage group is suffering a great loss because John was the organizer and administrator of 50/50 draws which paid for many luncheons. He was also involved in many other memorable events. He always made sure that everyone was invited to all the events he was involved with...he even made an extra effort to contact those people who hadn't played for a while.

In closing...we gather every **Thursday** afternoon at **1pm** in the **Heritage Room** and play a total of **8 games** until (approximately) **3pm**. Please present yourself at around **12:45** so that the appropriate number of tables can be set up.

We welcome all newcomers...providing you have some crib experience. Unfortunately, we are not setup to teach the game to individuals who have never played 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 costs other than fees required to participate in specific events.

N S C Activity Reports

BID-EUCHRE

By Reg Hall

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+ active 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.

To date in 2024 (as of Sept. 16, 2024), the following scores have highlighted our current year for continuing members:

Overall Highest Average for 2024

- Elaine Dinelle - score of 195.6
- Ed Halla - score of 179.3

Highest Single Day Score

- Diane Pennock with 263
- Raye Smith with 244
- Arnold Baldwin with 243

"MoonShots" To-Date

- Elaine Dinelle with 7
- Sherry Hall with 5
- John MacMillan with 5

Come out and enjoy one of Sherry Hall's treats and join us for an enjoyable afternoon!



EUCHRE

By Barbara Yurkoski



Our Awards Lunch, where the champions for the past year are recognized, was held on September 10. Before the winners were announced, we enjoyed a pizza lunch.

High Score for 1 day:
Lynn McFall & Eugene Brazeau
- each with a 1 day high score of 83.

Most Lone Hands in 1 Day:
Freida Bonacci, Lynn McFall,
teve McIntyre, Pauline McTavish,
Marianne Munro, Allan Trafford
- all had 7 lone hands in 1 day.

Most Lone Hands for the Season:
Marianne Munro 138

Highest Male Average for the Season:
Steve McIntyre 58.26

Highest Female Average for the Season:
Marjorie Nelson 58-34

Highest Overall Average for the Season:
Freida Bonacci 59.51

The banquet begins the new euchre year, giving everyone a fresh start to win next year's awards. New players are welcome at any time, so come and join us on Tuesday afternoons. To qualify for awards, players must participate in a minimum of 26 game days, but having fun is our main purpose.

Photo: our convenor, Donna Caron, presents the award for highest overall average to Freida Bonacci.



NSC Activity Reports

CONTRACT BRIDGE

by Frank Carbonette

Bidding Slams

During the month of September Elaine Dinelle & Arnold Baldwin completed a small slam non-vulnerable. Bill Pinnock & Nigel Parker completed a grand slam, not -vulnerable.

Blackwood Convention (asking for Aces)

The Blackwood convention uses a bid of 4NT to ask partner how many A's he/she has. A 5C response indicates 0 or 4 Aces. A 5D response indicates 1 Ace. A 5H response indicates 2 Aces. A 5S response indicates 3 Aces. A 4NT bid is always considered to asking for Aces unless NT has been bid previously. Once you have established Aces, you may proceed to bid 5NT to ask for Kings with the responses being the same. 6C implies no Kings or 4 Kings, 6D implies 1 King, 6H implies 2 Kings and 6S implies 3 Kings. If you have 1 or more Aces and partner responds 5C, then you know for sure that partner has no Aces. If you have no Aces and partner responds 5C and you have both bidding quite heavy, then you know partner has 4 Aces.

Wednesday afternoon Contract Bridge is always looking to increase their numbers.

DUPLICATE BRIDGE

by Anne Coderre

Fall has arrived and our numbers are looking good. We are getting 6 to 8 tables on Thursday afternoon and the same on Friday afternoon. We are still looking for help to run and score our games. Without volunteers we can't run these games.

Hope to see you there!

FUN BRIDGE

by Evie Snarr

What a way to end the week! Come and play at a relaxing afternoon of bridge from 1:00 – 3:30. Most come much earlier and start playing when their table has four players. You do have to know how to play the game though. We try to accommodate all who show up by 1:00 but it also depends on how many arrive so we have enough to make up tables of three. No fuss no score just a happy and friendly group of bridge players.

FIVE HUNDRED

by Andy Shorthouse

Summer is coming to an end and thanksgiving is just around the corner so why not give 500 a try. We are always looking for new players to come and join us. At present we are averaging 3 to 4 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 check us out.

High scores for August / September:

Marjorie Nelson	5500
Arnold Baldwin	5430
Elaine Dinelle	5080

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 ...

SHORT MAT/LAWN BOWLING

by Faye Schultz

As everyone knows short mat will resume in September (exact date to be confirmed later) To all our current short mat participants I hope you are enjoying your summer activities, whether they are lawn bowling, golf or anything else.

Nepean Seniors Centre Board

A Message from the Volunteer Board Chair

by Steve McIntyre

As we close in on the fall/winter season let's try to encourage our friends to join us in the many activities the Sportsplex offers. Besides the regular card games, shuffleboard and exercise programs offered remember to take part in activities offered in other centers'. Our membership entitles us to participate in other centers' activities. Let us know if there is an activity you would like us to undertake. Finally, think about joining our Volunteer Board. Remember, our Board wants to enhance your experience here at the Sportsplex.

NSC Board Activity Reports

Military Whist

by Frank Carbonette

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 days are Thursday Oct 24.

Contact Frank at 613-858-4554 for details.

CURLING

by Bob Streicher

The 2024-25 season for our 50+ Seniors Curling is scheduled to begin on Tuesday, November 19. We play every Tuesday and Thursday morning from 9 to 11, at the Nepean Sportsplex curling rink. The cost to play is only \$4.70 per day for seniors, and \$6.28 for adults, taxes included. 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, so you get lots of opportunities to meet and curl with new people. We do ask, however, that you try to be there about 20 minutes before 9, to allow time for the Draw Master to make up the teams for that day.

For anyone new to curling, we will provide basic curling instructions on Thursday morning, November 21. The curling rink has pretty much all of the equipment you need, simply show up in relatively warm athletic sportswear with clean running shoes (i.e. no dirt or salt). New players, however, are welcome at any point during the season. If you show up ready to curl, we'll put you on a team!

See you on the rink!

N S C B o a r d A c t i v i t i e s

SONGSTERS

By Susan Ascroft

Are you interested in joining the Nepean Songsters? That is an excellent idea! We meet in the Heritage Room on Thursday morning from 9:30 to 11:30.

The Nepean Songsters are a community choir of 40 members. There are no auditions. Our repertoire includes all the songs you love ranging from ballads through rousing anthems to quiet lullabies and everything in between.

We are led by Heather Lynn Smith and accompanied on the piano by Devon Wastle-Thivierge. They are wonderful musicians who are very generous with their time and talents. Under their leadership, we are improving our breathing and vocal techniques and developing a glorious repertoire.

We started the 2024/25 season on September 12 and will continue until December 19 returning on January 9 to finish the semester on January 23. The second semester begins on January 30th and continues without a break through May. The first singout of the season took place in September. Each month we will sing at a different senior's residence in Nepean or Kanata.

Registration is on a sliding scale from \$100.00 to \$150.00 per semester. You decide how much you can afford.

We encourage active participation from the people in the choir. Some might want to sing duets or in small groups at the singouts. Others might take a turn sharing the MC duties. As well, the music committee welcomes suggestions.

We expect everyone in the choir to sing, smile, and laugh. Come join us any Thursday. We will find you a nice seat among lovely people so you can see for yourself how much fun it is.

5-Pin Bowling

By Roger Hack

We are averaging over 60 bowlers per week this bowling season (2024/25) and expect to have a higher number of bowlers once outdoor activities, such as golf, are over for the year.

Our last day of bowling before the Christmas/New Year's break, will be on December 16th, and we will resume again on January 6th.

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 small 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., from September to April 28th. Participants are asked to arrive no later than 12:30.

This is a drop-in activity where players bowl 3 games (cost is \$16). 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 \$3.50). 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



NOTICE BOARD

**Winter Registration for recreation, cultural and virtual activities
begins on November 14, 2024 at 9 pm online.**

New Membership Activity

Social Board Games

Wednesdays in the Heritage Room
4:30pm-8:30pm

Play all your favourite games,
and meet new people.

Cards, Chess, Cribbage and More!
Learn, Laugh and be Loud!

*Senior's Membership or Drop-in Fee Required

Interested in Volunteering for Events!

Contact:
Karim.Ahmed@Ottawa.ca

Join me on Monday, Oct 21 for the
Haunted Casino
Halloween and Costume Party



*The Fun
Police:*

Silver Badge
and a
Golden Heart

Save the Date 2024

Haunted Casino and Costume Party (A/B)
Monday, Oct 21, 2024
11:00am to 3:00pm

NSC - Christmas Breakfast (Hall A/B)
Monday, December 9
9:00 to Noon

NSC—February Blahs
Friday, Feb 21, 2025
TBD

Participant Survey

Nepean Senior's Centre

Program: _____

Day & Time: _____

Instructor: _____

Thank you for taking the time to fill in this survey. Our goal is to provide a facility and programs that best suit your needs. Your feedback will help us to ensure that our services and programs are the best they can be. **Forms can be completed online or printed and returned to the front desk,**

City of Ottawa Seniors' Centre
Participant Feedback Survey



[Website](#)

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree	Not applicable/ Don't know
The program helps me feel more engaged in my community.						
The program meets my needs and interests.						
I am satisfied with the program's activities/ services.						
The program's activities help reduce social isolation in the community.						
I feel more physically and/or mentally active after participating in program activities.						