



Ottawa



SENIORS' SCOOP

Vol. 165 Kanata Seniors' Centre Newsletter March 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:

REGISTRATION for SPRING & SUMMER COURSES



Starting dates and times:

All Aquatics and Aquafit programs:

Mon Mar 7 – Online or Touch Tone Phone at 9pm

Tues Mar 8 - In person during business hours

All other programs:

Wed Mar 9 – Online or Touch Tone Phone at 9pm

Thurs Mar 10 - In person during business hours

See page 4 for List of Courses at this location



March Lunch & Movie

Sat Mar 5

11:45am to 3:30pm



A hot lunch followed by our feature movie.

Movie: *The Intern* comedy, drama

Cast: Robert De Niro, Anne Hathaway, Rene Russo

See bulletin board for story details.

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

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

Evening of Learning

Mon Mar 7

7 – 8:30pm

Topic: "Discerning Truth from Error in a Propagandized World"



Randal Marlin, a professor in the philosophy department at Carleton University since 1966, continues to do research and give lectures on propaganda-related matters. His book, *Propaganda and the Ethics of Persuasion*, has been widely read and cited. In 1979-80 he won a Department of Defence Fellowship to study with Jacques Ellul at the University of Bordeaux, France. Currently he is vice-president of the International Jacques Ellul Society. All welcome. Bring a friend. No charge. Please register at the front desk in advance.

Learning Series

Thurs Mar 31

1pm

Topic: Theresa Dupuis –

A Blind Octogenarian Inspirational Speaker



A doctor diagnosed Theresa Dupuis with acute glaucoma just before Christmas 1990. He told her she'd go blind within 10 years. Theresa now considers her vision loss as a gift and swears she wouldn't take her sight back if offered to her. The octogenarian loves cross-country skiing, snow-shoeing, kayaking, yoga, and meditation.

All welcome. Bring a friend. No charge.

Please register at the front desk in advance.

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.

Saturday Afternoon at the Movies
March 19 – 1 to 3pm

Movie: Our Brand Is Crisis *comedy/drama*

Cast: Sandra Bullock, Billy Bob Thornton,
 Anthony Mackie

Story: Failing badly in the polls, a Bolivian presidential candidate enlists the services of an American management team for help.

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



Looking Ahead to APRIL:



- Apr 2** – Lunch & Movie: “Suffragette”
- Apr 4** – Evening of Learning
- Apr 6** – DVD Advanced Learning Series
- Apr 7** – CPR Essentials for Seniors
- Apr 7** – Book Club: *The Night Stages*
- Apr 8** – Picasa Presentation for Your Photos
- Apr 9** – Pancake Breakfast and Craft Sale
- Apr 16** – Retirement Fair
- Apr 21** – High Tea
- Apr 23** – Afternoon at the Movies
- Apr 28** – Learning Series
- Apr 30** – Connections to Healthy Lifestyles
- Apr 30** – Mah Jong Tournament



April
Lunch & Movie

Sat Apr 2 - 11:45am to 3:30pm

(Registration starts March 10th)

A hot lunch followed by our feature movie.

Movie: Suffragette

Cast: Carey Mulligan, Anne-Marie Duff,
 Helena Bonham Carter, Meryl Streep

Story: In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother, Maud Watts. Stirred up by political activist Emmeline Pankhurst, Watts joins a diverse group of women who fight for equality and the right to vote.

Tickets - \$9.25 Members; \$11.75 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 Apr 7

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.

Spring DVD Advanced Learning Series

Wed Apr 6 to May 25 at 1pm

8-Week Series



Topic: Understanding the Marvels of Daily Life
From an Engineering Perspective

Professor Ressler will explore everyday technologies that are so commonplace that we often just take them for granted – those things typically found in most houses and buildings, plus the municipal water supplies and sewage, the electrical power grid, the public telephone network including "land lines" and cell phones, automobiles, our transportation systems, and more.

All members welcome. No charge. Please register at the front desk in advance to maintain our maximum numbers.

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.

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!



Closure for Easter

The Kanata Seniors' Centre and Council Café will be closed

Mar 25, 26, 27, and 28 for the Easter Weekend.



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.

- Mar 2** – Pan *adventure, fantasy*
- Mar 9** – He Named Me Malala *documentary*
- Mar 16** – Where Hope Grows *drama*
- Mar 23** – Mr. Holmes *adventure, suspense*
- Mar 30** – The Bridge of Spies *drama, thriller*

Shuffleboard
Thursdays at 1pm



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 Mar 3 at 2pm



Book This Month: "The Imposter Bride"
by Nancy Richler

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 Mar 4 at 9am
Sat Mar 12 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 Mar 4 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.

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.

SPRING Courses 2016:



Fitness Programs: Please come dressed in suitable attire for the fitness classes.

- Chair-ercise
- Chair-Yoga
- Line Dancing – Levels 1, 2 and 3
- Low Impact Fitness
- Nia Fitness
- Nordic Walking
- Party On Fitness
- Tai-Chi for Seniors – Level 1 and 2
- Yoga - Seniors Level 1
- Zumba Gold

General Interest:

- Bridge – Level 3
- Painting – Acrylics for Seniors
- Writing for Enjoyment

SUMMER Courses 2016:

- Chair-ercise
- Chair Yoga
- Low Impact Fitness
- Party On Fitness

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



- Mar 2** – Music with George Chenier
- Mar 9** – Music with Peter Sinclair
- Mar 16** – Music with The Mellow Tones
- Mar 23** – Music with The Wayback Machine
- Mar 30** – Music with Freddie Pitz

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

one week in advance

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