



SENIORS' SCOOP



Vol. 175 Kanata Seniors' Centre Newsletter February 2017

2500 Campeau Drive
Kanata, Ontario K2K 2W3
www.kanataseniors.ca

Phone 613-580-2980
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Hours: Mon to Fri: 8:30am – 4pm
Sat: 10am – 4pm (Sept to June)
KSC Membership Fee is \$25.50 /year



HOLIDAY CLOSURE Family Day - Mon Feb 20



The Kanata Seniors' Centre and the Council Café will be closed for Family Day.

SPECIAL EVENTS THIS MONTH:

New Activity at the Centre - "Bigger Than Us" 1st Thursday of each month

Thurs Feb 2

1:30 - 3pm

This month's topic: Climate Change



We are launching a new activity where you and your fellow members will look at the world's big issues and questions. We will be using a non-profit, web-based, credible resource through TED Talks.

TED is devoted to spreading ideas in the form of short, powerful talks in a conference format where Technology, Entertainment and Design converge. TED Talks has a variety of topics ranging from science to business to global issues conducted by experts in their field lending credibility to the discussion.

We are launching a group session where a pre-planned topic will be chosen. Upon viewing, our volunteer mediator Richard Keeler, will lead discussion on the planned topic. Monthly topics will be directed by the participants.

Free to all Members. Please ensure you register at the front desk to maintain our maximum numbers.

"Hawaiian BINGO"

Thurs Feb 16
11am to 1pm



Come wearing your Hawaiian shirts and sun hats.

11am: BINGO



12 noon: Hawaiian flare luncheon

Beach Side Photo Booth



Tickets - \$10 for Members; \$12 for Non-members
Register at the front desk by Fri Feb 10.



February Lunch & Movie

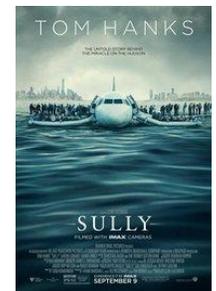
Sat Feb 4 - 11:45am to 2:30 pm

A hot lunch followed by our feature movie.

Movie: Sully

Cast: Tom Hanks, Laura Linney, Aaron Eckhardt

Story: This biographical drama, directed by Clint Eastwood, is the story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.



Tickets - \$9.50 Members; \$11.50 Non-members
Limited Seating. Register at the front desk in order to participate in this event.

Saturday Afternoon at the Movies Feb 18 - 1 to 3:10pm

Movie: Queen of Katwe

Cast: Madina Nalwanga, David Oyelowo, Lupita Nyong'o |



Story: Living in the slums of Uganda is a constant struggle for 10-year-old Phiona and her family. Her world changes one day when she meets Robert Katende, a missionary who teaches children how to play chess. Phiona is fascinated with the game and soon becomes a top player. Her success in local competitions and tournaments opens the door to a bright future and a golden chance to escape from a life of poverty. Based on a true story. No charge. Bring a friend or two!

CPR/AED Essentials for Seniors

Learn to Save a Life

Thurs Feb 23
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.

Winter Learning Series

Thurs Feb 23

1pm

**Topic: The Renaissance of
Traditional Chinese Culture**



For many people, Chinese culture consists of merely kung fu, dragon dancing, and Chinese food. However the essence of China's traditional culture, which goes back 5,000 years, is much more far-reaching and profound. This presentation will demonstrate the importance of traditional culture and its value; the near loss and/or destruction of that culture; and the exciting revival of the authentic culture and its relevance today.

All welcome! Bring a friend. No charge. Seating is limited. Register at the front desk for this presentation.

Looking Ahead to March:



Mar 2 – “Bigger Than Us”: Topic To Be Announced

Mar 2 – Book Club: The Secret Life of Bees

Mar 4 – Saturday Lunch & Movie: To Be Announced

Mar 22 – Advanced DVD Learning Series: The Surveillance State: Big Data, Freedom, and You

Mar 30 – Learning Series: Etymology of Names

Please Note: Spring and Summer Programs Registration Dates

Mar 6 - starting at 9 pm – Aquatic Programs: online and by Touch Tone phone

Mar 7 - Aquatic Programs: in person during regular business hours

Mar 8 - starting at 9 pm – all other Programs: online and by Touch Tone phone.

Mar 9 - all other Programs: in person during regular business hours.



March

Lunch & Movie

Sat Mar 4 - 11:45am to 2:45 pm



A hot lunch in Hall D followed by our feature movie in the lounge.

Our March movie title will be announced shortly. Please watch for the flyers on the bulletin boards. We are in the process of seeing what release is available at that time to show for our Lunch and Movie event.

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

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

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.

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.

Feb 1 – Bridget Jones's Baby *comedy, romance*
Feb 8 – Deep Water Horizon *drama, thriller*
Feb 15 – Keeping Up with the Joneses *action, comedy*
Feb 22 – Inferno *adventure, crime*

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 Feb 2 at 2pm**



This Month: "The Light Between Oceans"
by M. L. Steadman

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 Feb 3 at 9am
Sat Feb 11 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 Feb 3 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.

BIG BAND DANCE (613 828-4313)
Ron Kolbus Lakeside Centre - Britannia Park
Theme: Love is in the Air

Date: Thurs Feb 9



Dinner and Dance: \$45.50 each at our front desk
Time: *Doors open at 4:30 pm with the dinner taking place from 5 - 6:30 pm*

Dinner only: \$25.50 Reservations required

Dance only: \$20 in advance at our front desk
\$24 at the door (if available)

Time: 7 to 11pm with doors open at 6:30pm

Kanata Seniors Diners' Club
Halls C and D
Wednesdays 11am - 1pm



Feb 1 - Dai Basset

Feb 8 - Jumpin' Jimmy Leroux

Feb 15 - Wayback Time Machine

Feb 22 - The Cancer Society

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.

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.

Indoor Shoes:



During the winter months please bring indoor shoes. Together we can cut down the tracking of slush/salt through our building and decrease wear on our tiles/carpet. Thank you!