

SENIORS' SCOOP

Vol. 163 Kanata Seniors' Centre Newsletter January 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



HOLIDAY CLOSURE



The Kanata Seniors' Centre and Council Café will be closed from **Dec 23 to Jan 3 (Inclusive)**. We will re-open on **Monday Jan 4**.

SPECIAL EVENTS THIS MONTH:



**January
Lunch & Movie**

Sat Jan 9 - 11:45am to 3:30 pm



A hot meal followed by our feature movie.

Movie: The Man from U.N.C.L.E.

Cast: Henry Cavill, Armie Hammer, Alicia Vikander

Story: In the early 1960s, CIA agent Napoleon Solo and KGB operative Illya Kuryakin participate in a joint mission against a mysterious criminal organization, which is working to proliferate nuclear weapons. **The Man from U.N.C.L.E.** is a 2015 British-American action comedy spy movie based on the 1964 MGM television series of the same name.

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

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

WINTER Courses



Recreation Activity Guides and our summary calendar sheets are both available at the front desk. Be sure to check out the many different programs at the Centre. Start your New Year off right by signing up for our active lifestyle programs. Check out our fitness class in this promotional video for Parks, Recreation and Culture online at <http://ottawa.ca/en/residents/parks-and-recreation/fitness-memberships/get-fit-us>. See our older adults staying fit and having fun!!

Evening of Learning

Mon Jan 11

7 - 8:30pm

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 evening. No charge. Bring a friend. Register at the front desk for this presentation.

Advanced DVD Learning Series:

Wednesdays, Jan 20 for 8 weeks

1 - 2:30pm



**Topic: The World's Greatest Geological Wonders:
36 Spectacular Sites**

Through this DVD lecture presentation, you will be introduced to Earth's most outstanding geological destinations from Yellowstone and the Grand Canyon, to Mount Fuji and the Galapagos Islands, just to name a few, both famous and obscure. Well worth seeing and learning about the grandeur of geological forces in action. The DVD lecturer will be Professor Michael E. Wysession; these sessions will be facilitated by Valerie O'Callaghan.

Bring a friend and enjoy! No charge. Seating is limited. Register at the front desk for this lecture series.

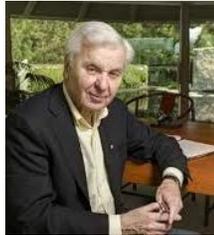
Saturday Afternoon Movie Jan 23 – 1 to 2:45pm



Movie: Pan

Cast: Levi Miller, Hugh Jackman, Garrett Hedlund
Story: Living a bleak existence at a London orphanage, 12-year-old Peter finds himself whisked away to the fantastical world of Neverland. Adventure awaits as he meets new friend James Hook and the warrior Tiger Lily. They must band together to save Neverland from the ruthless pirate Blackbeard. Along the way, the orphan boy discovers his true destiny, becoming the hero forever known as Peter Pan. No charge. Bring a friend or two!

Winter Learning Series Thurs Jan 28 1pm



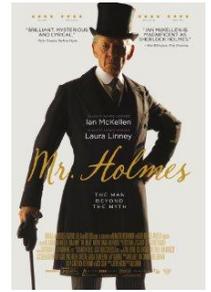
Topic: Bill Teron, Guest Speaker

Bill Teron was a visionary planner for the development of Kanata and continues to address planning on a global field with his work at the UN Climate Change Conference in Paris. Come join us for this interesting and informative afternoon with Mr. Teron.

Bring a friend! No charge. Seating is limited. Register at the front desk for this presentation.



February Lunch & Movie Sat Feb 6 - 11:45am to 3:30 pm



A hot meal 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

A BIG THANK YOU to the Craft Group

The Kanata Seniors' Centre Craft Ladies enjoyed a variety of successful Craft Sales this Christmas Season. They raised over \$2722.00 with all monies going to seniors' needs and special charities. Thank you to all our crafters for their hard work all year long. We would also like to congratulate the Craft Group for their devoted service to the Centre. In 2015 they accumulated over 7000 hours of volunteer work. BRAVO! Great Job, ladies!

WEEKLY ACTIVITIES AT THE CENTRE

Looking Ahead to February:



- Feb 1** – Evening of Learning: “World Religions Respond to Climate Change and Environmental Threat”
- Feb 4** – Book Club: “The Wife’s Tale”
- Feb 6** – Saturday Lunch and Movie: Mr. Holmes
- Feb 15** – Family Day – Centre Closed
- Feb 18** – Special Event: Pub Lunch
- Feb 20** – Saturday Afternoon Movie
- Feb 25** – Learning Series
- Feb 27** – Connections to Healthy Lifestyles

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
Begins Jan 11



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 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
Begins Jan 12 and Jan 15



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.

- Jan 6 – Max** *adventure*
- Jan 13 – Love and Mercy** *biography, drama*
- Jan 20 – I'll See you in My Dreams** *comedy, drama*
- Jan 27 – Ricki and The Flash** *drama, comedy*

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 Jan 7 at 2pm



Book This Month: "Crazy for the Storm"
By Norman Ollestad

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

Shuffleboard
Thursdays at 1pm - Begins Jan 14



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.

Fun and Games
Fri Jan 8 at 9am
Sat Jan 16 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 Jan 8 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 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



Jan 6 – Welcome Back Chat
Jan 13 – Bingo
Jan 20 – Dai Basset is Back
Jan 27 – Music with Jim Leroux

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.

Indoor Shoes:



During the winter months please bring indoor shoes. Together we can cut down the tracking of slush/salt through our building and decrease wear on our tiles/carpet. Thank you!



Wishing all our members and staff a very happy and healthy New Year!

Happy New Year