



Ottawa



SENIORS' SCOOP

Vol. 184 Kanata Seniors' Centre Newsletter December 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 to June)
KSC Membership Fee is \$25.50 /year



HOLIDAY CLOSURE



The Kanata Seniors' Centre and Council Café will be closed from **Dec 21 to Jan 1 (Inclusive)**. We will re-open on **Tues Jan 2 at 8:30am**.

Bigger Than Us
Thurs Dec 7
1:30 - 3pm

Economic Inequality

Topic: How Economic Inequality Harms Societies

We will be exploring the question: Are there better outcomes in societies with respect to infant mortality, incarceration, high school dropouts, math scores, teenage pregnancy, when there is a large gap in income equality, or is there simply no difference at all?

No charge for members and guests. Please ensure you register at the front desk to maintain our maximum numbers.

SPECIAL EVENTS THIS MONTH:

Christmas Celebration



Thurs Dec 14
11am to 1:30pm



We invite all our members and guests to come and celebrate the Holiday Season and meet new friends. There will be entertainment, followed by a traditional Christmas dinner catered by Leatherworks.

Cost: \$15 Members; \$18 Non-members
Tickets go fast! Space is limited.
Register at the front desk by Mon Dec 11.

Cash bar provided by the Kanata Lions' Club. Kanata Seniors' Centre Craft Group will be selling their lovely handmade goods at our Christmas Celebration – a great time for shopping! Drop by their tables. You'll be glad you did.

Saturday Afternoon at the Movies
Dec 16
1 to 3pm

Movie: Champion



Cast: Robert Amaya, Cameron Arnett, Cliff Brannon
Story: In the supercharged world of dirt track racing, a single mistake causes the lives of two men to change forever. One must fight for his family, the other must fight to forgive.

Please note that our movies are shown in Closed Captioning (CC)

No charge. Bring a friend or two!

Wishing you a wonderful Holiday Season
with good health and happiness
throughout the coming year!

Best wishes from our front office staff.

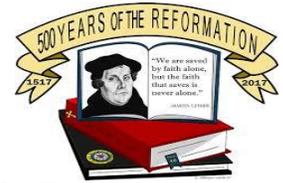


Looking Ahead to January:



- Jan 4** – Bigger Than Us
- Jan 6** – Sat. Lunch & Movie: Home Again
- Jan 11 & 18** – 55 Alive Driver Refresher
- Jan 11** – Book Club: “In the Garden of Beasts”
- Jan 20** – Saturday Afternoon at the Movies
- Jan 25** – Learning Series: 500th Anniversary of the Reformation

Winter 2018 Learning Series
Thurs Jan 25
1- 2:30pm



Topic: 500th Anniversary of the Reformation

Our guest speaker is Pastor Jorge Groh from the Christ Risen Lutheran Church in Kanata. He will be discussing Martin Luther and the Reformation which occurred 500 years ago. Pastor Groh will look at its impact on the past and today's world. Some of the topics include the spiritual development of the Reformation and religious diversity; the influence on the development of society, politics, economics, education, family, and vocation.

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

January Lunch & Movie

Saturday, Jan 6
11:45am to 2:40pm



A hot lunch followed by our feature movie.



Movie: Home Again

Cast: Reese Witherspoon, Michael Sheen, Lake Bell
Story: Recently separated from her husband, Alice Kinney decides to start over by moving back to Los Angeles with her two daughters. Alice meets Harry, George and Teddy, three young filmmakers who need a place to live and she agrees to let the men stay in her guesthouse temporarily. As Alice develops a budding romance with Harry, her newfound happiness comes crashing down when her ex shows up with a suitcase in his hand.

Tickets - \$10 Members; \$12 Non-members.

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

Please note that our movies are shown in Closed Captioning (CC)

55 Alive Driver Refresher
Thursdays Jan 11 and Jan 18
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: \$26.50 (includes manual)

WINTER Courses



Get active, stay in shape, and have fun with others. See our front desk for more information and details about these programs offered at the Kanata Seniors' Centre/John Mlacak Centre.

Fitness Programs:

- Chair-ercise
- Chair-Yoga
- Dance Fitness
- Line Dancing - Levels 1, 2 and 3
- Low Impact
- Nia Fitness
- Stretch, Strength and Balance
- Tai-Chi - Levels 1 and 2
- Yoga
- Zumba Gold

General Interest:

- 55 Alive Driver Refresher Courses
- Ballroom Dancing - Level 1
- Guitar - Levels 1, 2 and 3
- Learning Bridge - Level 1
- Spanish - Levels 1 and 2
- Wellness Meditation
- Writing for Enjoyment

WEEKLY ACTIVITIES AT THE CENTRE

See Yellow Calendar for all our weekly activities this month.

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

Fall Session ends on Dec 18th

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
*Fall Session ends Fri Dec 8th
and Tues Dec 12th*



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. Please note that our movies are shown in Closed Captioning (CC)

Dec 6 – Paris Can Wait *romance, comedy*

Dec 13 – The Book of Henry *crime, drama*

Dec 20 – The Glass Castle *biography, drama*

Cribbage
Thursdays at 12:30pm



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 Dec 14 at 2pm
This Month: "To Kill a Mockingbird"
by Harper Lee



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 Dec 1 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!

**Digital Camera Club
Fri Dec 1 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. It is necessary to register at the front desk for the Winter session of the Digital Camera Club.

**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.

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.

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.

**Kanata Diners Club with WOCRC
Halls C and D
Wednesdays 11am – 1pm**



**Dec 6 – Music with Johnny Vegas
Dec 13 – Musical Memories
Diners Club will resume Wed Jan 10.**

For registration/transportation please call 7 days in advance: **Brad Hammond at 613 591-3686 Ext 316**
Cost: Lunch - \$8. (clients are billed by WOCRC)
Transportation can be arranged upon request.

**BIG BAND DANCE - Yuletide Ball
Ron Kolbus Lakeside Centre - Britannia Park**

Date: Thurs Dec 7
Time: 7 to 11pm (Doors open at 6:30pm)
Tickets: \$20 in advanced at our front desk
or by calling 613 828-4313
\$24 at the door (if available)



Light snack, cash bar.

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.

**Foot Clinic
Meeting Room, Mlacak Centre**



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.

