



SENIORS' SCOOP



Vol. 183 Kanata Seniors' Centre Newsletter November 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

SPECIAL EVENTS THIS MONTH:

Remembering and Honouring our Veterans

Remembrance Ceremony & Luncheon

Thurs Nov 9 - 10:45am to 1pm



Our program will include: a full, formal ceremony by the Canadian Legion - Kanata Branch; our special guest speaker; and a hot lunch catered by Leatherworks following the service.

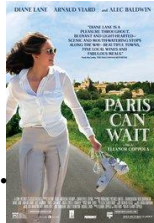
Please wear red in support of our troops.



Tickets - \$11 for Members; \$13 for Non-members
Please register in advance at the front desk.



November Lunch & Movie Saturday Nov 4 11:45am to 2:45pm



A hot lunch followed by our feature movie.

Movie: Paris Can Wait

Cast: Diane Lane, Alec Baldwin, Arnaud Viard

Story: Anne is at a crossroads in her life. Married to a successful but inattentive movie producer, she unexpectedly finds herself taking a car trip from Cannes to Paris with her husband's business associate. What should be a seven-hour drive turns into a carefree two-day adventure with diversions involving picturesque sights, fine food and wine, humor, wisdom and romance, reawakening Anne's senses and giving her a new lust for life.

Tickets - \$10 Members; \$12 Non-members.

Limited Seating. Register at the front desk.

Participation in this event is by advanced registration.

OPEN

Remembrance Day – Sat Nov 11th
Kanata Seniors' Centre open 10am - 4pm
Council Café open 10am - 2pm



Bigger Than Us
Thurs Nov 2
1:30 - 3pm



Topic: Artificial Intelligence and Its Dangers

Does the advent of Artificial Intelligence pose a threat to human existence? In our Bigger Than Us series, our topic to explore this month will be "Artificial Intelligence and Its Dangers". We will discuss this question from the point of view of various people who have spent time pondering this issue.

No charge for members and guests. Please ensure you register at the front desk to maintain our maximum numbers.

Learning Series
Mon Nov 20
7 - 8:30pm
Topic: CSI



Dr. Della Wilkinson, RCMP research scientist and Ottawa resident, will discuss how science has helped convict some of Canada's most notorious serial killers and provide a glimpse into how science and technology will impact future crime scene investigation.

No charge for members and guests. Please ensure you register at the front desk to maintain our maximum numbers.

Saturday Afternoon at the Movies
Nov 18 - 1 to 2:45pm

Movie: The Book of Henry

Cast: Naomi Watts, Jaeden Lieberher,
Jacob Tremblay



Story: With instructions from her genius son's carefully crafted notebook, a single mother sets out to rescue a young girl from the hands of her abusive stepfather. The story centers around a plan devised by Henry to save the girl next door from abuse. Everyone welcome – bring a friend! No charge but please sign up at the front desk in advance.



Friends of the Ottawa
Public Library Association
L'Association des amis de la
Bibliothèque publique d'Ottawa

Guest Speaker – Mary Cook
Thurs Nov 23
2pm

FOPLA (Friends of the Ottawa Public Library Association) and the Ottawa Public Library present Mary Cook. This popular author, master storyteller and broadcast journalist will share her stories of growing up in the Ottawa Valley. You've read her column in the paper or enjoyed her on the radio; now join her in person. No charge. Please ensure you register at the front desk to maintain our maximum numbers.

FALL 2017 Learning Series
Thurs Nov 30
1- 2:30pm



Topic: Bletchley Park's Outpost in Sandy Hill

Bletchley Park in England was once the top-secret home of the World War II code breakers. Breaking German, Italian and Japanese naval codes were vital to the war effort. An Examination Unit was installed in a Victorian mansion in Sandy Hill in Ottawa to carry out top secret code-breaking activities as well. Historian Diana Pepall will examine how this Canadian Unit came to be set up, who was involved, what it accomplished, and its post war legacy. No charge for this presentation but please register at the front desk in advance. Refreshments sponsored by the Kanata Seniors Council Inc.

Kanata Seniors' Centre Craft Ladies



Annual Craft Sale
Hazeldean Mall



Sunday Nov 19 - 9am to 3pm

Our Ladies' Craft Group will be holding their yearly Craft Sale at the Hazeldean Mall. Let's support the Craft Ladies who have worked so hard all year round. Drop by their booth. Great gift ideas for people on your Christmas shopping list.

Looking Ahead to December:



- Dec 2** – Saturday Lunch & Movie: Maudie
- Dec 7** – Bigger Than Us
- Dec 14** – Christmas Celebration
- Dec 14** – Book Club “To Kill a Mockingbird”
- Dec 16** – Saturday Afternoon at the Movies
- Dec 21 to Jan 1 (Inclusive)** – **Holiday closure**
- Jan 2** - Centre open after the holidays



December Lunch & Movie
Saturday Dec 2
11:45am to 3pm

A hot lunch followed by our feature movie.

Movie: MAUDIE



Cast: Sally Hawkins, Ethan Hawke, Kari Matchett |
Story: The movie MAUDIE, based on a true story, is an unlikely romance in which the reclusive Everett Lewis hires a fragile yet determined woman named Maudie to be his housekeeper. Maudie, bright-eyed but hunched with crippled hands, yearns to be independent, to live away from her protective family and to passionately create art. Unexpectedly, Everett finds himself falling in love.

Tickets - \$10 Members; \$12 Non-members.
Limited Seating. Register at the front desk.
Participation in this event is by advanced registration.

ACTIVITIES AT THE CENTRE:

Check the yellow calendar on the last page for all activities this month. 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



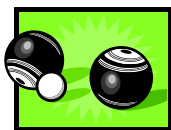
Do you like to play bridge and want to meet new people? Join us on Mondays for our party-style bridge, still challenging but fun.

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 1 pm



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 Wednesdays at 9:30am



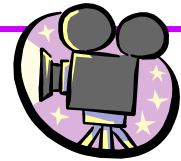
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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.

Nov 1 – Going in Style *comedy, crime*
Nov 8 – Everything, Everything *drama, romance*
Nov 15 – Norman *drama, thriller*
Nov 22 – The Case for Christ *drama*
Nov 29 – Megan Leavey *biography, drama*

Cribbage Thursdays at 12:30pm



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 Nov 9 at 2pm This Month: "Resistance"



by Anita Shreve

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 Nov 3 at 9am
Sat Nov 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 Nov 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. You must be a current member of the Kanata Seniors' Centre to join this activity. It is necessary to register at the front desk for the Fall and Winter sessions of Digital Camera.

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 that will get your feet tapping and give your spirits a lift. Everyone is welcome. Bring along your singing voice and join in belting out many familiar songs - or just sit back and enjoy the entertainment.

Saturday Duplicate Bridge 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.

Kanata Diners Club with WOCRC
Halls C and D
Wednesdays 11am – 1pm



Musical Entertainment this month:

Nov 1 – Freddie and Friends
Nov 8 – Peter Sinclair
Nov 15 – The Diplomats
Nov 22 – Jumping Jimmy Leroux
Nov 29 – Dai Basset

For registration/transportation please call 7 days in advance: **Brad Hammond at 613 591-3686 Ext 316**

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

Transportation can be arranged upon request. WOCRC, along with community volunteers, host a nutritional lunch, entertainment, and/or educational programs for seniors and for adults with disabilities living in our community. A great way to socialize, learn, and have some fun all at the same time.

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.

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 any 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.