



NEPEAN SENIORS RECREATION CENTRE

September, October 2022

Nepean Sportsplex, 1701 Woodroffe Avenue  
Ottawa, Ontario

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## The Nepean Seniors Centre Staff Team Welcome You!

Jennifer Stewart

If you are a new or recruiting member, we look forward to welcoming you back to our center and want to take the time to welcome you back! We have slowly been seeing an increase in our participation and we look forward to seeing more faces in the Fall. Take a look at our Fall

schedule to see our additional drop-in and course offerings, registration is now open. 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.

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 is releasing their new registration, booking and payment system, which is replacing our old system, this is expected to be released to the public in 100 short days – thank you in advance as we navigate and adapt. If you had a membership in 2020, it was extended until November 3<sup>rd</sup>, 2022. To support our front desk team, we encourage members to renew their memberships before November 3<sup>rd</sup> so refrain from influx of registrations.

The Nepean Seniors Volunteer Management Board did an incredible job at hosting our Ice Cream Social. It was a successful event with great attendance, and happy faces! We look



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forward to providing you with more details regarding our October open house – stay tuned. This Fall we are busy working on our Seniors Lounge which will host our library, a coffee shop and a place for members to enjoy! Have any inspiring ideas for YOUR Seniors Centre, please be sure to speak with me.

## DISCUSSION GROUP

The broad purpose of the proposed a Discussion Group is to provide an opportunity to gather and share thoughts on topics of general interest to the group members. It is hoped that the exchange of ideas and opinions will occur in a manner which is respectful and considerate of the feelings and varied perspectives of the individuals within the group. The agenda for the discussions will be totally open-ended and in large part directed by the wishes of those in attendance on any given day.

## FUN AND GAMES GROUP

The Fun and Games Group will be a very loosely structured session in the hopes to simply provide a weekly time and space for those who enjoy such things as a game of cards, chess, chequers, Mahjong, Sequence and other similar board games. The emphasis will be to enjoy our time together in an atmosphere of friendly competition. Attendees will be free to set the agenda according to their personal interests in the hope that, if a quorum is required for a particular activity it might be easily attained so that the “fun” part of Fun and Games can begin.

## ACTIVITIES

### CREATIVE CRAFTERS

*by Audrey M. Fitzpatrick*

After our summer break the crafters will be back on **Thurs. Sept. 8 in Hall F from 9a.m.-11a.m.** We hope to attract some new members as well as welcome back our former members. Remember experience is not needed as we have experienced ladies who are well experienced in knitting, sewing and crocheting.



This Spring we put together a “Kitty” quilt that we hope to raffle later this fall. It would make a great gift for a cat lover.

Our project of filling bags for the homeless will again be part of our agenda. We hope to put in mitts, toques, scarves and neck warmers. We also hope to include toiletries such as toothpaste, small soaps, shampoo, combs etc. If any of you have such items from your travels, we would gladly accept them.

Inflation has struck us all but gladly not our craft prices! Because of the generous donations of wool and fabric we are able to offer our crafts at very reasonable prices. The front desk ladies will gladly assist you if you wish to buy something. Our display cabinets are located in the Heritage Room and on the Concourse where our items are attractively arranged.

With the Open House being scheduled for Oct. we will be setting up our tables with items for sale. Please come and look over our crafters’ creations.

If you have a free Thursday morning, please feel free to check us out. We meet in **Hall F from 9a.m. to 11 a.m.**

## CHAIR’S REPORT

*By Janet Laframboise*

Wow, what a turnout, our Ice Cream Social had 95 people in attendance! What a nice surprise as we were hopefully expecting 60. Art McCready graciously offered to head out to buy more ice

cream etc. making sure everyone was served or had seconds if desired. Councillor Keith Eli and his assistant Rachel Hannah made a brief appearance and helped serve ice cream before he left for a meeting. He was thanked for all his support he has given to the Nepean Seniors Recreation Centre throughout the years, attending our Open House, helping serve breakfast to our members and singing Christmas carols with the Choir.

Don't forget to check the website for Fall activities and what is happening at the Nepean Seniors Recreation Centre.

If you are a new member, we are looking for new board members and this is an excellent way for you to know what is happening, how things run and meet new people. Come to one of our meetings, which are usually held the second Wednesday of each month except for July and August, and see if this is something that you would like to be involved in. We are a fun, friendly group and look forward to seeing new faces with new ideas.

### **DUPLICATE BRIDGE**

*by Art McCready*



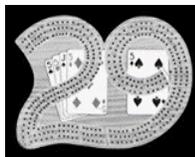
Summer is almost over and we are looking forward to getting more members back to duplicate bridge. It was a slow summer with only 3 or 4 tables on Thursday afternoon and 2 or 3 tables on Friday afternoon. We had to cancel a few Friday's bridge because of low numbers.

Starting in September we have Hall F from 12:00pm to 4:00pm. We start playing by 12:45pm, so you should be there by 12:30pm. If we start getting larger numbers we **MAY** start playing at 12:30.

If you need more information please email me at [ArthurMcCready@gmail.com](mailto:ArthurMcCready@gmail.com). Also, if you want to play and you need a partner, please email me.

Hope to see more new and old members back this fall

### **CRIBBAGE** *by Sadie Adamson*



Here we are again, heading into fall. Where did the summer go. A few new players have joined our cribbage club in the past couple of months. Welcome to Christine, Claire, Bonnie and Gaylaine. Always room for more. We play on Thursday from 1-3 in the heritage room. Come join us.

### **CURLING** *by Bob Streicher*



The Nepean Seniors Curling has not had an opportunity to get together since the start of COVID-19. All indications are that there will be ice on the curling rink again this fall, so we are anxiously waiting for mid-October and for the new curling season to begin. As a reminder, we play on Tuesday and Thursday mornings, from 9 to 11 am. We ask that players arrive around 8:30 to give us an opportunity to make up teams. New curlers are always welcome, and we can provide basic guidance for any beginners who would like.

### **EUCHRE**

*By Betsy Shorthouse*



Euchre had a great summer. There were more and more of the "old gurad" coming back to play over the past couple of months. We have had several new players join us and we welcome one and all. Some of the group wear face masks and some don't. There is no mandate, so you can do what makes you comfortable.

We are doing our end of year presentation for scores on September 6<sup>th</sup>. We award a trophy for highest score for the year, high men's, high ladies and most lone hands. It will be very interesting to find out who the big trophy goes to. Prior to that we are having a pizza luncheon. Sounds like a win win.

We play on Tuesday afternoon, 12:30 pm sharp and hope to be finished by 3:00 pm. We are located in Hall F. Please feel free to come and join us. Hope to see you there.

**FUN BRIDGE** 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.

We look forward to welcoming new participants!

**FIVE HUNDRED**

by Andy Shorthouse



500 is a fun game and we are looking for more players to come and join us. At present we are averaging 3 tables of players. We convene on Thursdays from 12:30 pm to 3 pm in the Senior Center. We are back to playing 4 games in this time frame. A few of the players are wearing face mask but they are not mandatory. If you are looking for a few laughs and friendly game of cards come check us out.

The top scores for June and July are:

Marjorie Nelson - 4810

Arnold Baldwin - 4010

Elaine Dinelle - 3900

**5-PIN BOWLING** -By Marsha and Roger Hack



**The bowling league is scheduled to resume, after a two year absence, on September 12th.**

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., from September to April.

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. Activity Coordinator:

Roger Hack, 613-225-1420, [hackrandm@sympatico.ca](mailto:hackrandm@sympatico.ca)

## SHORT MAT/LAWN BOWLING

*by Larry Myers*



Short mat bowls will be starting again on Wednesday, September 7th in Hall F at the Nepean SportsPlex. This will be our second year and this year we have twice as many mats so there'll be plenty of room. Instruction and all equipment is provided. If you're looking for an activity that's fun and social why not give it a try.

The season runs from September 7th until March 31st 2023

Times are Monday 1 to 4 and Wednesday 1 to 4 and 6 to 9.

For more information contact:

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

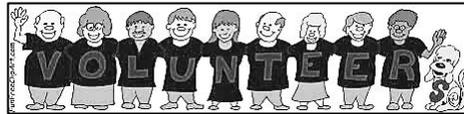
## NEPEAN SONGSTERS

*by Suzan Ascroft*

Do you love singing in the car or at campfires? At kitchen parties or in the shower? This is the activity for you.



The Nepean Songsters are looking forward to singing together again starting September 8th. Our musical director, Heather Lynn Smith, and our pianist, Devon Wastle-Thivierge, are returning to lead us in song. We are hoping to attract lots of new members this season. 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 hope to resume our monthly sing-outs at local seniors' residences as soon as possible. And we really hope you will come join us.



## VOLUNTEER COORDINATION

*By Dorothy Latour*

This is a reminder to submit your volunteer hours quarterly. This can be done by leaving your information at the front desk by paper; or by, email to Dorothy Latour at [dorothy.latour@sympatico.ca](mailto:dorothy.latour@sympatico.ca),