



SENIORS' SCOOP

Vol. 185 Kanata Seniors' Centre Newsletter January 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

Best wishes for a very happy, healthy and prosperous New Year



HOLIDAY CLOSURE



The Kanata Seniors' Centre and Council Café will be closed from **Dec 21 to Jan 1 (Inclusive)**
We will re-open on **Tues Jan 2 at 8:30am.**

SPECIAL EVENTS THIS MONTH:

Bigger Than Us
Thurs Jan 4
1:30 - 3pm

Topic: Why Should We Believe What Scientists Say?



We are in an age of “information overload” and it is only getting worse. Ask the Internet a scientific question and you will get dozens of answers, most of which will be inaccurate or incorrect in some way. How do we know what to believe? Join us to explore a variety of questions and possible answers on what to believe when you are surfing the net. No charge for members and guest but please register in advance at the front desk.

Kanata Seniors' Centre **Membership**

Please check the date of your annual membership renewal to ensure that you are a current member in order to participate in our Centre activities.

January Lunch & Movie
Saturday, Jan 6
11:45am to 2:40pm



A hot lunch followed by our feature movie.



Movie: Home Again

Cast: Reese Witherspoon, Michael Sheen, Lake Bell

Story: Recently separated from her husband, Alice Kinney decides to start over by moving back to Los Angeles with her two daughters. Alice meets Harry, George and Teddy, three young filmmakers who need a place to live and she agrees to let the men stay in her guesthouse temporarily. As Alice develops a budding romance with Harry, her new-found happiness comes crashing down when her ex-husband shows up with a suitcase in his hand.

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)

55 Alive Driver Refresher
Thursdays Jan 11 and Jan 18
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)

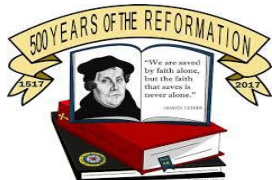
Saturday Afternoon at the Movies
Sat Jan 20
1 to 2:50pm



Movie: Dunkirk

Cast: Fionn Whitehead, Barry Keoghan, Mark Rylance
Story: Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle of Dunkirk in World War II. At the end of this heroic mission, 330,000 Allied soldiers were safely rescued. Please note that our movies are shown in Closed Captioning (CC)
 No charge. Bring a friend or two!

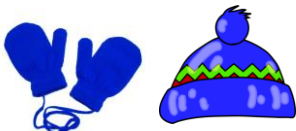
Winter 2018 Learning Series
Thurs Jan 25
1- 2:30pm



Topic: 500th Anniversary of the Reformation

Our guest speaker is Pastor Jorge Groh from the Christ Risen Lutheran Church in Kanata. He will be discussing Martin Luther and the Reformation which occurred 500 years ago. Pastor Groh will look at its impact on the past and today's world. Some of the topics include the spiritual development of the Reformation and religious diversity; the influence on the development of society, politics, economics, education, family, and vocation. No charge for members and guest but please register in advance at the front desk. Refreshments sponsored by the Kanata Seniors Council Inc.

A BIG "THANK YOU" to
the Craft Group



The Kanata Seniors' Centre Craft Ladies enjoyed a variety of successful Craft Sales this Christmas Season. By year's end the group has raised over \$2,000. with all monies going to seniors' needs and special charities. Thank you to all our crafters for their hard work and dedication all year long. We would also like to congratulate the Craft Group for their devoted service to the Centre. In 2017 they accumulated over 4,500 hours of volunteer work.
BRAVO! Great Job, ladies!

WINTER Courses

Get active, stay in shape, and have fun with others. See our front desk for more information and details.

Fitness Programs:

- | | |
|-------------------|-------------------------------|
| Chair-ercise | Chair-Yoga |
| Dance Fitness | Line Dancing - L 1, 2 & 3 |
| Tai-Chi - L 1 & 2 | Yoga |
| Low Impact | Zumba Gold |
| Nia Fitness | Stretch, Strength and Balance |

General Interest:

- | | |
|----------------------------|-----------------------|
| 55 Alive Driver Refresher | Learning Bridge - L 1 |
| Ballroom Dancing - L 1 & 2 | Wellness Meditation |
| Guitar - L 1, 2 & 3 | Writing for Enjoyment |
| Spanish - L 1 & 2 | |

Looking Ahead to February:



- Feb 1** – Bigger Than Us
- Feb 3** – Sat. Lunch & Movie: Victoria and Abdul
- Feb 8** – Book Club: "Born a Crime"
- Feb 15** – **Special Event: Hoe Down**
- Feb 17** – Saturday Afternoon at the Movies
- Feb 19** – **Closed for Family Day**
- Feb 22** – Learning Series: PTSD (Post Traumatic Stress Syndrome)

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)

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

Winter Session starts on Jan 8

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

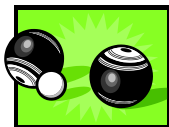


Join us every Tuesday for this family favourite card game. A popular card game and fun to play.

Carpet Bowling

Tuesdays and Fridays at 1pm

*Winter Session starts Tues Jan 9
and Fri Jan 12*



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

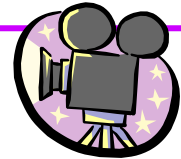
Wednesdays at 9:30am



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)

Jan 3 - Churchill

biography, history

Jan 10 - Maudie

romance, biography

Jan 17 - Champion

drama, sports

Jan 24 - Goodbye Christopher Robin

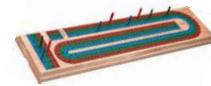
history, biography

Jan 31- The Mountain Between Us

action, adventure

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 Jan 11 at 2pm



This Month: "In the Garden of Beasts"

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

Fun and Games
Fri Jan 5 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 Jan 5 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.

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.



Falls Prevention Screening - Seniors 65+
9am to 4pm

John G. Mlacak Centre

Prevent a Fall



Fri Jan 26 Mon Jan 29 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



Jan 10 – Home Instead Ottawa (How to Navigate the Health Care System)
Jan 17 – The Grateful We're Not Dead
Jan 24 – Jumpin' Jimmy Leroux
Jan 31 – The Way Back Machine

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.

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.