

SENIORS' SCOOP

Vol. 178 Kanata Seniors' Centre Newsletter

MAY 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 and Council Café Closures

Closed - Fri May 12 at 12 noon – for set-up of the Garage Sale. All afternoon activities cancelled.
Closed - May 20, 21, and 22 for Victoria Weekend

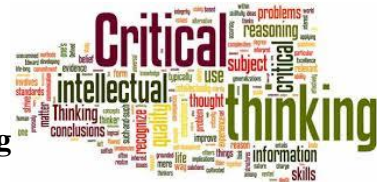
SPECIAL EVENTS THIS MONTH:

Mah Jong Tournament
Thurs May 4
9am – 3:30pm



Our avid Mah Jong players at the Centre are having a fun tournament to show their skills with this ancient tile game. No charge but please register at the front desk as seating is limited to the room size.

Bigger Than Us
Thurs May 4
1:30 - 3pm
Topic: Critical Thinking



Freedom of speech and critical thinking are the cornerstones of a free and informed society. How one thinks, informs one's world view. This month we are going to explore the guidelines that will help you think critically. You will see through a variety of examples the results of cases where critical thinking has gone awry or has not even been used. 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.



Garage Sale - Sat May 13
8am – 12 noon

Mark the date on your calendar. We'll be having a Garage Sale at the Centre. We need your donations and help!! Clothing, books, jewellery, CDs, videos, kitchenware, small appliances, linens, etc. are needed.

Please drop off items at the Centre from May 8 to May 12 between 9am – 3pm

We need helpers on Friday afternoon to sort and put out the items and on Saturday to work the event. If you can give us a hand, please sign up at the front desk. Your help is greatly appreciated and all proceeds are to benefit the members of the Centre.

PLEASE NOTE: Kanata Seniors' Centre & the Council Café will be closed Fri May 12 at 12 noon in order to prepare for the Garage Sale.

Learning Series
Thurs May 25
1pm



Topic: Abode Staging

Our guest speaker, Valérie Huard, owner of Abode Staging will share with us her 7 De-cluttering Secrets. In this informative presentation she will demonstrate how downsizing for seniors can be made as stress-free as possible. As a de-cluttering coach, she will discuss what possessions to keep, to give away, and to discard in an organized fashion. Lots of practical and useful suggestions for everyone. All welcome. Bring a friend. No charge. Please register at the front desk in advance.

Saturday Afternoon at the Movies
May 27
1 to 3:15pm



Movie: Patriot's Day

Cast: Mark Wahlberg, Michelle Monaghan, J.K. Simmons

Story: This historical drama is the story of the 2013 Boston Marathon bombing and the aftermath, which includes the city-wide manhunt to find the terrorists responsible.

~ No Charge. Bring a friend or two with you.

Annual Carpet Bowling Tournament
Tues May 30
1 – 3:30pm



A friendly competition is being planned for our Tuesday and Friday afternoon Carpet Bowlers. Four carpets will be set up with a “double knockout” format of play. Fun prizes will be given for the competition. Please sign up at the front desk before Thurs May 25.

Looking Ahead to June



June 1 – Bigger Than Us – DVD Presentation
June 7 and 14 – 55 Alive Driver Refresher
June 8 – Learning Series: Free Net
June 8 – Book Club
June 15 – Canada Day BBQ
June 17 – Saturday Afternoon at the Movies

Kanata Seniors' Centre - closed Sat June 24 to Sun July 3 inclusive, reopening Tue July 4.

Council Café and Mlacak Halls - closed Sat June 24 to July 3 inclusive, reopening on Tue July 4.

Please Note: The Kanata Seniors' Centre and Council Café will be closed on **Saturdays** during the summer starting June 24 until after Labour Day.

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.

WEEKLY ACTIVITIES AT THE CENTRE

Mah Jong

Mondays and Thursdays at 9am



Mah Jong Tournament on Thurs May 4 from 9am-3:30pm. Please sign up at front desk.

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



Last gathering for the Spring Session on May 15.

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
(Cancelled Fri May 12 due to Garage Sale Set-up)



The Spring Session will wrap up for both groups on Tues May 30 with the tournament. Please sign up at the front desk by Thurs May 25th.

All levels welcome each week, 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.

- May 3** – The Light Between Oceans - *drama, romance*
- May 10** – Moonlight *drama*
- May 17** – Manchester United *drama*
- May 24** – Collateral Beauty *romance, drama*
- May 31** – Hidden Figures *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
Thurs May 11 at 2pm



This Month: "The Nightingale"

by Kristin Hannah

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 May 5 at 9am



(Cancelled Sat May 13 due to Garage Sale)

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 May 5 at 9:15am



Learn about digital cameras, lighting, set-up, 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**



(Cancelled Fri May 12 due to Garage Sale Set-up)
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**

(Cancelled May 13 due to Garage Sale)



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.

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



- May 3** – Mexican Fiesta Day
- May 10** – Armchair Travel with Judy – Southeast Asia and Cambodia
- May 17** – Music with John Henry Lacasse
- May 24** – Music with Greatfull We are Not Dead
- May 31** – Music with the Trubadors

For registration/transportation please call:
Carol Diguer 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.

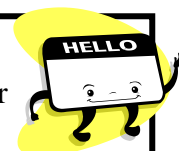
Canadian Women's Heart Health Centre



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.

Name Badges:

We want to encourage our members to wear their name badges while using the Centre. Your name badge is also where you keep your **Medical Information Form** in case of emergency.



**SUMMER COURSES
at the Kanata Seniors' Centre**



Registration is ongoing for all Summer Courses. See the front desk for details of the fitness and general interest courses offered at the Centre and in our area. Get active, get involved, and have fun this summer.

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

