



SENIORS' SCOOP



Vol. 170 Kanata Seniors' Centre Newsletter September 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

Labour Day Holiday:

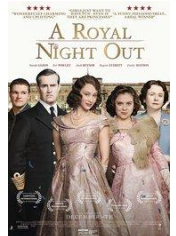
The Kanata Seniors' Centre and the Council Café will be **closed** the weekend of Sept 3, 4 and 5.



September Lunch & Movie Sat Sept 10 at 11:45am to 3:15pm



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



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.

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.

SPECIAL EVENTS THIS MONTH:



Open House & Pancake Breakfast Fri Sept 2



Pancake Breakfast – 8:30 to 10am
Open House – 8:30 to 11am

Come with a friend or your family and show off your Centre to them! We will be showcasing our various activities and services. A great chance for you to try out something new as well.

The Kanata Seniors Council is providing a delicious, complimentary **pancake breakfast served from 8:30 to 10am! The Open House continues until 11am.**

The ladies from the Craft Group will be displaying and selling their lovely handmade items in the Lounge. Why not start your Christmas shopping a little early this year!

EXPO 55 with Councillor Marianne Wilkinson Fri Sept 16 – 1 to 3:30pm

Our Councillor is hosting a showcase featuring a variety of services geared to seniors in West Ottawa. There will also be various demonstrations and light snacks.

Please note that all regular afternoon activities are cancelled at the Centre and in the Halls.

City of Ottawa Programs



Register now for Fall & Winter Courses.
See page 5 for a list of all programs offered at the Centre. Stay active, keep fit and enjoy life.
Many courses fill up quickly, so don't delay in registering.



September is a great time to try new activities and get involved at the Kanata Seniors' Centre.

Saturday Afternoon at the Movies Sept 17 – 1 to 2:40pm

Movie: My Big Fat Greek Wedding 2

Cast: Nia Vardalos, John Corbett,
Michael Constantine

Story: A Portokalos family secret brings the beloved characters back together for an even bigger and Grecker wedding.



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

FALL 2016 Learning Series

Thurs Sept 29 at 1pm



Topic: The Ottawa River and the Fur Trade

Our guest speaker, Terry Currie, will speak about the Ottawa River as the spinal column of the fur trade all during the early history of Canada. It was the essential economic activity of the French regime in Canada, the "France in America". It revived again after the Fall of Quebec and was essential to the rise of Montreal to dominance in Canada's economy. It survives to this day and Canadian furs are still considered some of the world's finest.

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



October Lunch & Movie Saturday Oct 1st 11:45am to 3:15pm

A hot meal followed by our feature movie.

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 Members; \$11.50 Non-members.

Limited Seating. Register at the front desk.

Participation in this event is by advanced registration.

Looking Ahead to October:



Oct 1 – Sat. Lunch & Movie: Miracles from Heaven

Oct 3 – Evening Learning Series

Oct 5 – Advanced DVD Learning Series:

Part 2 Geological Wonders of the World

Oct 6 – Mah Jong Tournament

Oct 6 – Book Club “The Illegal”

Oct 8, 9, 10 – Closed for Thanksgiving Weekend

Oct 20 – Annual Cook-Off

Oct 22 – Saturday Afternoon at the Movies

Oct 27 – Learning Series

Oct 28 – CPR Essentials for Seniors

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.

55 Alive Driver Refresher

Thurs Oct 6 and Thurs Oct 13

1 - 4pm

Register in advance; 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 - Limited space.

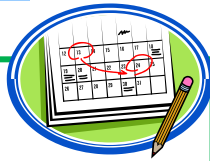
CPR/AED Essentials for Seniors
Learn to Save a Life
Fri Oct 28
9am – 12 noon



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.

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.



Shuffleboard Discontinued at KSC



Due to low attendance for many years, we have decided to discontinue Shuffleboard. For those wishing to participate in this sport, it is still offered at Johnny Leroux Arena in Stittsville by the Friendship Seniors Club. Please stop by the front desk for contact information on shuffleboard.

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 at 9am. Mark your calendar now. Fun for all!

Sounds of Music
Mondays at 10am
Starts Sept 12



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



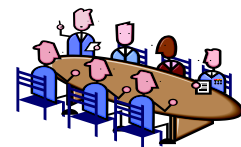
Join us every Tuesday for this family favourite card game. A popular card game and fun to play.

Carpet Bowling
Starts Tues Sept 20 and Fri Sept 23
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
Wednesday Mornings
9:30am



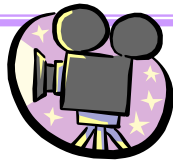
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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.

Sept 7 – Mother’s Day *comedy*

Sept 14 – London Has Fallen *action*

Sept 21 – The Choice *drama, romance*

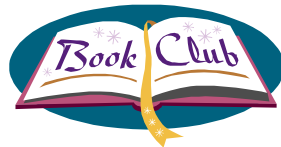
Sept 28 – A Royal Night Out *comedy, romance*

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 Sept 1 at 2pm



This Month “Somewhere in France”
by Jennifer Robson

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 Sept 9 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



No Dominoes on Sept 2 due to the Open House and Pancake Breakfast.

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 Fri Sept 9 - Fall Session starts 1pm in the Lounge



No Geriatric Jazz Band Sept 16 due to EXPO 55.

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 Sat Sept 10 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 Sat Sept 10 - Fall Session starts 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.

Games Room



Enjoy our Games Room for playing snooker, 8-ball and 9-ball. Reserve your time slot at the front desk. Bookings can be made up to a week in advance. Meet new members, have some fun. If you are looking for a partner to play with, leave your name in the Games Room Binder at the front desk.



Gardening at the Centre



Come the end of September, the Fall clean-up will need to be done in order for the beds to grace us with their beauty again next Spring. The clean-up process won't involve heavy work - mainly dead-heading, cutting back and light raking. Please sign up at the front desk if you can spare an hour or two to help with this work at the end of September. Thank you!

Welcome to Our Kanata Seniors' Centre Library

Our lending library in the lounge has been made possible through donations from Centre members and community individuals. Volunteers help maintain the Library but we need your help to make it workable for all.

Books, CDs, DVDs and Classic/Vintage Videos may be taken out at any time. But, may we suggest the following periods of borrowing as a guideline:

Books – 3 weeks

Books marked “Reference” – we request they remain at the Centre

DVDs – 1 week, due to limited inventory

CDs and Videos – 3 weeks

Puzzles and large format puzzles – no time limit

Membership Renewal

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



FALL & WINTER Courses



Get active, stay in shape, and have fun with others.

Registration is now in full swing for all programs. The Fall 2016/Winter 2017 Recreation Activity Guide is available on-line; the brochure and the summary sheets with the programs offered at the Kanata Seniors' Centre are at the front counter.

FALL & WINTER Courses

Chair-ercise 50+
Chair-Yoga 50+
Line Dancing 50+ Level 1, 2 and 3
Low Impact 50+
Nia Fitness
Nordic Walking 50+ (Fall only)
Party On 50+
Tai-Chi 50+ Level 1 and 2
Yoga 50+
Zumba Gold

General Interest:

55 Alive Drivers Course
Acrylics Level 1 for 50+
CPR Essentials for Seniors
Guitar Level 1 and 2
Memory Fitness 50+
Spanish Level 1 and 2

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

Name Badges

We want to encourage our members to wear their name badges while at the Centre. Your “name badge holder” is also where you keep your **Medical Information Form** in case of emergency. Please see the front desk if you need either of these.



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



- Sept 7** – Welcome Back Chat
Sept 14 – Hawaiian dancing with Lydia Fancy
Sept 21 – CCAC is coming to talk about their services
Sept 28 – Music with Ginette Hamilton

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.

Parking Lot Request



Our parking lot is often full. We suggest that those of us who are more able-bodied try to park along the side of the arena or nearer to the library. This will allow those who have special needs easier access to the Centre and 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

Condolences



Here at the Centre our members have developed strong friendships and bonds. When one of our members passes away, we feel the sadness and share the sorrow with the family. We ask that you notify the office when you know of a death that has occurred. The newspaper article or Memorial Tribute from the visitation would be helpful. This information will permit us to advise members and staff at the Centre, and to send out our condolences to the family.

“The In-Club” Mall Walking
Hazeldean Mall
Monday to Friday – 7:30 to 10:30am



“In Step, In Shape, Inside” is how the Mall Walkers at the Hazeldean Mall stay in shape - while walking inside! **Every morning Monday to Friday anytime between 7:30 and 10:30am**, you will see mall walkers walking and socializing inside the Mall throughout the year.

Walking is the easiest and most efficient way to exercise. It is a great way to lose weight, reduce the risk of heart disease, stroke, colon cancer, high blood pressure, diabetes, and many health related issues. It is also a great way to reduce stress and build healthier joints and bones. At the Mall you will not only find these great benefits of walking, but also a perfect place to make friends and become more active in your community.

The Mall has provided a safe, climate-controlled environment for the last 27 years to over 250 Mall Walkers in the communities around Kanata. It is a **FREE program** sponsored by the City of Ottawa and the Hazeldean Mall.

Come out and be a Mall Walker now and get in on the fun. To register as a Mall Walker, please call or email the coordinator, **Nisha Mapara at 613 591-1294 or nikaim@rogers.com** or by calling the Kanata Seniors' Centre (613 580-2980)

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.

