

SENIORS' SCOOP

Vol. 171 Kanata Seniors' Centre Newsletter October 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

Thanksgiving Weekend:



The Kanata Seniors' Centre and the Council Café will be closed Oct 8, 9 and 10.



SPECIAL EVENTS THIS MONTH:

October Lunch & Movie Sat Oct 1 at 11:45am to 3:15pm



A hot lunch in Hall D then our feature movie in the Lounge.



Movie: Miracles from Heaven

Cast: Jennifer Garner, Kylie Rogers, Martin Henderson

Story: A young girl suffering from a rare digestive disorder finds herself miraculously cured after surviving a terrible accident.

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

Limited Seating. Register at the front desk.

Participation in this event is by advanced registration.

Evening Learning Series:



Our Evening of Learning is cancelled for the month of October. Please call Janet Baigent at 613 580-2980 x 20656 for details about the November speaker.



Our Annual Cook-Off: "Savoury Soup Creations"



Thurs Oct 20
11am – 1:30pm



Come and taste-test the different delicious "soup creations" from the chefs at various local Seniors' Residences. We will also be serving dessert, tea and coffee. Entertainment by EIO George before lunch. Our VIP panel will be judging to determine the best dish. After sample-tasting the soup creations, our members and guests will vote for their "People's Choice Award". Plaques will be awarded for both.

Space is limited, so book now at the front desk.
Tickets - \$8 for Members; \$10 for Non-members

Advanced DVD Lecture Series: Starts Wed Oct 5 (for 8 weeks) Time: 1 to 2:30pm



Topic – Part 2 Geological Wonders of the World

Come and join us for Part 2 of our DVD geological trip around the world! You will be introduced to the Earth's most outstanding geological destinations like The Devil's Tower, Antarctica, The Maldives, Siwa Oasis, as well as the Planetary Wonders. These are just a few of the featured sites, both famous and obscure, where you will see breathtaking vistas and geological grandeurs.

This DVD Lecture Series will be facilitated by Valerie O'Callaghan.

Please register at the front desk to participate in this lecture series. No charge.

Mah Jong Tournament
Thurs Oct 6
9:30am – 3:30pm



Our avid Mah Jong players at the Centre are having a fun tournament to show their skills with this ancient tile game.
No charge but please register at the front desk as seating is limited to the room size.

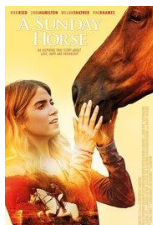
55 Alive Driver Refresher
Thurs Oct 6 and Thurs Oct 13
1 - 4pm



Register in advance. Limited space. 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 (includes manual)

Saturday Afternoon at the Movies
Oct 22 – 1 to 3pm



Movie: A Sunday Horse

Cast: William Shatner, Nikki Reed,
Linda Hamilton |

Story: Based on a true story, the movie follows a determined rider from the wrong side of the tracks as she defies all the odds to make her dream of winning the US National Jumping Championship come true!

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

Our Next - CPR/AED Essentials for Seniors
Learn to Save a Life
Thurs Nov 17
9am – 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.

FALL 2016 Learning Series
Thurs Oct 27 at 1pm



Topic: To Be Announced

Our guest speaker for this event will be confirmed shortly and promises to be interesting and informative. **Please check our bulletin board or website for details when available.**

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

Looking Ahead to November:



- Nov 3** – Remembrance Ceremony and Lunch
- Nov 3** – Book Club: “Broken Harbour”
- Nov 5** – Saturday Lunch & Movie: Me Before You
- Nov 7** – Evening Learning Series
- Nov 17** – CPR/AED Essentials for Seniors
- Nov 24** – Learning Series
- Nov 24** – Blood Donor Clinic



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 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.



Happy Thanksgiving to all our members and staff at the Centre!

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.

Fall Mah Jong Tournament will be held on Thurs Oct 6th from 9:30am – 3:30pm. Register at the front desk in order to play. Limited space.

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**



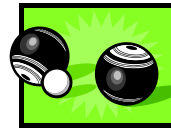
Do you like to play bridge and want to meet new people? Join us on Mondays for our party-style bridge, still challenging but fun.

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**



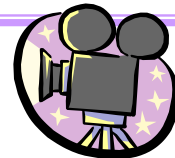
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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.

Oct 5 – Love and Friendship *comedy, romance*

Oct 12 – The Meddler *drama, comedy*

Oct 19 – Money Monster *crime, drama*

Oct 26 – The Jungle Book *adventure, 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 Oct 6 at 2pm



This Month "The Illegal"
by Lawrence Hill

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 Oct 7 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 Oct 7 at 9am



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 12:30pm



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.

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



- Oct 5** – Latin Chair Dancing with Deb Ranger
- Oct 12** – Music with Musical Memories
- Oct 19** – Music with Rae Palmer
- Oct 26** – Music with Helen MacDonald

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

