

# SENIORS' SCOOP

Vol. 167 Kanata Seniors' Centre Newsletter

MAY 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 Gets 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 transition to the new number for 5 months to assist members in calling. You can also reach staff directly through the City phone service: Janet Baigent x 20656, Maureen Moynahan x20652. Update your address books.

## Garage Sale Sat May 14 8am – 12 noon



Mark the date on your calendar. We'll be having a Garage Sale at the Centre. We need your donations and help!! Clothing, books, jewellery, CDs, videos, kitchenware, small appliances, linens, etc. are needed.

**Please drop off items at the Centre from  
May 9 to May 13 between 9am – 3pm.**

We need helpers on Friday afternoon to sort and put out the items and on Saturday to work the event. If you can give us a hand, please sign up at the front desk. Your help is greatly appreciated and all proceeds are to benefit the members of the Centre.

**PLEASE NOTE: Kanata Seniors' Centre & the Council Café will be closed Fri May 13 at 12 noon in order to prepare for the Garage Sale.**



## Kanata Seniors' Centre and Council Café Closures

**Fri May 13 at 12 noon** – for the Garage Sale set-up. All Friday afternoon activities are cancelled.

**May 21, 22, and 23** for Victoria Weekend

## SPECIAL EVENTS THIS MONTH:

### Evening of Learning

Mon May 2

7 – 8:30pm

**Topic: A Short History of the English Language**



Two thousand years ago there was no English language. Professor Don Wiles will trace the development of our English language from the earliest of times with the Gaels to present day, noting the influence of the different tribes, invaders, the Church and the great English writers.

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

## 55 Alive Driver Refresher Thursdays May 5 and May 12 1 - 4pm



**Attendance required both afternoons**

This 2-part, in-class training is designed to help Canadians 55 years and older to update their driving skills. The course will help you gain more confidence behind the wheel; improve your awareness of traffic hazards; update you on traffic laws and new technology; and sharpen many of your driving skills.

**Cost: \$25.50** - Registration in advance. Limited space.

**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 May 7th**  
**Lunch & Movie**  
**11:45am to 3:30pm**



A hot lunch followed by our feature movie.

**Movie: Brooklyn**

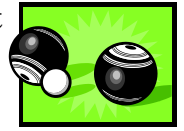
**Cast:** Saoirse Ronan, Emory Cohen

**Story:** An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

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

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

**Annual Carpet Bowling Tournament**  
**Tues May 31**  
**1 – 3:30pm**



A friendly competition is being planned for our Tuesday and Friday afternoon Carpet Bowlers. Four carpets will be set up with a “double knockout” format of play. Fun prizes will be given for the competition. Please sign up at the front desk before Thurs May 26.

**Learning Series**

**Thurs May 26**

**1pm**



**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 afternoon.

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

**Looking Ahead to June**

**June 2** – Book Club: *The Shepherd’s Life*

**June 4** – Saturday Lunch and Movie

**June 6** – Evening of Learning Series

**June 9** – Learning Series

**June 10** – CPR/AED Essentials for Seniors

**June 16** – Canada Day BBQ

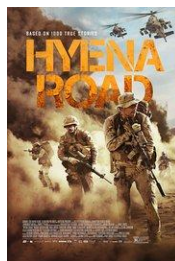
**June 18** – Saturday Afternoon at the Movies



**CLOSURE: June 25 to July 3 inclusive** – Kanata Seniors’ Centre and Council Café will be **CLOSED** for Annual Facility Maintenance, **reopening on Mon July 4.**

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

**Saturday Afternoon at the Movies**  
**May 28**  
**1 to 3pm**



**Movie: Hyena Road** (action, adventure)

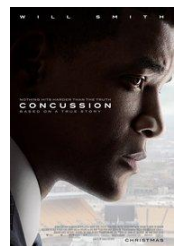
**Cast:** Allan Hawco, Paul Gross, Rossif Sutherland

**Story:** Paul Gross’s new movie is about the war in Afghanistan. The Canadian forces have been building the Hyena Road deep into Taliban territory, creating a dirt track that can only be driven in armed convoys protected by snipers. The drama is played out as three different men, three different worlds, three different wars - all stand at the intersection of modern warfare - a murky world of fluid morality where all is not as it seems.

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



**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:** In Pittsburgh, accomplished pathologist Dr. Bennet Omalu 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.**

## 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



*Last gathering for the Spring Session on May 16th*

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



*The Spring Session will end with the Carpet Bowling Tournament on Tues May 31<sup>th</sup>.  
Please sign up at the front desk by Thurs May 26<sup>th</sup>.*

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



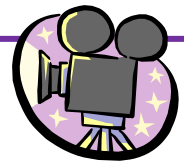
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

### 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.

**May 4** – The Walk (adventure, biography)

**May 11** – Freeheld (biography, romance)

**May 18** – Suffragette (historical biography)

**May 25** – In The Heart of the Sea (adventure, action)

### Shuffleboard Thursdays at 1pm

*(Spring Session ends on May 19th)*



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.

### 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 May 5 at 2pm**



**Book This Month: "The Law of Dreams"**  
by Peter Behrens

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 May 6 at 9am**



*(Cancelled May 14 due to Garage Sale)*  
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 May 6 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**



*(Cancelled May 14 due to Garage Sale)*  
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.

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



**May 4** - Music with Christine McCann

**May 11** - Starry Night Trio

**May 18** - Music with Joe and Robin

**May 25** - Music with Pam and Doug

For registration/transportation please call:

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

**one week in advance**

**Cost:** Lunch - \$8 (clients are billed by WOCRC)

Transportation (if required) - \$10

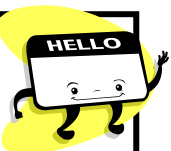
**Scent-Free:**



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.

**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.



**Parking Lot Request**



Our parking lot is often full. We suggest that those of us who are more able-bodied might try to park in the lot nearest the library. This would allow those who need easy access the convenience of the parking spaces closest to the Centre. **Please try to park within the lines of the parking stalls to avoid taking up two spaces.** Your co-operation is greatly appreciated.