



SENIORS' SCOOP



Vol. 186 Kanata Seniors' Centre Newsletter February 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 Feb 1
1:30 - 3pm

Topic: Money



What is the future of money? Where will it come from? How will it work? Who will control it?

Rather than re-distributing wealth, could we pre-distribute it? Could we democratize the way that wealth gets created in the first place?

Join us as we explore these questions and decide for yourself: what is the future of money?

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



Country Jamboree

Thurs Feb 15
11am to 1:30pm

You're Invited to a
HOEDOWN!

Our hoedown includes a hot, hearty lunch –

Pulled pork and beans with corn bread.

Apple pie à la mode for dessert.

Entertainment by Garry Wallace.

Don't forget your cowboy hat!

Tickets - \$13 for Members; \$15 for Non-members
Register at the front desk by Mon Feb 12.

February Lunch & Movie

Saturday, Feb 3

11:45am to 3pm



A hot lunch followed by our feature movie.



Movie: Victoria and Abdul

Cast: Judi Dench, Ali Fazal, Tim Pigott-Smith

Story: Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favour with the queen herself. The two forge an unlikely and devoted alliance that her household and inner circle try to destroy.

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

Limited Seating. Register at the front desk in order to participate in this event.

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

Fire Safety and Fire Extinguisher Training

Thurs Feb 8

1 to 2:30pm in Hall C



We are excited to have our Ottawa Fire Services present on Fire Safety in your home, including Fire Extinguisher Training with the Bullex (indoor simulated machine) for actual usage of extinguishers. Learn how to make your home safe and be ready in case of fire!!

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



HOLIDAY CLOSURE

Family Day - Mon Feb 19

The Kanata Seniors' Centre and the Council Café will be closed for Family Day.



Ottawa Paramedics - Wellness Clinic
Mon Feb 12 9:30am to 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 Feb 17 1 to 2:30pm



Movie - Diana: Seven Days That Shook the World

Story: With James D'Arcy as narrator, this documentary takes us through the dramatic moments that played out in the week leading up to Princess Diana's funeral. It provides first-time access to many of the key players, revealing intimate details about how the Royal Family and Diana's closest confidants coped with the tragedy in the days after her death.

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

No charge. Bring a friend or two!

Winter 2018 Learning Series

Thurs Feb 22
1- 2:30pm



Topic: PTSD – Post Traumatic Stress Disorder

Our guest speaker is Dan Brown, a retired Detective Sergeant, who spent over 30 years with the O.P.P. He will discuss the benefits of the Proactive Mental Health Program. From personal experience, the program has taught him that early detection is critical for anyone who may be affected by PTSD and how it impacts the family. Providing meaningful awareness and training has become his passion.

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

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.

Looking Ahead to March:



- Mar 1** - "Bigger Than Us": Topic To Be Announced
- Mar 3** - Saturday Lunch & Movie: Wonder
- Mar 8** - Book Club: "Sapiens"
- Mar 9** - Computer Seminar: Topic To Be Announced
- Mar 21** - Falls Risk Screening
- Mar 28** - Advanced DVD Learning Series: The Surveillance State: Part 2
- Mar 29** - Learning Series: Opioids
- Mar 30 & 31** - Closed for Easter Weekend

Registration for Spring & Summer Programs:

- Mar 5** - **starting at 9 pm** – Aquatic Programs: online and by Touch Tone phone
- Mar 6** - Aquatic Programs: in person during regular business hours
- Mar 7** - **starting at 9 pm** – all other Programs: online and by Touch Tone phone.
- Mar 8** - all other Programs: in person during regular business hours.

March Lunch & Movie

Saturday, Mar 3
11:45am to 3pm



A hot lunch followed by our feature movie.



Movie: Wonder

Cast: Jacob Tremblay, Owen Wilson, Izabela Vidovic, Julia Roberts

Story: Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

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

Limited Seating. Register at the front desk in order to participate in this event.

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

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. 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 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 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. Share your knowledge and experiences or just sit back and listen.

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)

Feb 7 - Home Again *romance, comedy*

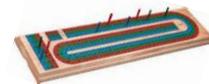
Feb 14 - Dunkirk *historical drama*

Feb 21 - Stronger *biography, drama*

Feb 28 - Passengers *science-fiction, thriller*

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 Feb 8 at 2pm



This Month: "Born a Crime"

by Trevor Noah

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 Feb 2 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 Feb 2 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 Winter session of 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.

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.

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.

BIG BAND DANCE (613 828-4313)
Ron Kolbus Lakeside Centre - Britannia Park
Thurs Feb 8



Dinner & Dance: \$45.50 per person
Time: Doors open at 4:30 pm with the dinner taking place from 5 - 6:30 pm
Dinner only: \$25.50 Reservations required
Dance only: \$20 Tickets required
Time of Dance: 7 to 11pm with doors open at 6:30pm
Tickets available at the Kanata Seniors' Centre

Falls Prevention Screening - Seniors 65+

Prevent a Fall

9am to 4pm

John G. Mlacak Centre

Tues Feb 13, Wed Mar 21, 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 flyer on bulletin board for more details.

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



Feb 7 - Music with the Tomodachi Band

Feb 14 - Music with Dai Basset

Feb 21 - Advanced Care Planning Information

Feb 28 - Music with the Chords

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.