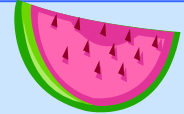


SENIORS' SCOOP



Vol. 180 Kanata Seniors' Centre Newsletter July-August 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

Upcoming Closures



Kanata Seniors' Centre, Council Café and Mlacak Halls will be closed for annual maintenance from Sat June 24 to Mon July 3 inclusive, reopening Tue July 4.

Please note: The Centre and the Council Café are closed on Saturdays from June 24 to Sept 2 inclusive.

Closed Mon Aug 7 for Civic Holiday

Summer Courses



Kanata Seniors' Centre and Mlacak Halls

All classes for **Adults 50+** start the week of July 10th. See Front Desk for details and to register.

| | |
|------------------------------|------------------|
| Chair-ercise | Party On Fitness |
| Chair Yoga | Yoga |
| Line Dancing: Level 1, 2 & 3 | Zumba Gold |
| Low Impact Fitness | |

City of Ottawa - Registration for Fall & Winter Courses



Plan ahead and register early. Many courses fill up very quickly. Don't be disappointed. Mark your calendar now! See **page 4** for the courses offered at our Centre.

Start dates for registration are:

- All Aquatics and Aquafit Programs –**
Mon Aug 14 online and touch-tone phone starting at **9pm**
Tues Aug 15 in person during business hours
- All Other Programs –**
Wed Aug 16 online and touch-tone phone starting at **9pm**
Thurs Aug 17 in person during business hours



New This Summer – Evening Yoga Adults and Seniors of all ages (18+) Thursdays July 6 - Aug 24th 7 - 8pm

The combined focus is on mindfulness, breathing and slow body movements to increase strength and flexibility, as well as decrease stress. Register on-line (Bar Code 1128794) or at any Client Service Centre or at the Kanata Seniors' Centre.

SPECIAL SUMMER ACTIVITIES



Summer Outdoor Games

Croquet, Boules, and Bocce
Tuesdays 9:30 – 11am



Looking for something fun to do on Tuesday mornings this summer? We will have outdoor activities with samplings of croquet, boules, and bocce. Bring your lawn chair, sun hat and sunscreen. Join us for this self-directed activity on the lawn across from the front door of the Centre. Lots of fun for everyone. If weather is inclement, Outdoor Games will be cancelled.

Summer Duplicate Bridge Wednesdays 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. Register at the front desk if you plan to play.

Summer Geriatric Jazz Band Thursdays at 1pm



Join the Geriatric Jazz Band in our Lounge for a casual, fun sing-along. A great way to spend a hot summer afternoon in the comfort of our air-conditioned lounge and to enjoy the wonderful music of familiar songs. Bring a friend!

Friday Afternoon Movies This Summer 1pm in the Lounge

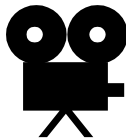
In addition to our regularly scheduled Wednesday afternoon movies, we will be featuring movies every Friday afternoon during July and August.

July 7 – Jackie *biography, history*

July 14 – Me Before You *drama, romance*

July 21 – Collateral Beauty *romance, drama*

July 28 – Brooklyn *drama, romance*



Aug 4 – Sully *history, biography*

Aug 11 – Woman in Gold *biography, history*

Aug 18 – Florence Foster Jenkins *comedy*

Aug 25 – The Intern *comedy*

Please - No Food in the Lounge: We ask that you do not eat food in the lounge. This assists us in maintaining a clean facility and clean supplies used for the various activities that you enjoy in this room. Thank you! We appreciate your cooperation.

Looking Ahead to September



Sept 1 – Digital Camera Club

Sept 2, 3, 4 – Closed for Labour Day Weekend

Sept 8 – Open House and Pancake Breakfast

Sept 9 – September Lunch and Movie

Sept 11 – AGM Kanata Seniors Council Inc.

Sept 14 – Book Club: “Do Not Say We Have Nothing”

Sept 15 – EXPO 55

Sept 23 – Saturday Afternoon at the Movies

Sept 28 – Learning Series

WEEKLY ACTIVITIES AT THE CENTRE

See attached July and August Calendars for all activities featured this summer at the Centre.



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.

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.

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. Rules are easy and our volunteer convenor will be happy to teach anyone the game. Bring a friend!

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 to our members and guests. See bulletin board for full details about each movie.

July 5 – A Dog’s Purpose *drama*

July 12 – The Help *drama*

July 19 – LaLa Land *musical, comedy*

July 26 – Room *drama*

Aug 2 – Beauty and the Beast *fantasy, romance*

Aug 9 – Fences *drama*

Aug 16 – The Last Word *comedy*

Aug 23 – Miracles from Heaven *biography, drama*

Aug 30 – A United Kingdom *romance, biography*

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 at 2pm



Thurs July 13: “Epitaph”
by Mary Doria Russell
Thurs Aug 10: “The O’Briens”
by Peter Behrens

Enjoy reading and would like to discuss literature with others? New members welcome. For additional information and upcoming book titles, see our website at: http://www.kanataseniors.ca/book_club.html

Fun and Games at 9am
Fri July 7 and Fri Aug 4



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.**

Dominoes
Fridays at 9:30am



Come and have some fun every Friday morning in the lounge playing Dominoes. A great game to enjoy and a fun way to meet new members.

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.

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.

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

Summer Dates: Wed July 19
Wed Aug 16



Lunch and entertainment provided.

For registration/transportation please call:

613 591-3686 (Mon to Fri)

Please reserve one week in advance.

Cost: Lunch - \$8 (clients are billed by WOCRC)

Transportation - \$10 if required

“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 in a safe, climate-controlled environment!

This summer - every morning Monday to Friday anytime between 7:30 and 10:30am, this FREE program is 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)

Big Band Dance Series:
Ron Kolbus Lakeside Centre
Britannia Park



Dates: Thurs July 13

Time: Doors open at 6:30 pm

Band plays from 7 to 11 pm

Tickets: \$20 per person in advance 613 828-4313
or purchase at the Kanata Seniors' Centre
or \$24 per person at door if still available

FALL & WINTER Courses



Kanata Seniors' Centre and Mlacak Halls

Registration for these courses:

Wed Aug 16 - online and touch-tone phone
starting at **9pm**

Thurs Aug 17 - in person during business hours

Fitness 50+ Programs:

Chair-ercise

Chair-Yoga

Dance Fitness

Line Dancing - Levels 1, 2 and 3

Low Impact

Nia Fitness

Nordic Walking (Fall only)

Stretch and Strength

Tai-Chi - Levels 1 and 2

Yoga

Zumba Gold

General Interest:

55 Alive Drivers Course

Acrylics Painting - Level 1

Ballroom Dancing - Level 1 (Fall); Level 2 (Winter)

Guitar - Levels 1, 2 and 3

Guitar Maintenance (Fall)

Meditation

Learning Bridge - Level 1 (Fall); Level 2 (Winter)

Spanish - Levels 1 and 2

Writing for Enjoyment

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.

**Wishing you all a very
happy summer!**

