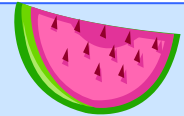




# SENIORS' SCOOP



Vol. 169 Kanata Seniors' Centre Newsletter July-August 2016

2500 Campeau Drive  
Kanata, Ontario K2K 2W3  
[www.kanataseniors.ca](http://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 /year

## Kanata Seniors' Centre 613-580-2980

We have transitioned our phone service to VOIP (Voice Over Internet Protocol) and now have a new phone number. Our old phone number will transfer to the new number for a few months to assist members in calling. You can also reach staff directly through the City phone service: Janet Baigent x 20656, Maureen Moynahan x20652. Please update your phone list.

## Upcoming Closures



**Kanata Seniors' Centre** - closed Sat June 25 to Sun July 3 inclusive, reopening Mon July 4.

**Council Café and Mlacak Halls** - closed Sat June 25 to July 10 inclusive, reopening on Mon July 11.

**Please Note:** Centre and Council Café closed on **Saturdays** during the summer starting June 25.

**Closed Mon Aug 1 for Civic Holiday**

## City of Ottawa



### Registration for Fall & Winter Courses

Plan ahead and register early. Many courses fill up very quickly. Don't be disappointed. Mark your calendar now! **See page 4 for the courses offered at our Centre.**

Start dates for registration are:

#### All Aquatics and Aquafit Programs –

Mon Aug 8 online and touch-tone phone starting at **9pm**

Tues Aug 9 in person during business hours

#### All Other Programs –

Wed Aug 10 online and touch-tone phone starting at **9pm**

Thurs Aug 11 in person during business hours

## City of Ottawa - Summer Courses at the Kanata Seniors' Centre



All classes for **Adults 50+** start the week of July 11th. Keep fit and in shape this summer. See Front Desk for details and to register.

**Chair-ercise**

**Chair Yoga**

**Low Impact Fitness**

**Party On Fitness**

**Zumba Gold**



## SPECIAL SUMMER ACTIVITIES

### Summer Outdoor Games

Tuesdays 9:30 – 11am



**Croquet, Boules, and Bocce**



Join us on the lawn across from the front door of the Centre. Bring your lawn chair, sun hat and sunscreen. Lots of fun for everyone. Please sign up at the front desk. If weather is inclement, Outdoor Games will be cancelled that day.

### Summer Duplicate Bridge

Wednesdays 12:30pm



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. Register at the front desk if you plan to play.

## Summer Geriatric Jazz Band Thursdays from 1 - 3pm



Join the Geriatric Jazz Band in our Lounge for a casual, fun sing-along. A great way to spend a hot summer afternoon in the comfort of our air-conditioned lounge and to enjoy the wonderful music of familiar songs. Bring a friend!

## Friday Afternoon Movies This Summer 1pm in the Lounge

In addition to our regularly scheduled Wednesday afternoon movies, we will be featuring movies every Friday afternoon during July and August.

**July 8** – The Emperor’s Club *drama*

**July 15** – Mambo Italiano *comedy*

**July 22** – The Soloist *biography*

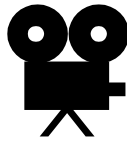
**July 29** – Simon Birch *comedy*

**Aug 5** – Australia *romance, drama*

**Aug 12** – Parental Guidance *comedy*

**Aug 19** – The Curious Case of Benjamin Button *drama*

**Aug 26** – Argo *biography, history, drama*



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



**Tues July 19 and Thurs July 21**  
**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

**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.

## Looking Ahead to September



**Sept 1** – Book Club: “Something in France”

**Sept 2** – Open House and Pancake Breakfast

**Sept 3, 4, 5** – Closed for Labour Day Weekend

**Sept 10** – Saturday Lunch and Movie

**Sept 12** – AGM Kanata Seniors Council Inc.

**Sept 16** – EXPO 55

**Sept 17** – Saturday Afternoon at the Movies

**Sept 29** – Learning Series



## September Lunch & Movie

**Sat Sept 10 at 11:45am to 3 pm**

Registration begins on **Thurs Aug 11**  
**Limited Seating.**



A hot lunch followed by our feature movie.

**Movie:** The movie title will be posted on the Centre’s bulletin board and in the September Newsletter as the new DVD releases are not available until August.

**Tickets-**\$9.50 for Members; \$11.50 for Non-members

See attached July and August Calendars  
for all activities featured  
this summer at the Centre.



## 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.

**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. Rules are easy and our volunteer convenor will be happy to teach anyone the game. Bring a friend!

**Discussion Group**  
**Wednesday Mornings**  
**9:30am**



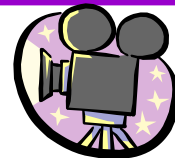
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

**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 to our members and guests. See bulletin board for full details about each movie.

**July 6** – Concussion *biography, drama*

**July 13** – Jersey Boys *musical, biography*

**July 20** – Saving Mr. Banks *biography, drama*

**July 27** – Room *drama*

**Aug 3** – The Last Brickmaker in America *drama*

**Aug 10** – Sherlock *mystery, drama*

**Aug 17** – Woman in Gold *history, biography*

**Aug 24** – The Martian *adventure, drama*

**Aug 31** – I'll See You in My Dreams *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 at 2pm**



**Thurs July 7** - "The Shepherd's Life"  
by James Rebanks

**Thurs Aug 4** - "At the Water's Edge"  
by Sara Gruen

Enjoy reading and would like to discuss literature with others? New members welcome. For additional information and upcoming book titles, see our website at: [http://www.kanataseniors.ca/book\\_club.html](http://www.kanataseniors.ca/book_club.html)

**Fun and Games at 9am**  
**Fri July 8 and Fri Aug 5**



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.**

**Dominoes**  
**Fridays at 9:30am**



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

**Kanata Seniors Diners' Club with WOCRC**  
(Western Ottawa Carleton Resource Centre)

**Mlacak Halls C and D**  
**Wednesdays 11am – 1pm**



**Wed July 20 – BBQ Time**

**Wed Aug 17 – Picnic in the Halls**

**Wed Sept 7 – Fall Program Starts Up – Welcome Back**

For registration/transportation please call:

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

**Please reserve one week in advance.**

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

**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.

**FALL & WINTER Courses**



**at the Kanata Seniors' Centre**

**Fitness Programs:**

- Chair-ercise 50+
- Chair-Yoga 50+
- Line Dancing 50+ Level 1, 2 and 3
- Low Impact 50+
- Nia Fitness
- Nordic Walking 50+ (Fall only)
- Party On 50+
- Tai-Chi 50+ Level 1 & 2
- Yoga 50+
- Zumba Gold

**General Interest:**

- Acrylics Level 1 for 50+
- CPR Essentials for Seniors
- Memory Fitness 50+
- 55 Alive Drivers Course

**Gardening at the Centre**



Would you like to spend a few hours from time-to-time helping with the gardening at the Centre? We are in need of volunteers. Please consider helping if you can. We are also in need of a Gardening Convenor to manage the gardens. For more details or if you are able to volunteer, please contact Janet Baigent at 613 580-2980.

**Big Band Dance Series:**

**Ron Kolbus Lakeside Centre**  
**Britannia Park**



Dates: Thurs July 14  
Time: 7 - 11pm (Doors open at 6:30pm)  
Tickets: \$19.50 advanced by calling 613 828-4313  
or purchase at the Kanata Seniors' Centre  
or \$23.50 at the door (if still available).

**Wishing you all a very happy summer!**

