



SENIORS' SCOOP

Vol. 182 Kanata Seniors' Centre Newsletter October 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

Thanksgiving Holiday:

The Kanata Seniors' Centre and the Council Café will be **closed** the weekend of Oct 7, 8, and 9.



SPECIAL EVENTS THIS MONTH:

Advanced DVD Lecture Series:

Starts Wed Oct 4 (for 8 weeks)

1 to 2:30pm

Topic – Emergency Medicine Part 2



In this course you will continue to learn how trained professionals face and overcome just about any medical emergency from triage to assessments and treatments. You will gain a better understanding of how to respond to a medical emergency when it happens to you or a loved one.

These lectures will also deal with “Grand Rounds”.

The DVD lecturer is Dr. Roy Benaroch MD. Our facilitator Barry Smith will assist with Q&A.

Spots are limited, so register early for this 8-week lecture series.

55 Alive Driver Refresher

Thurs Oct 5 and Thurs Oct 12

1 - 4pm

Register in advance. Limited space. 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 (includes manual)

Our Annual Cook-Off:

“Canadiana”



Thurs Oct 19
11am – 1:30pm



Come and taste all the delicious Canadian theme samplings from the chefs at various local Seniors' Residences. We will also be serving dessert, tea and coffee. So join us for a great time.

Our VIP panel will be judging to determine the best dish. After sample-tasting the chefs' creations, our members and guests will vote for their “People's Choice Award”. Plaques will be awarded for both.

Space is limited, so book now at the front desk.

Tickets - \$8 for Members; \$10 for Non-members

Bigger Than Us

Thurs Oct 5

1:30 – 3pm

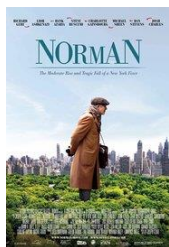
Topic: Merchants of Doubt



To begin the “Bigger Than Us” series this season, we will be screening the documentary, “Merchants of Doubt”. This documentary clearly shows the length to which big business will intimidate the messengers, misinform, mislead, and in some cases outright lie to the public and to the government. Big business does this in order to continue selling a product that is harmful to the public, to the environment and to the planet. Skeptics are welcome.

No charge for all Members. Please ensure you register at the front desk to maintain our maximum numbers.

October Lunch & Movie
Saturday Oct 14
11:45am to 2:30pm



A hot lunch in Hall D then our feature movie in the Lounge.

Movie: Norman

Cast: Richard Gere, Lior Ashkenazi, Michael Sheen

Story: Norman Oppenheimer is a small time operator who befriends a young politician at a low point in his life. Three years later, when the politician becomes an influential world leader, Norman's life dramatically changes for better and worse.

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

Limited Seating. Register at the front desk.

Participation in this event is by advanced registration.

Mah Jong Tournament
Sat Oct 21
10am – 3:30pm



Our avid Mah Jong players at the Centre are having a friendly tournament to show their skills with this ancient tile game. Fun prizes. Please register at the front desk by Mon Oct 16 as seating is limited to the room size.

FALL 2017 Learning Series
Thurs Oct 26
1- 2:30pm



Topic: The Joy of Creative Photography

This lecture is for photographers of **all levels**, as well as those who are just thinking of becoming involved in the fascinating world of photography.

There will be a focus on various image-capturing techniques, creative and conceptual awareness, practical skills such as: balancing lighting, composition, and colour/black and white output. The lecture will include some 'tricks of the trade' by our award winning presenter, Joyce Caldwell-Bowes.

No charge for this presentation but please register at the front desk in advance. Refreshments sponsored by the Kanata Seniors Council Inc.

Saturday Afternoon at the Movies
Oct 28 – 1 to 3pm



Movie: Megan Leavey

Cast: Kate Mara, Ramon Rodriguez, Tom Felton

Story: The true life story of Megan Leavey, a young Marine corporal whose unique discipline and bond with a military combat dog saved many lives during her deployment in Iraq. Over the course of their service, Megan and Rex completed more than 100 missions until an improvised explosive device injured both, putting their fates in jeopardy.

Everyone welcome – bring a friend! No charge but please sign up at the front desk in advance.

Looking Ahead to November:



- Nov 2 – Bigger Than Us Lecture Series
- Nov 4 – Sat. Lunch & Movie: “Paris Can Wait”
- Nov 9 – Remembrance Day Ceremony
- Nov 9 – Book Club: “Resistance”
- Nov 18 – Saturday Afternoon at the Movies
- Nov 20 – CSI - Learning Series Lecture (7 - 8:30pm)
- Nov 23 – Mary Cook, Guest Speaker at 2pm
- Nov 30 – Learning Series: “Bletchley Park’s Outpost in Sandy Hill”



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.

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



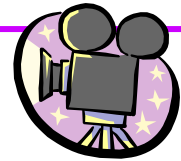
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

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.

Oct 4 – The Big Sick *comedy, romance*

Oct 11 – Wonder Woman *action, adventure*

Oct 18 – The Immortal Life of Henrietta Lacks
biography, drama

Oct 25 – Fist Fight *comedy*

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 Oct 12 at 2pm This Month: "Dead Wake" by Erik Larson



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

Digital Camera Club
Fri Oct 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. 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
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. Bring along your singing voice and join in belting out many familiar songs - or just sit back and enjoy the entertainment.

Fun and Games
Fri Oct 6 at 9am
Sat Oct 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!

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.



Happy Thanksgiving to all our members and staff at the Centre!

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



- Oct 4** – Toe Tapping Trio (Bob & Don)
- Oct 11** – Pam & Doug
- Oct 18** – Larry, Way back time machine
- Oct 25** – Joker@DArthur

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.