

SENIORS' SCOOP

Vol. 172 Kanata Seniors' Centre Newsletter November 2016

2500 Campeau Drive
Kanata, Ontario K2K 2W3
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

SPECIAL EVENTS THIS MONTH:

Remembrance Ceremony & Luncheon



Thurs Nov 3 - 10:45am to 1pm

Our program will include: a full, formal ceremony by the Canadian Legion - Kanata Branch 638 with their Legion piper; our special guest speaker, Lt. Col. Scott Murphy; and a hot lunch catered by The Leatherworks following the service.

Please wear red in support of our troops.



Tickets - \$11 for Members; \$13 for Non-members
Please register in advance at the front desk.



November Lunch & Movie
Saturday Nov 5
11:45am to 3:15pm



A hot meal followed by our feature movie.

Movie: Me Before You

Cast: Emilia Clarke, Sam Claflin, Janet McTeer

Story: Louisa Clark must find a new job after being laid off from a café. She finds work as a caregiver for Will Traynor, a cynical former banker who was completely paralyzed by a motorcycle accident two years prior. They form an unlikely bond while Will follows his own 6-month plan.

Tickets - \$9.50 Members; \$11.50 Non-members.

Limited Seating. Register at the front desk.

Participation in this event is by advanced registration.

Evening Learning Series Mon Nov 7 at 7pm



**Topic: Transatlantic Crossings
from Constellation to Concorde**

Our guest speaker is Herb Saravanamuttoo, who started his career on the Avro Arrow program and did his PhD on the Concorde engine. The lecture will show how Atlantic non-stop crossings have been made possible by the jet engine. Herb will briefly outline the history from propeller planes of the 50s to the present day.

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

OPEN

**The Kanata Seniors' Centre
and the Council Café are open on
Fri Nov 11 during regular business hours.**



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



Movie: Love Happens

Cast: Jennifer Aniston, Aaron Eckhart,
Dan Fogler

Story: A widower whose book about coping with loss turns him into a best-selling self-help guru, falls for the hotel florist where his seminar is given, only to learn that he hasn't yet truly confronted his wife's passing.

Everyone welcome – bring a friend! No charge but please sign up at the front desk in advance.



**Kanata Seniors' Centre Craft Ladies
Annual Craft Sale
Hazeldean Mall
Sat Nov 19 - 9am to 3pm**



Our Ladies' Craft Group will be holding their yearly Craft Sale at the Hazeldean Mall. Let's support the Craft Ladies who have worked so hard all year round. Drop by their booth. Great gift ideas for people on your Christmas shopping list.

**FALL 2016 Learning Series
Thurs Nov 24 at 1pm**

**Topic: Living and Eating Clean
to Prevent Cancer**



We are pleased to have Jake Cole as our guest speaker who will discuss living and eating clean to prevent cancer. Jake has done extensive work with "Prevent Cancer Now" and continues to build on what we can do to keep our bodies healthy.

No charge for this presentation but please register at the front desk in advance. Refreshments sponsored by the Kanata Seniors Council Inc.

**Nia Demo-Free!
Tues Nov 29
9 - 10am**



If you ever wondered about Nia, here is your chance to try it. Discover your body's way of self-healing using the gentle and powerful movement of Nia technique. Great workout using nine movement forms from dance, martial and healing arts. Suitable for all! Please register for this free demo class with front desk staff.

Change your clocks back one hour:



Before going to bed on Saturday, Nov 5th, turn your clocks **back one hour** as Daylight Savings Time ends on Sunday, Nov 6th at 2am. Remember to check all your **smoke detectors** to see that they are in working order.

**Blood Donor Clinic - By Appointment Only
John G. Mlacak Centre
Halls C & D
Thurs Nov 24
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

Looking Ahead to December:

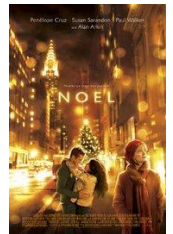


- Dec 1** – Blood Donor Clinic – by app't
- Dec 1** – Book Club "Three Day Road"
- Dec 3** – Saturday Lunch and Movie "Noel"
- Dec 5** – Evening Learning Series: "The Etymology of Names"
- Dec 15** – Christmas Celebration
- Dec 17** – Saturday Afternoon at the Movies

**Dec 22 to Jan 2 (Inclusive) – Holiday Closure
Opening on Tues Jan 3 at 8:30am**



**December Lunch & Movie
Saturday Dec 3
11:45am to 2:45 pm**



A hot meal followed by our feature movie.

Movie: Noel

Cast: Susan Sarandon, Penélope Cruz, Paul Walker
Story: The movie centers on five strangers who are linked together – and who meet each other at separate times – by a series of events that take place on Christmas Eve in New York.

Tickets - \$9.50 Members; \$11.50 Non-members.

Limited Seating. Register at the front desk.

Participation in this event is by advanced registration.

Membership Renewal



Please check your membership card or ask at the front desk to confirm that your yearly Kanata Seniors' Centre Membership is current.

ACTIVITIES AT THE CENTRE:



Check the yellow calendar on the last page for **all** activities this month. You must be a current member of the Kanata Seniors' Centre to participate in the Activities. Please sign up for the different activities at the front desk and be part of the fun each week.

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!

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**



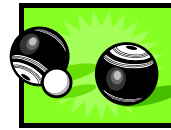
Do you like to play bridge and want to meet new people? Join us on Mondays for our party-style bridge, still challenging but fun.

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** **1 pm**



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 **Wednesdays at 9:30am**



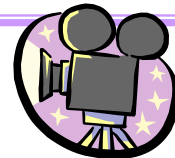
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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.

Nov 2 – Alice Through the Looking Glass *fantasy*
Nov 9 – Miracles From Heaven *biography, drama*
Nov 16 – A Sunday Horse *biography, drama*
Nov 23 – The Man Who Knew Infinity *biography*
Nov 30 – Absolutely Fabulous *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 Nov 3 at 2pm



This Month "Broken Harbour"
by Tana French

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

Digital Camera Club
Fri Nov 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. You must be a current member of the Kanata Seniors' Centre to join this activity. It is necessary to register at the front desk for the Fall and Winter sessions of Digital Camera.

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



Treat yourself to a lively afternoon of swinging music that will get your feet tapping and give your spirits a lift. Everyone is welcome. Bring along your singing voice and join in belting out many familiar songs - or just sit back and enjoy the entertainment.

Fun and Games
Fri Nov 4 at 9am
Sat Nov 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!

Saturday Duplicate Bridge at 12:20pm



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.

Kanata Seniors Diners' Club with WOCRC
(Western Ottawa Community Resource Centre)
Mlacak Centre in Halls C and D
Wednesdays 11am – 1pm



- Nov 2** – Music with Terry McCann
- Nov 9** – Remembrance Day with the Mellow Tones
- Nov 16** – To Be Announced
- Nov 23** – Music with the Cords
- Nov 30** – Music with Mark Dubroy

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

one week in advance

Cost: (clients are billed by WOCRC)
Lunch - \$8; Transportation if required - \$10
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, learn and have some fun at the same time.

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 any 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