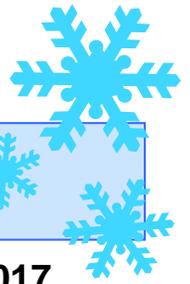




Ottawa



SENIORS' SCOOP

Vol. 174 Kanata Seniors' Centre Newsletter January 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 22 to Jan 2 (Inclusive)**. We will re-open on **Tues Jan 3 at 8:30am.**

WINTER Courses



Start your New Year off right by signing up for our active lifestyle programs. See page 4 for list of courses offered at our Centre.

SPECIAL EVENTS THIS MONTH:



January Lunch & Movie
Sat Jan 7 - 11:45am to 2:45 pm

A hot lunch followed by our feature movie.

Movie: Florence Foster Jenkins

Cast: Meryl Streep, Hugh Grant, Simon Helberg
Story: In the 1940s, New York socialite Florence Foster Jenkins dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet.
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

Jan 21
1 to 3:15pm



Movie: Bridget Jones's Baby

Cast: Colin Firth, Renée Zellweger, Patrick Dempsey
Story: Breaking up with Mark Darcy, leaves Bridget Jones, over 40 and single again. Feeling that she has everything under control, Jones decides to focus on her career as a top news producer. Suddenly, her love life comes back from the dead when she meets a dashing and handsome American named Jack. But things get complicated.
No charge. Bring a friend or two!

Winter 2017 Learning Series

Thurs Jan 26
1pm

Topic: Ottawa Heart Institute -
"Women's Hearts are Different"



Cardiovascular disease is the leading cause of death in women, and yet many women are not aware of the threat. One in three women will suffer a cardiac event, such as a heart attack or stroke, at some time in her life. This presentation will deal with: misperceptions concerning these incidences; how women are different when it comes to cardiovascular disease; typical and atypical signs and symptoms; risk factors for cardiovascular disease specific to women; and strategies to address cardiovascular health and risk factors.

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

Advanced DVD Learning Series:
Wednesdays, Jan 25 - Mar 15
8 weeks
1 - 3pm
Topic: Medical School for Everyone



In this course, you will learn how trained professionals face and overcome just about any medical emergency. You will meet dozens of patients in emergency encounters, from triage through their assessments and treatments. You will become more knowledgeable and confident, as you gain a better understanding of how to respond to a medical emergency when it happens to you or a loved one. The DVD lecturer for these sessions will be Dr. Roy Benaroch MD. The facilitator this session will be Barry Smith who will assist with Q&A. Spots are limited, so register early in order to participate in this 8-week lecture series.

Blood Donor Clinic - By Appointment Only
John G. Mlacak Centre in Halls C & D
Thurs Jan 26 & Fri Jan 27
1 – 3:30pm & 5 – 8:30pm  **Canadian Blood Services**

Be a blood donor and give the gift of life. Bookings by appointment **only** by calling Canadian Blood Services at 1 888 236-6283 or on-line at blood.ca

A BIG “THANK YOU” to the Craft Group

The Kanata Seniors’ Centre Craft Ladies enjoyed a variety of successful Craft Sales this Christmas Season. They raised over \$900 with all monies going to seniors’ needs and special charities. Thank you to all our crafters for their hard work all year long. We would also like to congratulate the Craft Group for their devoted service to the Centre. In 2016 they accumulated over 6,500 hours of volunteer work. **BRAVO! Great Job, ladies!**

Membership Fee Increase

Membership

Effective January 1, 2017 our annual membership fee for the Kanata Seniors’ Centre will increase to **\$25.50**.

Looking Ahead to February:



- Feb 2** – Book Club: “The Light Between Oceans”
- Feb 4** – Saturday Lunch and Movie: “Sully”
- Feb 13** – Family Day – **Centre Closed**
- Feb 16** – Special Event: **Hawaiian Beach Party**
- Feb 23** – CPR for Seniors
- Feb 23** – Learning Series: “The Renaissance of Traditional Chinese Culture”



February Lunch & Movie

Sat Feb 4 - 11:45am to 2:45 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.

WEEKLY ACTIVITIES AT THE CENTRE:

See our yellow calendar at the end of the newsletter for all of our 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

Winter Session begins Jan 9th



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



*Winter Session begins Tues Jan 10th
and Fri Jan 13th*

No Carpet Bowling on Fri Jan 27 due to Blood Donor Clinic in the Halls

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.

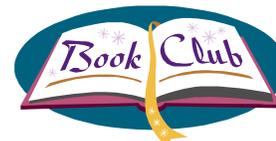
Jan 4 – Miss Peregrine's Home for Peculiar Children
Jan 11 – Mr. Church
Jan 18 – The Hollars
Jan 25 – Florence Foster Jenkins

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 Jan 5 at 2pm



This Month: "The High Mountains of Portugal"
by Yann Martel

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 Jan 6 at 9am
Sat Jan 14 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 Jan 6 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.

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!

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



Jan 4 – Welcome Back Chat

Jan 11 – Bingo

Jan 18 – Aged in Harmony – musical entertainment

Jan 25 – Retirement Living with Margaret Denis – Chartwell Kanata

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.



City of Ottawa - WINTER Courses

Be sure to check out the many programs at the Centre. Start your New Year's Resolutions by signing up for our active lifestyle programs.

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

Fitness:

Chair-ercise 50+

Chair-Yoga 50+

Line Dancing Level 1 and 3

Low Impact 50+

Nia Fitness

Party On 50+

Tai-Chi 50+ Level 1 and 2

Yoga 50+

Zumba Gold

General Interest:

CPR Essentials for Seniors

Guitar Level 1 and 2

Memory Fitness 50+

Spanish Level 1 and 2