

# SENIORS' SCOOP



Vol. 181 Kanata Seniors' Centre Newsletter September 2017

2500 Campeau Drive  
Kanata, Ontario K2K 2W3  
[www.kanataseniors.ca](http://www.kanataseniors.ca)

Phone 613- 580-2980  
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Hours: Mon to Fri: 8:30am – 4pm  
Sat: 10am – 4pm (Sept – June)  
KSC Membership Fee is \$25.50/year

## Labour Day Holiday:

The Kanata Seniors' Centre and the Council Café will be **closed** the weekend of Sept 2, 3 and 4.



## September Lunch & Movie Sat Sept 9 at 11:45am to 2:30pm



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



### Movie: Going in Style

**Cast:** Morgan Freeman, Michael Caine, Alan Arkin  
**Story:** Three lifelong buddies decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, these men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

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

## SPECIAL EVENTS THIS MONTH:



### Open House & Pancake Breakfast Fri Sept 8



**Pancake Breakfast – 8:30 to 10am**  
**Open House – 8:30 to 11am**

Come with a friend or your family and show off your Centre to them! We will be showcasing our various activities and services. A great chance for you to try out something new as well.

The Kanata Seniors Council is providing a delicious, complimentary **pancake breakfast served from 8:30 to 10am! The Open House continues until 11am.**

The ladies from the Craft Group will be displaying and selling their lovely handmade items in the Lounge. Why not start your Christmas shopping a little early this year!

## City of Ottawa Programs



Register now for Fall & Winter Courses.  
See page 5 for a list of all programs offered at the Centre. Stay active, keep fit and enjoy life.  
Many courses fill up quickly, so don't delay in registering.

## EXPO 55 with Councillor Marianne Wilkinson Fri Sept 15 – 1 to 3:30pm

Our Councillor is hosting a showcase featuring a variety of services geared to seniors in West Ottawa. There will also be various demonstrations and light snacks.

**Please note that all regular afternoon activities are cancelled at the Centre and in the Halls. The Council Café will be closed at 1pm for Expo 55.**



September is a great time to try new activities and get involved at the Kanata Seniors' Centre.

## Saturday Afternoon at the Movies Sept 23 – 1 to 3:15pm



### Movie: La La Land

**Cast:** Ryan Gosling, Emma Stone, Rosemarie DeWitt

**Story:** In this musical comedy, two proper L.A. dreamers - a suavely charming soft-spoken jazz pianist and a brilliant vivacious playwright are waiting for their big career break. They attempt to reconcile aspirations and relationships in a magical old-school romance.

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

## FALL 2017 Learning Series

Thurs Sept 28

1- 2:30pm



### Topic: Genealogy

Our guest speaker Gary Palmer will show us how he used his genealogy research and software skills to produce a picture book of his mother's family. He plans to share with us his experiences in preserving family memories in a fun and loving way! This Genealogy presentation will not be focused on Ancestry.ca, but will be much less formal and more useful for most people.

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

## Looking Ahead to October:



Oct 4 – Advanced DVD Learning Series:  
“Emergency Medicine Part 2”

Oct 5 and 12 – 55 Alive Driver Refresher Course

Oct 5 – Bigger Than Us Lecture Series: “Merchants of Doubt”

Oct 7, 8, 9 – Closed for Thanksgiving Weekend

Oct 12 – Book Club: *Dead Wake*

Oct 14 – Sat. Lunch & Movie: *Norman*

Oct 19 – Annual Cook-Off

Oct 21 – Mah Jong Tournament

Oct 28 – Saturday Afternoon at the Movies

Oct 26 – Learning Series: “Creative Photography”

## 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.

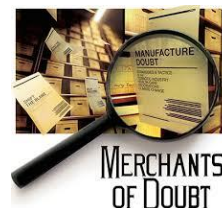
These lectures will also deal with “Grand Rounds”. The DVD lecturer will be Dr. Roy Benaroch MD. Our facilitator is Barry Smith who will assist with Q&A. Spots are limited, so register early for this 8-week lecture series.

## Bigger Than Us

Thurs Oct 5

1:30 – 3:30pm

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 lengths to which big business will intimidate the messengers; misinform, mislead, and in some cases outright lie to the public and the government, in order to continue selling a product that is harmful to the public, the environment and the planet. Skeptics are welcome. No charge for all Members. Please ensure you register at the front desk to maintain our maximum numbers.

## 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)**



**October Lunch & Movie**  
**Saturday Oct 14**  
**11:45am to 3pm**



A hot lunch followed by our feature movie.

**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 Members; \$12 Non-members.

**Limited Seating. Register at the front desk.**

Participation in this event is by advanced registration.

**Mah Jong Tournament**  
**Sat Oct 21**  
**10am – 3pm**



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.

**ACTIVITIES AT THE CENTRE:**

**September Calendar**



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

**Sounds of Music**  
**Mondays at 10am**  
**Sept 25 Fall Session Starts**



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**  
**Starts Tues Sept 19 and Fri Sept 22**  
**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**  
**Wednesday Mornings**  
**9:30am**

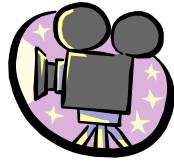
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

**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.

**Sept 6 – Zookeeper’s Wife** *biography, history*

**Sept 13 – Their Finest** *comedy, romance*

**Sept 20 – The Shack** *drama*

**Sept 27 – Gifted** *drama*

**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 Sept 14 at 2pm



**This Month: “Do Not Say We Have Nothing”**  
by Madeleine Thien

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](http://www.kanataseniors.ca/book_club.html)

**Digital Camera Club**  
Fri Sept 1 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



*No Dominoes on Sept 8 due to the Open House and Pancake Breakfast.*

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**  
Fri Sept 8 - Fall Session Starts  
1pm in the Lounge



*No Geriatric Jazz Band Sept 15 due to EXPO 55.*

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 Sept 1 at 9am  
Sat Sept 9 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**  
**Sat Sept 9 - Fall Session Starts**  
**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.

**Games Room**



Enjoy our Games Room for playing snooker, 8-ball and 9-ball.

Reserve your time slot at the front desk. Bookings can be made up to a week in advance. Meet new members, have some fun. If you are looking for a partner to play with, leave your name in the Games Room Binder at the front desk.

**FALL & WINTER Courses**



**Get active, stay in shape, and have fun with others.**

Registration is now in full swing for all programs. The Fall 2017/Winter 2018 Recreation Activity Guide is available on-line; brochures and our summary sheets with the programs offered at the Kanata Seniors' Centre and the Mlacak Halls are at the front counter.

- Chair-ercise
- Chair-Yoga
- Dance Fitness
- Line Dancing - Levels 1, 2 and 3
- Low Impact
- Nia Fitness
- Nordic Walking (Fall only)
- Stretch, Strength and Balance
- Tai-Chi - Levels 1 and 2
- Yoga
- Zumba Gold

**General Interest:**

- 55 Alive Driver Refresher 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

**“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! **Every morning Monday to Friday anytime between 7:30 and 10:30am**, you will see mall walkers walking and socializing inside the Mall throughout the year.

Walking is the easiest and most efficient way to exercise. It is a great way to lose weight, reduce the risk of heart disease, stroke, colon cancer, high blood pressure, diabetes, and many health related issues. It is also a great way to reduce stress and build healthier joints and bones. At the Mall you will not only find these great benefits of walking, but also a perfect place to make friends and become more active in your community.

The Mall has provided a safe, climate-controlled environment for the last 28 years to over 250 Mall Walkers in the communities around Kanata. It is a **FREE program** 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](mailto:nikaim@rogers.com)** or by calling the Kanata Seniors' Centre (613 580-2980)

## Welcome to Our Kanata Seniors' Centre Library

Our lending library in the lounge has been made possible through donations from Centre members and community individuals. Volunteers help maintain the Library but we need your help to make it workable for all.

Books, CDs, DVDs and Classic/Vintage Videos may be taken out at any time. But, may we suggest the following periods of borrowing as a guideline:

Books – 3 weeks

Books marked “Reference” – we request they remain at the Centre

DVDs – 1 week, due to limited inventory

CDs and Videos – 3 weeks

Puzzles and large format puzzles – no time limit

## Kanata Seniors Diners' Club with WOCRC Halls C and D

Wednesdays 11am – 1pm



Sept 6, Sept 13, Sept 20, and Sept 27

The Western Ottawa Community Resource Centre, along with community volunteers, hosts a nutritious lunch, entertainment, and/or educational program for seniors and for adults with disabilities living in our community. A great way to socialize, learn and have some fun at the same time.

**For details about this program held at the Kanata Seniors' Centre, to register, and to inquire about transportation and costs, please call the WOCRC at 613 591-3686 (daytime Mon to Fri).**



## Gardening at the Centre



Come the end of September, the Fall clean-up will need to be done in order for the beds to grace us with their beauty again next Spring. The clean-up process won't involve heavy work - mainly dead-heading, cutting back and light raking.

Please sign up at the front desk if you can spare an hour or two to help with this work at the end of September. Thank you!

## 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.

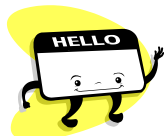
## Foot Clinic

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.

## Name Badges



We want to encourage our members to wear their name badges while at the Centre. Your “name badge holder” is also where you keep your **Medical Information Form** in case of emergency. Please see the front desk if you need either of these.

## 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.

## Membership Renewal

Please check your membership card or ask at the front desk to confirm that your yearly Kanata Seniors' Centre Membership is current in order to participate in the activities.

