

SENIORS' SCOOP

Vol. 177

Kanata Seniors' Centre Newsletter

April 2017

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 \$25.50 /year

SPECIAL EVENTS THIS MONTH:

Pancake Breakfast & Craft Sale Saturday April 1 8:30 – 10am



Come one, come all - Bring your family, friends and neighbours to our Pancake Breakfast!

The menu includes delicious pancakes, syrup, sausages, juice, and coffee/tea.

Cost: \$4 per person

We encourage you to buy tickets in advance at the front desk, also available at the door.

Kanata Seniors' Craft Group



The Craft Group will be selling their lovely handmade articles during our Pancake Breakfast – a great time for spring shopping! Drop by their tables. You'll be glad you did. So many beautiful things to buy!

SPRING & SUMMER Courses



Registration is ongoing for all Spring and Summer Courses. See the front desk for a complete list of all the fitness and general interest courses offered at the Centre and in our area. Get active, get involved, and have fun.

International Fashion Show & Tea

Thurs April 20
1 – 3pm



You are invited to join us for a Fashion Show provided by Homida and Shae Ali, showing fashions from countries around the world. Also included is the inspirational commentary on each culture. We invite everyone to join us dressed for a Caribbean flare celebration. We will then have our tea served with our finest china.

Tickets - \$14 for Members; \$16 for Non-members.
Please register at the front desk before Mon Apr 10.

Bigger Than Us Thurs April 6 1:30 - 3pm Topic: Memory



Do you have a good memory? Can you remember where you put your keys; a grocery list of 10 items; the name of the person you just met; or when you walk into another room, why did you go in there? We are going to explore strategies to become better at remembering. After this presentation, with a little practice, you will surprise yourself.

We are using a non-profit, web-based, credible resource through TED Talks. Upon viewing the DVD, our volunteer facilitator Richard Keeler will lead a discussion.

No charge for all Members. Please ensure you register at the front desk to maintain our maximum numbers.



Closure for Easter

The Kanata Seniors' Centre and Council Café will be closed

April 14, 15, 16 and 17 for the Easter Weekend.



55 Alive Driver Refresher Course
Thursdays April 6 and 13

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: \$26.50** - Registration in advance. Limited space.

Saturday at the Movies

April 22

1 to 3pm

Movie: Moonlight



Cast: Mahershala Ali, Shariff Earp, Duan Sanderson
Story: This Academy Award winner for Best Picture is a tender, heartbreaking story of a young man's struggle to find himself. It chronicles three defining chapters in his life as he experiences the ecstasy, pain, and beauty of falling in love, while grappling with his own sexuality. The movie is set in a rough neighborhood of Miami.

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

Learning Series

Thurs April 27

1pm

**Topic: Ancient Greece
and its Legacy**



Our guest speaker Philip White will present a brief but interesting look at the achievements of the Greeks from 800 BC to about 40 BC and how they laid the foundations for our present day Art, Literature, Astronomy, Mathematics, Science, Music, Philosophy and Medicine. The works of Homer, Aristotle and others will be reviewed. He will show how the first maps were made and the circumference of the earth was measured.

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

Looking Ahead to May:



- May 4** – Mah Jong Tournament
- May 4** – Bigger Than Us - DVD Presentation
- May 11** – Book Club: “The Nightingale”
- May 11 to 25** – Far West Fun Fest
- May 12** – Centre and Council Café closed at 12 noon to prepare for the Garage Sale
- May 13** – Garage Sale
- May 20, 21, 22** – Closed for Victoria Weekend
- May 25** – Learning Series: “Abode Staging”
- May 30** – Carpet Bowling Tournament

Mah Jong Tournament

Thurs May 4

9am – 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

Garage Sale

Sat May 13

8am – 12noon



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 8 to May 12 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: The Kanata Seniors' Centre and the Council Café will be closed on Fri May 12 at 12 noon in order to prepare for the Garage Sale.

WEEKLY ACTIVITIES AT THE CENTRE:

Remember to check the **yellow calendar on the last sheet for activities this month.** Lots of things to do at the Centre. **Please make sure your yearly membership is current.**



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**



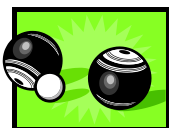
Do you like to play bridge and want to meet new people? Join us on Mondays for our party-style bridge, still challenging but fun.

Canasta **Tuesdays at 12:30pm**



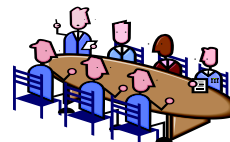
Join us every Tuesday for this family favourite card game. A popular card game and fun to play.

Carpet Bowling **Tuesdays and Fridays 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**



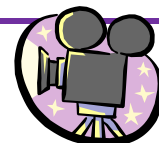
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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. See bulletin board for full details and description of each movie.

April 5 – Hacksaw Ridge	<i>historical drama</i>
April 12 – Allied	<i>action, romance</i>
April 19 – Jackie	<i>biography</i>
April 26 – Fences	<i>drama</i>

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 April 13 at 2pm**



This Month: “All the Light We Cannot See” by Anthony Doerr

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 April 7 at 9am
Sat April 8 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 April 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.

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 in the lounge that will get your feet tapping and give your spirits a lift. Everyone is welcome.

Saturday Duplicate Bridge
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.

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



April 5 – Music with the Mellow Tones

April 12 – Music with Noel Dimar

April 19 – West End Ladies Chorus

April 26 – Starry Nights Trio

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 - \$10 if required

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.

Canadian Women's Heart Health Centre



The Ottawa Heart Institute has developed a program called Women@Heart for women who have cardiovascular disease. This program is a peer support program led by women with heart disease, for women with heart disease aimed at creating a caring environment to learn from each other. We are a host site for this program. Please call 613 798-5555 x 10412 to find out more.

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.

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.