

SENIORS' SCOOP

Vol. 166 Kanata Seniors' Centre Newsletter April 2016

2500 Campeau Drive
Kanata, Ontario K2K 2W3
www.kanataseniors.ca

Phone 613-580-2980
Fax 613-599-1698

Hours: Mon to Fri: 8:30am – 4pm
Sat: 10am – 4pm (Sept – June)
KSC Membership Fee is \$24.50 /yearly

Kanata Seniors Centre Gets VOIP:

We have transitioned our phone service to VOIP (Voice Over Internet Protocol) and now have a new phone number 613-580-2980. Our old phone number will transition to the new number for 6 months to assist members in calling. You can also reach staff directly through the City phone service: Janet Baigent x 20656, Maureen Moynahan x20652. Update your address books!

SPECIAL EVENTS THIS MONTH:

Spring DVD Advanced Learning Series
Wed Apr 6 at 1pm
8-Week Series



Topic: Understanding the Marvels of Daily Life
From an Engineering Perspective

Professor Ressler will explore everyday technologies that are so commonplace that we often just take them for granted – those things typically found in most houses and buildings.

All members welcome. No charge. Please register at the front desk in advance to maintain our maximum numbers.

No Food in the Lounge:



We ask that you do not eat food in the lounge. This assists us in maintaining a clean facility and clean supplies used for the various activities you enjoy in this room. Thank you.

Pancake Breakfast & Craft Sale

Sat Apr 9
8-10am



Come one, come all - Bring your family, friends and neighbours to our Pancake Breakfast! The menu includes delicious pancakes, syrup, sausages, juice, and coffee/tea.

Cost: \$4 per person

We encourage you to buy tickets in advance at the front desk, also available at the door.

Kanata Seniors' Craft Group



The Craft Group will be selling their lovely handmade articles during our Pancake Breakfast – a great time for spring shopping! Drop by their tables. You'll be glad you did. So many beautiful things to buy.

Victorian Tea and Hat Show

Thurs April 21
1 – 3pm



You are invited to join us for a lovely afternoon of exhibits on tea, Victorian Fashions and Hats. We are also having a hat/fascinator competition! We will then have a delightful olde style Victorian Tea with our finest china.

Tickets - \$14 for Members; \$16 for Non-members.
Please register at the front desk before Mon Apr 18.

Saturday Afternoon at the Movies
Apr 23 – 1 to 3pm

Movie: Room (drama)

Cast: Brie Larson, Jacob Tremblay
Sean Bridgers



Story: Held captive for years in an enclosed space, a woman and her 5-year-old son finally gain their freedom, allowing the boy to experience the outside world for the first time.

~ No Charge. Bring a friend or two with you.

Learning Series

Thurs April 28

1pm



Topic: Past and Future of the Ottawa River Conservation Efforts

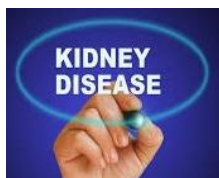
We are pleased to have Max Finkelstein to present on the Past and Future of the Ottawa River Conservation Efforts and the passion he has for this water system. Max is an avid expedition paddler, navigating water systems around the world. He is one of 100 Present Day Canadian Explorers nominated by Canadian Geographic and author of 4 books. All welcome. Bring a friend. No charge. Please register at the front desk in advance.

Connections to Healthy Lifestyles

Sat April 30

9 – 10:30 am

Topic: Kidney Disease



We will be having Holly Pankhurst from the Kidney Foundation present on the function of the kidneys, prevention of kidney diseases, the signs and symptoms of kidney disease and treatment. We will also have a pharmacist on hand to answer medication side effects on kidneys.

9am - Meet and Greet with refreshments

9:15am - Presentation begins

All welcome. No charge. Please register at the front desk in advance.

SPRING & SUMMER Courses



See the front desk for a complete list of all the fitness and general interest courses offered at the Centre and in our area. Get active, get involved, and have fun.

Mah Jong Tournament

Sat April 30

9:30am – 3:30pm



Our avid Mah Jong players at the Centre are having a fun tournament to show their skills with this ancient tile game.

No charge but please register at the front desk as seating is limited to the room size.

Looking Ahead to May:



May 2 – Evening of Learning

May 5 & 12 – 55 Alive Driver Refresher

May 7 – Saturday Lunch and Movie: *Brooklyn*

May 13 – Centre and Council Café closed at 12 noon to prepare for the Garage Sale

May 14 – Garage Sale

May 12 to 26 – Far West Fun Fest

May 5 – Book Club: “The Law of Dreams”

May 21, 22, 23 – Closed for Victoria Weekend

May 26 – Learning Series

May 31 – Carpet Bowling Tournament

55 Alive Driver Refresher

Thursdays May 5 and May 12

1 - 4pm



Attendance required both afternoons

This 2-part, in-class training is designed to help Canadians 55 years and older to update their driving skills. The course will help you gain more confidence behind the wheel; improve your awareness of traffic hazards; update you on traffic laws and new technology; and sharpen many of your driving skills.

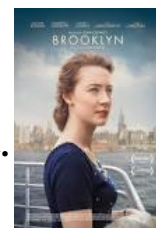
Cost: \$25.50 - Registration in advance. Limited space.



Saturday May 7th

Lunch & Movie

11:45am to 3:30pm



A hot lunch followed by our feature movie.

Movie: Brooklyn

Cast: Saoirse Ronan, Emory Cohen

Story: An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

Tickets - \$9.25 Members; \$11.75 Non-members.

Limited Seating. Register in advance at the front desk in order to participate in this event.

Garage Sale

Sat May 14

8am – 12noon



Mark the date on your calendar. We'll be having a Garage Sale at the Centre. We need your donations and help!! Clothing, books, jewellery, CDs, videos, kitchenware, small appliances, linens, etc. are needed.

Please drop off items at the Centre from May 9 to May 13 between 9am – 3pm.

We need helpers on Friday afternoon to sort and put out the items and on Saturday to work the event. If you can give us a hand, please sign up at the front desk. Your help is greatly appreciated and all proceeds are to benefit the members of the Centre.

PLEASE NOTE: Kanata Seniors' Centre & the Council Café will be closed Fri May 13 at 12 noon in order to prepare for the Garage Sale.

WEEKLY ACTIVITIES AT THE CENTRE

Mah Jong

Mondays and Thursdays at 9am



The ancient game of Mah Jong is a bit like rummy with tiles of wind, flowers, seasons and dragons adding to the fun and challenge. Instruction given each week.

Sounds of Music

Mondays at 10am



Come out and enjoy singing a variety of your favourite songs and meet others who like to sing. A great morning of fun!

Euchre

Mondays at 12:30pm



Come out on Monday afternoons and enjoy playing Euchre. If you don't know how to play, the rules are easy!

Bridge

Mondays at 12:45pm



Do you like to play bridge and want to meet new people? Join us on Mondays for our party-style bridge, still challenging but fun.

Canasta

Tuesdays at 12:30pm



Join us every Tuesday for this family favourite card game. A popular card game and fun to play.

Carpet Bowling

Tuesdays and Fridays at 1pm

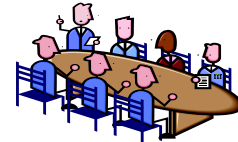


All levels welcome, so come out and join. It's a great sport and a good way to meet new people and have fun. Don't be shy, come and try!

Discussion Group

Wednesday Mornings

9:30am



Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

Scrabble

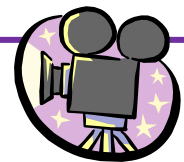
Wednesdays at 9:30am



If you like playing scrabble, come and join the group on Wednesday mornings and have lots of fun. A great way to enjoy the company of other members and exercise your brain with this ever-popular game.

Movies at the Centre

Wednesdays at 1:15pm



All movies are free of charge. Movie titles are subject to availability. See bulletin board for full details.

Apr 6 – The Intern *romance, drama*

Apr 13 – Miss You Already *drama, comedy*

Apr 20 – The Danish Girl *biography, drama*

Apr 27 – Our Brand of Crisis *comedy, drama*

Shuffleboard

Thursdays at 1pm

(No Shuffleboard on Apr 21 - Victorian Tea & Hat Show in the halls)



Bring a friend and get into the “shuffle”!

The more the merrier! New members always welcome. No experience necessary, it's lots of fun and easy to learn.

Cribbage

Thursdays at 1pm



Everyone welcome! Come out and join an enthusiastic group of cribbage players every Thursday afternoon. It's a fun and interesting game.

Book Club

Thurs Apr 7 at 2pm



**Book This Month: “Matrons and Madams”
by Sharon Johnston**

Enjoy reading and would like to discuss literature with others? New members are always welcome. If you wish to join this club, please sign up at the front desk. For additional information and upcoming book titles, see our website at:
http://www.kanataseniors.ca/book_club.html

Fun and Games

Fri Apr 1 at 9am



Come out and join in the fun with some of your favourite board games. This activity will introduce you to new and different games. **Bring your own favourite games and teach others how to play.** All you need is your funny bone!

Digital Camera Club

Fri Apr 1 at 9:15am



Learn about digital cameras, lighting, setup, editing and processing your photos. Lots of tips and information to help you take great photos.

Dominoes

Fridays at 9:30am



Come and have some fun every Friday morning in the lounge playing Dominoes. A great game to enjoy and an opportunity to meet new members.

Geriatric Jazz Band

Fridays at 1pm in the Lounge



Treat yourself to a lively afternoon of swinging music that will get your feet tapping and give your spirits a lift. Everyone is welcome.

Saturday Duplicate Bridge

12:30 - 3:30pm



Duplicate Bridge is an interesting version of bridge where players test their skills on the same bridge hand, duplicated to the next table. Come and bring your favourite partner.

Foot Clinic in the Wellness Room



For foot care services call Kay McLellan at Paramed Foot Clinic at 613-728-7080 for an appointment. Fee payable to Paramed Foot Clinic. Please show up for your appointment and arrive on time! For last minute cancellations, please call Kanata Seniors' Centre (613 580-2980) and ask to speak to the Foot Care Nurse. Your cooperation is much appreciated.

Scent-Free:



We ask that you refrain from using highly scented products and perfumes when visiting our Centre. We would like everyone to be able to come to the Centre without risk of allergic/asthmatic reactions.

Kanata Seniors Diners' Club

Halls C and D

Wednesdays 11am - 1pm



Apr 6 - Music with Rae Chalmers
Apr 13 - West Ottawa Ladies Chorus
Apr 20 - Musical Memories
Apr 27 - Picture Show with Judy Laughton

For registration/transportation please call:

Carol Diguier at 613 591-3686 Ext 316 (Mon to Fri)

one week in advance

As of April 1st:

Cost: Lunch - \$8 (clients are billed by WOCRC)

Transportation (if required) - \$10