



SENIORS' SCOOP

Vol. 188 Kanata Seniors' Centre Newsletter April 2018

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 \$26.25per year

SPECIAL EVENTS THIS MONTH:

Bigger Than Us
Thurs Apr 5 1:30 - 3pm



Topic: How Civilizations Die

How do civilizations die? There is no one answer to this question. Often it comes down to the people in power, ignoring severe problems within their societies until the sheer weight of these problems causes those societies to collapse.

Why are these problems ignored? Come to the next "Bigger Than Us" presentation to explore this and other questions.

No charge for members and guest but please register in advance at the front desk.

"Dressed to The Tea"

Thurs Apr 19
1 - 2:30pm



You don't need to go to the Chateau Laurier to enjoy a prestigious High Tea! Stonehaven Manor will be catering with tasty tea sandwiches and goodies. While you enjoy afternoon Tea with your friends, we will have live classical music. Come join us for a delightful time.

Tickets - \$14 5for Members; \$16 for Non-members.
Registration at the front desk before Tues April 10.

Fraud and Cybercrime
Thurs Apr 26
10:30am - 12pm



Our guest speaker, Brock Godfrey, has been instrumental in educating the public and raising awareness of illegal mass marketing fraud and ID theft. This presentation was developed by the RCMP and the Canadian Anti-Fraud Centre and covers Mass Marketing Fraud, Identity Theft, Romance, and other scams – and, more importantly, how you can avoid them.

No charge for members and guest but please register in advance at the front desk.

Spring 2018 Learning Series
Thurs Apr 26
1 - 2:30pm



Topic: Passwords and Beyond

As a follow-up to our morning lecture on "Fraud and Cybercrime" our guest speaker, Brock Godfrey, will offer a second presentation in the afternoon covering computer security, password tips, password manager software, creating backups as well as other important security tips.

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

SPRING & SUMMER Courses



Registration is ongoing for all Spring and Summer Courses. See the front desk for details and to register.

CPR/AED Essentials for Seniors Learn to Save a Life

**Thurs Apr 5
9am - 12 noon**



Ottawa Paramedics and their team of volunteers will be here to offer a CPR/AED non-certificate course to seniors. Keep current and learn the new sequences. No Charge. Limited space. Register at the front desk.

**Let's Talk Alcohol
Thurs Apr 12
1 - 3pm**



The Ottawa Public Health (OPH) needs your input and reactions regarding the harm and impact that alcohol can have on a community. OPH will provide information about alcohol that is factual and meaningful in an interactive discussion format. Learn more and help yourself feel more comfortable talking about the "elephant in the room" when it comes to alcohol. Together we can raise awareness about the harm alcohol can cause. No charge for members and guest but please register in advance at the front desk.

**Ottawa Paramedics - Wellness Clinic
Tues April 17, Wed May 2, Fri June 1
10am - 3pm**



Ottawa Paramedics will be onsite to conduct drop-in Blood Pressure, Heart Rate, Blood Sugar and Medical History assessments. Clinic will be in the Susan Finch Meeting Room, John Mlacak Centre. No appointment necessary.

**Saturday Afternoon at the Movies
Sat Apr 21
1 - 2:45pm**

Movie: Mark Felt

Cast: Liam Neeson, Diane Lane,
Marton Csokas



Story: Known as the man who brought down the White House, FBI agent Mark Felt, aka "Deep Throat", leaks information to the press that helps to uncover the Watergate scandal of 1974. No charge. Bring a friend or two! Please note that our movies are shown in Closed Captioning (CC).

Looking Ahead to May:



May 2 - Wellness Clinic
May 3 - Bigger Than Us - DVD Presentation
May 5 - Mah Jong Tournament
May 10 - Book Club: "Bellevue Square"
May 10 to 24 - Far West Fun Fest
May 11 - Centre and Council Café closed at 12 noon to prepare for the Garage Sale
May 12 - Garage Sale
May 19, 20, 21 - Closed for Victoria Weekend
May 23 and 30 - 55 Alive Driver Refresher
May 29 - Carpet Bowling Tournament
May 31 - Learning Series: "Astronomy and Space Exploration"

Mah Jong Tournament

**Sat May 5
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.

Garage Sale

Sat May 12 8am - 12noon



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 7 to May 11 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: The Kanata Seniors' Centre and the Council Café will be closed on Fri May 11 at 12 noon in order to prepare for the Garage Sale.

Help Wanted - **JOIN OUR TEAM**

Our Special Event Planning Team is looking for committee members. Duties include booking caterers, getting decorations, serving food and everything behind the scenes to throw a great party. Please contact Janet Baigent 613-580-2980 for details.

We Need a Chorus Director

Do you love music? Our Sounds of Music Choral Group is looking for a chorus director to lead them. This group enjoys singing music together and then bringing joy to local residences. Please contact Janet Baigent 613-580-2980 for more information.

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.

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 1pm



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 for a lively discussion on a wide variety of topics brought forth by the participants. A great way to share your knowledge and stay informed.

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. Please note that our movies are shown in Closed Captioning (CC).

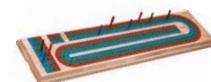
Apr 4 - Marshall *biography, drama*

Apr 11 - Battle of the Sexes *drama, biography*

Apr 18 - Roman J. Israel Esq. *crime, drama*

Apr 25 - Wonder *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 Apr 12 at 2pm

This Month: "Go Set a Watchman"

by Harper Lee



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 upcoming book titles, see our website at: http://www.kanataseniors.ca/book_club.html

Fun and Games

Fri Apr 6 at 9am



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 Apr 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. It is necessary to register at the front desk for the Digital Camera Club.

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.

Saturday Duplicate Bridge at 12:20pm

No Duplicate Bridge Apr 28



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.

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.

Falls Prevention Screening - Seniors 65+

Prevent a Fall

9am - 4pm

John G. Mlacak Centre

Thurs April 5



Come for your **Free Personalized Falls Risk Test** offered by the Champlain Local Health Integration Network. Potential risk factors will be identified for you with their simple 3-step test. The screening takes just 15 minutes of your time. No advanced sign up required. See bulletin board for more details.

Kanata Diners Club with WOCRC

Halls C and D

Wednesdays 11am - 1pm



Apr 4 - Tomadachi Band

Apr 11 - Travels with Judy

Apr 18 - Ginette Hamilton

Apr 25 - The Summit Band

See flyer on bulletin board for more details.

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.

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.

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.