

# SENIORS' SCOOP

Vol. 168 Kanata Seniors' Centre Newsletter

JUNE 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 /yearly

## Kanata Seniors' Centre Now Has 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 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 lists.

## Upcoming Maintenance 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.

## SPECIAL EVENTS THIS MONTH:

### Evening of Learning

Mon June 6

7 – 8:30pm

**Topic: Photography in the 19<sup>th</sup> Century**



Dr. Irwin Reichstein will discuss the invention of photography and talk about some of the key processes involved to show that rapid technological change has been a feature of photography from the start. We will look at photographs from a few of the most important photographers of the time and then have a show-and-tell of some early photographic processes. All welcome. Bring a friend. No charge. Please register at the front desk in advance.

## Canada Day Celebration BBQ



**Thurs June 16**  
**10:30am – 1pm**



We have a full Canada Day Celebration with Chris Pilsworth who will amaze us with his illusions and magic; also for your enjoyment a Canadian Quiz, Door Prizes and a fantastic BBQ of Hot Dogs & Hamburgers along with dessert and beverages!

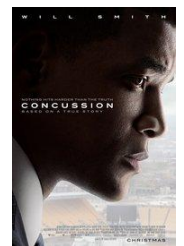
Get in the spirit, show your Canadian Pride and dress in Red and White!

**Tickets** - \$ 9.25 for Members; \$11.75 for Non-members. Register at the front desk before Mon June 13.



**Saturday June 4**  
**Lunch & Movie**  
**11:45am to 3:30pm**

A hot lunch followed by our feature movie.



**Movie: Concussion** (biography, drama)

**Cast:** Will Smith, Alec Baldwin, Albert Brooks

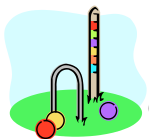
**Story:** The movie "Concussion" is a dramatic thriller based on the incredible true story of an American immigrant, Dr. Bennet Omalu. This brilliant and accomplished pathologist uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play.

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

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

**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.

## Tuesday Morning Outdoor Games



**Starting Tues June 14**  
**9:30 – 11am**  
**Croquet, Boules and Bocce**



Looking for something fun to do on Tuesday mornings? We will have outdoor activities with samplings of croquet, boules, and bocce. Bring your lawn chair, sun hat and sunscreen. Join us on the lawn across from the front door of the Centre. Lots of fun for everyone. Please sign up at the front desk!! If weather is inclement, Outdoor Games will be cancelled.

## Learning Series

**Thurs June 9 at 1pm**

**Guest Speaker: Karen McCrimmon**



Karen McCrimmon is a Canadian Forces veteran, mediator and politician who was elected Member of Parliament for Kanata-Carleton in the 2015 Canadian federal election. She will speak on her career as a female in the military.

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

**Saturday Afternoon at the Movies**  
**June 18**  
**1 to 3pm**



**Movie: A Royal Night Out**

**Cast:** Sarah Gadon, Bel Powley, Emily Watson

**Story:** On V.E. Day in 1945, as peace extends across Europe, Princesses Elizabeth and Margaret are allowed out to join the celebrations. It is a night full of excitement, danger and the first flutters of romance.

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

## Looking Ahead to July:



**Tuesdays at 9:30am – Outdoor Games**

**Wednesdays at 12:30pm - Duplicate Bridge**

**Thursdays at 1pm – Geriatric Jazz Band**

**Fridays at 1pm – Movies for the Summer**

**July 7 at 2pm – Book Club “Matrons and Madams”**

## City of Ottawa Summer Courses Kanata Seniors' Centre



All classes for **Adults 50+** start the week of July 11th. See Front Desk for details and to register.

**Chair-ercise**

**Chair Yoga**

**Low Impact Fitness**

**Party On Fitness**

**Zumba Gold**

### **BIG NEWS if you have Grandchildren!**

The Kanata Seniors' Centre, in conjunction with the John G. Mlacak Centre, is offering **2 summer day camps for children 6-12 years** of age. **Ottawa Adventure Camp** and **Dance Camp** are at the Mlacak Centre for your grandchildren! Theme weeks, out-trips, special guests, swimming, crafts, activities and more. Great memories start here.

### **Registration for Fall & Winter Courses start:**

**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

## A Very Successful Garage Sale



A heartfelt “Thank You” to all our members for their generous donations of sale items. To all who helped in whatever capacity – a **BIG THANK YOU!** To those who came to buy and encouraged us - our appreciation. This year we cleared approx. **\$1,900** for our Centre. Congratulations to all those involved.

## 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. A popular card game and fun to play.

### Discussion Group Wednesday Mornings 9:30am



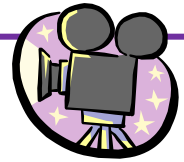
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

### 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.

**June 1 – Brooklyn** (*drama, romance*)  
**June 8 – Spotlight** (*biography drama*)  
**June 15 – Race** (*drama, biography*)  
**June 22 – Joy** (*comedy, drama*)

### 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 June 2 at 2pm Book This Month: "The Shepherd's Life" by James Rebanks



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](http://www.kanataseniors.ca/book_club.html)

### Fun and Games Fri June 3 at 9am Sat June 11 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 June 3 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.

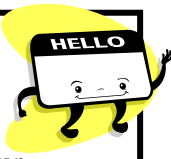
**Big Band Dance Series:**  
**Ron Kolbus Lakeside Centre**  
**Britannia Park**



Dates: Thurs June 9 and Thurs July 14  
Time: Doors open at 6:30 pm with the band playing from 7 to 11 pm.  
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).

**Name Badges:**

We want to encourage our members to wear their name badges while using the Centre. Your name badge is also where you keep your **Medical Information Form** in case of emergency.



**Kanata Seniors Diners' Club** with WOCRC  
(Western Ottawa Carleton Resource Centre)  
**Mlacak Halls C and D**  
**Wednesdays 11am - 1pm**



**June 1** – Music with the Chords  
**June 8** – To Be Determined  
**June 15** – Music with Helen MacDonald  
**June 22** – Music with Jumpin Jimmy

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 (if required) - \$10

**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.

**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 x 20656.

**THANK YOU**  
**To All Our Dedicated Volunteers**



We would like to take this opportunity to thank all our volunteers who contribute to our Centre. Whether you see them or not, so many people are working hard to ensure that our members enjoy their time at our Centre. Without volunteers, the activities and services that our members enjoy would not be sustainable.

We certainly appreciate the time that our volunteers have taken to record their hours. We want to thank and encourage our volunteers for continuing to submit their hours on a monthly basis.