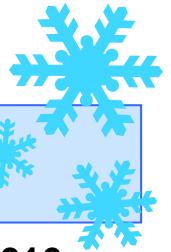


Ottawa



SENIORS' SCOOP

Vol. 164 Kanata Seniors' Centre Newsletter February 2016

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

Phone 613-599-4480
Fax 613-599-1698

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

SPECIAL EVENTS THIS MONTH:

Evening of Learning

Mon Feb 1

7 – 8:30pm Prof Noel Salmond

Topic: World Religions Respond to Climate Change and Environmental Threat



The world faces serious environmental challenges and the major churches and religious groups around the world have issued statements on nature and the environment. This talk reviews how religions are striving to articulate a better understanding of the relationship between humans and nature. Can religion contribute toward the creation of ecological civilizations?

All welcome. Bring a friend or two. No charge. Please register at the front desk in advance.



HOLIDAY CLOSURE Family Day - Mon Feb 15

The Kanata Seniors' Centre and the Council Café will be closed for Family Day.



"PUB LUNCH"

Thurs Feb 18
11am to 1pm



Come join us for a delicious "Pub Lunch" here at the Centre.

Fish and Chips from Joey's Urban Bar Service by Lion's Club
Live Music with Dai Bassett



Tickets - \$12.50 for Members; \$15 for Non-members
Register at the front desk by Tues Feb 16.



February Lunch and Movie

Sat Feb 6 - 11:45am to 3:30 pm

A hot lunch followed by our feature movie.

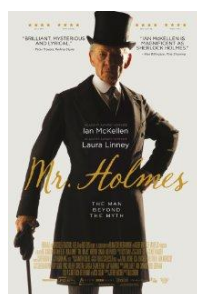
Movie: Mr. Holmes

Cast: Ian McKellen, Laura Linney, Hiroyuki Sanada

Story: An aged, retired Sherlock Holmes deals with an unreliable memory, as he tries to remember his final case and a woman, the memory of whom still haunts him. He also befriends a fan, the young son of his housekeeper, who wants him to work again.

Tickets - \$9 Members; \$11 Non-members.

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



Winter Learning Series

Thurs Feb 25

1pm

Topic: Researching Your Family Tree on Ancestry.ca



Our guest speaker, Lesley Anderson, has been involved in the personal research of her family tree for over 45 year. Her passion for genealogy has branched out to include teaching classes, speaking at seminars and conferences, consulting, and doing research for others. She is the Canadian spokesperson for Ancestry.ca and is looking forward to sharing her knowledge with us. All welcome. Bring a friend. No charge. Please register at the front desk in advance.

Saturday Afternoon at the Movies Feb 20 – 1 to 3pm

Movie: The Walk



Cast: Joseph Gordon-Levitt,

Charlotte Le Bon, and Guillaume Baillargeon

Story: In 1974, high-wire artist Philippe Petit recruits a team of people to help him realize his dream: to walk the immense void between the World Trade Center towers. This movie is based on a true story.
~ No Charge. Bring a friend or two with you.

Connections to Healthy Lifestyles

Sat Feb 27 – 9am to 11:30am



Topic: To Be Announced

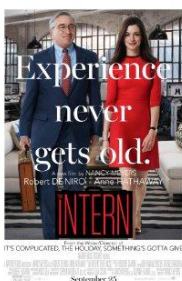
Our guest speaker for this presentation will be confirmed shortly. Please check the bulletin board in the foyer or our website for details when available. We hope you will “save the date” and join us for an informative and interesting morning.

All welcome. Bring a friend or two. No charge. Register at the front desk in advance. Refreshment will be provided at 9am; program to begin at 9:15am.



March Lunch & Movie

Sat Mar 5 - 11:45am to 3:30 pm



A hot lunch followed by our feature movie.

Movie: The Intern

Cast: Robert De Niro, Anne Hathaway, Rene Russo

Story: Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin, the boss and founder of the company.

Tickets - \$9 Members; \$11 Non-members.

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

CPR/AED Essentials for Seniors

Learn to Save a Life

Thurs Mar 3

8:30am – 12 noon



Ottawa Paramedics and their team of volunteers will be here to offer a CPR/AED non-certificate course to seniors. Keep current and learn the new sequences. No Charge. Limited space. Register at the front desk.

Looking Ahead to March:



Mar 3 – CPR/AED Essentials Course

Mar 3 – Book Club: “The Imposter Bride”

Mar 5 – Saturday Lunch and Movie: “The Intern”

Mar 7 – Evening of Learning

Mar 16 – Computer Seminar

Mar 19 – Saturday Afternoon at the Movies

Mar 25, 26, 27, 28 – Closed for Easter Holiday

Mar 31 – Learning Series: Theresa Dupuis –
Blind Octogenarian Motivational Speaker

Please Note: Spring and Summer Programs

Registration Dates

Mar 7 - **starting at 9 pm** – Aquatic Programs: online and by Touch Tone phone

Mar 8 - Aquatic Programs: in person during regular business hours

Mar 9 - **starting at 9 pm** – all other Programs: online and by Touch Tone phone.

Mar 10 - all other Programs: in person during regular business hours.

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



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



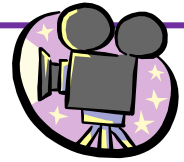
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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.

- Feb 3** – A Walk in the Woods - *adventure*
- Feb 10** – The Martian - *adventure, comedy*
- Feb 17** – Definitely Polar Bear - *comedy*
- Feb 24** – Tomorrowland - *action*

Shuffleboard
Thursdays at 1pm



(No Shuffleboard on Feb 18th due to "Pub Lunch")

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. Come out and try your hand at this popular indoor game.

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 Feb 4 at 2pm



Book This Month: "The Wife's Tale"
By Lori Lansens

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 Feb 5 at 9am
Sat Feb 13 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 Feb 5 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 (613 599-4480) and ask to speak to the Foot Care Nurse. Your cooperation is much appreciated.

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



Feb 3 – Music with George Chenier
Feb 10 – Melodies with the Vintage Fiddlers
Feb 17 – Music with Pam and Doug Champagne
Feb 24 – COSTCO - come learn about their services for seniors

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

one week in advance

Cost: Lunch - \$7.80 (clients are billed by WOCRC)
Transportation - \$9.50 if required.

WOCRC, along with community volunteers, host a nutritional lunch, entertainment, and/or educational program for seniors and for adults with disabilities living in our community. A great way to socialize.

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.

BIG BAND DANCE
Ron Kolbus Lakeside Centre - Britannia Park
Theme: A Masquerade Ball

Date: Thurs Feb 11
Time: 7:30 to 11:30pm
Tickets: \$19 in advanced at our front desk
or by calling 613 828-4313
\$23 at the door (if available)

Light snack, cash bar and door prizes.



Parking Lot Request:



Our parking lot is often full. We suggest that those of us who are more able-bodied try to park along the side of the arena or in the library parking lot and walk through the building to the Centre. This will allow those with special needs easier access to the Centre and the convenience of the parking spaces closest to the Centre. The snow makes it difficult to see the lines but, if possible, please try to park within the lines of the parking stalls to avoid taking up two spaces. Your co-operation is greatly appreciated.