



SENIORS' SCOOP

Vol. 179

Kanata Seniors' Centre Newsletter

JUNE 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 /yearly

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.



SPECIAL EVENTS THIS MONTH:

Bigger Than Us

Thurs June 1

1:30 - 3pm

Topic: The World of Forensics



In this month's Bigger Than Us series, we are going to explore the world of forensics. Specifically, the main question we will ask, and hopefully answer: why is forensics so important in today's world? Another aspect we are going to explore is: forensics for everyone.

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.

55 Alive Driver Refresher Course

Wednesdays June 7 and 14

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.

Canada Day Celebration BBQ



Thurs June 15

10:30am – 1pm



We have a full Canada Day Celebration with entertainment by "The Diplomats", also for your enjoyment a Canadian Quiz, Door Prizes and a fantastic BBQ of Hot Dogs & Hamburgers along with dessert and beverages!

Get in the spirit, show your Canadian Pride and dress in Red and White for our **150 Year Celebration!**

Tickets - \$10 for Members; \$12 for Non-members. Register at the front desk before Mon June 12.

Learning Series

Thurs June 8 at 1pm

Topic: FreeNet



Come and join us for an informative and interesting afternoon.

Our guest speaker will present a variety of internet options to the group.

All welcome. Bring a friend. No charge. Please register at the front desk in advance.

Refreshments sponsored by the Kanata Seniors Council Inc.

Saturday Afternoon at the Movies
June 17
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

Tuesday Morning Outdoor Games



Starting Tues June 6
9:30 – 11am

Croquet, Boules and Bocce



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.

Our Very Successful Garage Sale



A heartfelt "Thank You" to all our members for their generous donations of sale items. To all who helped in whatever capacity – a **BIG THANK YOU!** To those who came to buy and encouraged us - our appreciation. This year we cleared approx. \$2,100 for our Centre. Congratulations to all those involved.

Looking Ahead to July & August:



Tuesdays at 9:30am – Outdoor Games

Wednesdays at 12:30pm - Duplicate Bridge

Thursdays at 1pm – Geriatric Jazz Band

Fridays at 1pm – Movies for the Summer

Thurs July 13 at 2pm – Book Club: "Epitaph"

Thurs Aug 10 at 2pm – Book Club: "The O'Briens"

City of Ottawa - Summer Courses
Kanata Seniors' Centre



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

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

Did you know?

We also run 4 weeks of children's dance camps in the Mlacak Halls during the summer. Children will enjoy a week of dance skills, developing choreography, and rounded out with other camp activities such as games and crafts. A closing performance is on the last day of each one-week session of camp. See front desk for details and dates.

Registration for Fall & Winter Courses start:

Course information available July 20 on-line and at the front desk.

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

WEEKLY ACTIVITIES AT THE CENTRE

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. A popular card game and fun to play.

Discussion Group
Wednesday Mornings
9:30am



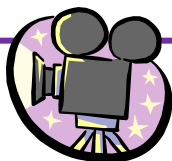
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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. Movie titles are subject to availability. See bulletin board for full details.

June 7 – The Founder *biography, history*
June 14 – Lion *drama, biography*
June 21 – Patriot's Day *thriller, history*

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 June 8 at 2pm



Book This Month: "The Golden Son"
by Shilpi Somaya Gowda

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 June 2 at 9am
Sat June 10 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 June 2 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 in the Lounge



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
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

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.

“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 June 8 and 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

Kanata Seniors Diners' Club with WOCRC
(Western Ottawa Community Resource Centre)

Mlacak Halls C and D
Wednesdays 11am – 1pm



June 7 – Toe Tapping Tunes with Bob and Don
June 14 – Pam and Doug Champagne
June 21 – Come Learn about Coach Houses
Summer Dates: July 19 and Aug 16

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 (if required) - \$10

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.

THANK YOU

To All Our Dedicated Volunteers



We would like to take this opportunity to thank all our volunteers who contribute to our Centre. Whether you see them or not, so many people are working hard to ensure that our members enjoy their time at our Centre. Without volunteers, the activities and services that our members enjoy would not be sustainable.

We certainly appreciate the time that our volunteers have taken to record their hours. We want to thank and encourage our volunteers for continuing to submit their hours on a monthly basis.

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.