



SENIORS' SCOOP

Vol. 173 Kanata Seniors' Centre Newsletter December 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 to June)
KSC Membership Fee is \$24.50 /year



HOLIDAY CLOSURE



The Kanata Seniors' Centre and Council Café will be closed from **Dec 22 to Jan 2 (Inclusive)**. We will re-open on **Tues Jan 3 at 8:30am**.

SPECIAL EVENTS THIS MONTH:



December Lunch & Movie Sat Dec 3 - 11:45am to 2:45 pm



A hot lunch followed by our feature movie.

Movie: Noel

Cast: Susan Sarandon, Penélope Cruz, Paul Walker

Story: The movie centers on five strangers who are linked together – and who meet each other at separate times – by a series of events that take place on Christmas Eve in New York.

Tickets - \$9.50 Members; \$11.50 Non-members.

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

Wishing you a wonderful Holiday Season with good health and happiness throughout the coming year!



Best wishes from our front office staff.

Christmas Celebration



**Thurs Dec 15
11am to 1:30pm**



We invite all our members and guests to come and celebrate the Holiday Season and meet new friends. Enjoy entertainment by "The Chords", a musical group performing Christmas favourites, followed by a traditional Christmas dinner catered by Leatherworks.

Cost: \$15 Members; \$18 Non-members
Tickets go fast! Space is limited.
Register at the front desk.

Cash bar provided by the Kanata Lions' Club. Kanata Seniors' Centre Craft Group will be selling their lovely handmade goods at our Christmas Celebration – a great time for shopping! Drop by their tables. You'll be glad you did.

Evening of Learning

**Mon Dec 5
7 - 8:30pm**



Topic: The Etymology of Names

Our guest speaker, Don Wiles, will uncover the origins of many given names through various languages; track names derived from animals, religion and others; and deal with the original meanings of some names. An interesting and informative evening. Seating is limited. Register at the front desk.

Saturday Afternoon at the Movies
Dec 17
1 to 2:40pm



Movie: A Season for Miracles

Cast: Patty Duke, Laura Dern, Carla Gugino, Lynn Redgrave, and Kathy Baker.

Story: Emilie Dalton, a young woman who takes off with her jailed sister's children, not knowing where or how they will end up. Along the way, the trio finds refuge in a small town where good things somehow just seem to happen to good people. With the help of the local townsfolk and a small miracle, Emilie and the children have a Christmas to remember. No charge. Bring a friend or two!

Advanced DVD Learning Series:
Wednesdays, Jan 25 - Mar 15
8 weeks
1 - 3pm



Topic: Medical School for Everyone

Join us each Wednesday afternoon for our 8-week DVD presentation. The facilitator this session will be Barry Smith who will assist with Q&A. Great opportunity to have a university professor lecturing via DVD right here at our Centre! More details about this learning series in our next newsletter and on the bulletin board when available.

Spots are limited, so register early in order to participate in this lecture series.

Looking Ahead to January:



- Jan 5** – Book Club: “The High Mountains of Portugal”
- Jan 7** – Sat. Lunch & Movie: Florence Foster Jenkins
- Jan 21** – Saturday Afternoon at the Movies
- Jan 25** – Advanced DVD Learning Series: 8 weeks “Medical School for Everyone”
- Jan 26** – Learning Series: Ottawa Heart Institute – “Women’s Hearts Are Different”

Blood Donor Clinic - By Appointment Only
John G. Mlacak Centre
Halls C & D



Thurs Dec 1
1 – 3:30pm & 5 – 8:30pm

Be a blood donor and give the gift of life. Bookings by appointment **only** by calling Canadian Blood Services at 1 888 236-6283 or on-line at blood.ca



January
Lunch & Movie
Sat Jan 7 - 11:45am to 3:15 pm



A hot lunch followed by our feature movie.

Movie: Florence Foster Jenkins

Cast: Meryl Streep, Hugh Grant, Simon Helberg
Story: In the 1940s, New York socialite Florence Foster Jenkins dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet.

Tickets - \$9.50 Members; \$11.50 Non-members.
Limited Seating. Register at the front desk in order to participate in this event.

WEEKLY ACTIVITIES AT THE CENTRE

Remember to check the **yellow calendar on the last sheet for activities this month.** Lots of things to do at the Centre. **Please make sure your yearly membership is current.**



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
Fall session ends on Fri Dec 9th
and Tues Dec 13th



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.

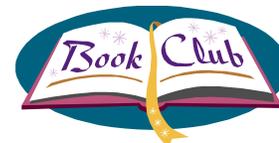
- Dec 7 – Café Society** *comedy, romance*
- Dec 14 – All the Way** *biography, drama, history*
- Dec 21 – White Christmas** *musical, romance*

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 Dec 1 at 2pm



This Month: "Three Day Road"
by Joseph Boyden

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 Dec 2 at 9am
Sat Dec 10 at 10am



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 Dec 2 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



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

Saturday Duplicate Bridge
12:20pm



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.

BIG BAND DANCE

Ron Kolbus Lakeside Centre - Britannia Park
"Deck the Halls" Theme



Date: Thurs Dec 1
Time: 7 to 11pm (Doors open at 6:30pm)
Tickets: \$19.50 in advanced at our front desk
or by calling 613 828-4313
\$23.50 at the door (if available)
Light snack, cash bar and door prizes.

Kanata Seniors Diners' Club
Halls C and D
Wednesdays 11am - 1pm



Dec 7 – Music with Starry Night Trio
Dec 14 – Kanata Seniors' Centre Craft Ladies
Dec 21 – Come celebrate the holidays with
Ginette Hamilton

For registration/transportation please call
Carol Diguier at 613 591-3686 Ext 316 (Mon to Fri)

one week in advance

Cost: Lunch - \$8 (clients are billed by WOCRC)
Transportation - \$10 if required

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.



City of Ottawa - WINTER Courses

Be sure to check out the many programs at the Centre. Start your New Year's Resolutions early by signing up for our active lifestyle programs.

Get active, stay in shape, and have fun with others.

Fitness:

Chair-ercise 50+
Chair-Yoga 50+
Line Dancing Level 1 and 3
Low Impact 50+
Nia Fitness
Party On 50+
Tai-Chi 50+ Level 1 and 2
Yoga 50+
Zumba Gold

General Interest:

Acrylics Level 1 for 50+
CPR Essentials for Seniors
Guitar Level 1 and 2
Memory Fitness 50+
Spanish Level 1 and 2