

SENIORS' SCOOP

Vol. 191 Kanata Seniors' Centre Newsletter July- August 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
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Upcoming Closures



Kanata Seniors' Centre, Council Café and Mlacak Halls will be closed for annual maintenance from Sat June 23 to Mon July 2 inclusive, reopening Tue July 3.

Please note: The Centre and the Council Café are closed on Saturdays from June 23 to Sept 1 inclusive.

Closed Mon Aug 6 for Civic Holiday.

Summer Courses



Kanata Seniors' Centre and Mlacak Halls

All classes for **Adults 50+** start July 3rd to 9th. See Front Desk for details and to register.

Chair-Exercise	Dance Fitness
Chair-Yoga	Strength & Balance
Line Dancing	Tai Chi
Low Impact Fitness	Yoga
Nia Fitness	Zumba Gold

City of Ottawa - Registration for Fall & Winter Courses



Plan ahead and register early. Many courses fill up very quickly. Don't be disappointed. Mark your calendar now!

See page 2 for the courses offered at our Centre.

Start dates for registration are:

All Aquatics and Aquafit Programs –

Mon Aug 13 online and touch-tone phone starting at **9pm**

Tues Aug 14 in person during business hours

All Other Programs –

Wed Aug 15 online and touch-tone phone starting at **9pm**

Thurs Aug 16 in person during business hours

NEW

Pickleball for Adults and Seniors



Starting July 5 from 9am - 4pm, we will have 5 pickleball courts available to rent at the Mlacak Centre. Pickleball is a racquet sport which combines the elements of badminton, tennis, and table tennis for 2 or 4 players. The cost is \$12/hr. To rent a court our front desk staff will create a rental contract for you. Bookings cannot be made over the phone. Why not stop by the Council Café (open Mon to Fri from 9am to 2pm) for a snack and beverages or for lunch when you come to play pickleball!

SPECIAL SUMMER ACTIVITIES:

Summer Duplicate Bridge Wednesdays 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. Register at the front desk if you plan to play.

Summer Geriatric Jazz Band Thursdays at 1pm



Join the Geriatric Jazz Band in our Lounge for a casual, fun sing-along. A great way to spend a hot summer afternoon in the comfort of our air-conditioned lounge and to enjoy the wonderful music of familiar songs. Bring a friend!

Friday Afternoon Movies This Summer 1pm in the Lounge

In addition to our regularly scheduled Wednesday afternoon movies, we will be featuring movies every Friday afternoon during July and August at 1pm. No charge. Bring a friend or two! Please note that our movies are shown in Closed Captioning (CC).

July 6 - My Big Fat Greek Wedding 2 ~ *comedy*

July 13 - Central Intelligence ~ *crime, comedy*

July 20 - Hello My Name is Doris ~ *romance*

July 27 - Criminal ~ *action, crime*



Aug 3 - Thor: Ragnarok ~ *adventure, comedy*

Aug 10 - Money Monster ~ *crime, thriller*

Aug 17 - The Foreigner ~ *action crime*

Aug 24 - The Exception ~ *romance, war*

Aug 31 - Erin Brockovich ~ *biography, drama*



FALL & WINTER Courses

Kanata Seniors' Centre and Mlacak Halls

Registration for these courses:

Wed Aug 15 - online and touch-tone phone
starting at **9pm**

Thurs Aug 16 - in person during business hours

Fitness Adults 50+ Programs:

Cardio Older Adult
Chair-Exercise
Chair-Yoga
Dance Fitness
Line Dancing
Nia Fitness
Nordic Walking (Fall only)
Stretch & Strength
Tai-Chi
Yoga
Zumba Gold

General Interest: Adults and Seniors

55 Alive Driver Course (2-day Workshop)
Acrylics Painting
Ballroom Dancing
Guitar
Guitar Maintenance (Workshop)
Meditation
Learning Bridge
Spanish
Writing for Enjoyment

Looking Ahead to September



Sept 1, 2, 3 - Closed for Labour Day Weekend

Sept 6 - Open House and Pancake Breakfast

Sept 7 - Fun & Games

Sept 7 - Camera Club

Sept 10 - AGM Kanata Seniors Council Inc.

Sept 13 - "Bigger Than Us" Series

Sept 13 - Book Club: "Bellevue Square"

Sept 14 - EXPO 55

Sept 22 - Saturday Afternoon at the Movies

Sept 27 - Learning Series; "Cannabis"

New Drop-in Seniors' Activities at KRC



Starting this Fall, the Kanata Recreation Complex (located near the corner of Hazeldean Rd and Terry Fox Rd) is excited to be adding some new seniors programming. More Senior fitness classes, Mah Jong and Duplicate Bridge. Look for flyers and more details available this summer. For more information please contact KRC@ottawa.ca or call 613-580-2570.

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.

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.

Instructional Bridge Tuesdays at 9am



New participants are asked to see the front desk staff before entering to play. We want to ensure the convener has a chance to meet you and to assign you a table that is at your skills level.

Canasta Tuesdays at 12:30pm



Join us every Tuesday for this family favourite card game. Rules are easy and our volunteer convener will be happy to teach anyone the game. Bring a friend!

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 to our members and guests. See bulletin board for full details about each movie. No charge. Bring a friend or two! Please note that our movies are shown in Closed Captioning (CC).

July 4 - Beatriz at Dinner ~ *comedy, drama*

July 11 - Hidden Figures ~ *biography, drama*

July 18 - The Legend of Tarzan ~ *action, adventure*

July 25 - The Nice Guys ~ *comedy, crime*

Aug 1 - Coco ~ *animation, adventure, comedy*

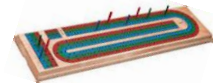
Aug 8 - Guardians of the Galaxy Vol 2 ~ *action, Sci-fi*

Aug 15 - Charlie Wilson's War ~ *biography, comedy*

Aug 22 - Doctor Strange ~ *adventure, fantasy*

Aug 29 - Cinderella Man ~ *biography, sports*

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 at 2pm



Thurs July 12: "The Nine Lives of Charlotte Taylor" by Sally Armstrong

Thurs Aug 9: "Clementine – The Life of Mrs. Winston Churchill" by Sonia Purnell

Enjoy reading and would like to discuss literature with others? New members welcome. For additional information and upcoming book titles, see our website at: http://www.kanataseniors.ca/book_club.html

Fun and Games at 9am
Fri July 6 and Fri Aug 3



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.**

Dominoes
Fridays at 9:30am



Come and have some fun every Friday morning playing Dominoes. A great game to enjoy and a fun way to meet new members.

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.

Big Band Dance Series:
Ron Kolbus Lakeside Centre
Britannia Park



Dates: Thurs July 12
Time: Doors open at 6:30 pm
Band plays from 7 to 10:30 pm
Tickets: \$20.50 per person in advance 613- 828-4313
or purchase at the Kanata Seniors' Centre
or \$24.50 per person at door

Canadian Women's Heart Health Centre



The Ottawa Heart Institute has developed 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.

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



July 25 - Christine McCann
August 22 - HomeInstead Presents: "Compose Your Life Song"

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.

"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 and have fun walking throughout the year. The summer is a great time to mall-walk in a safe environment, especially in the comfort of air conditioning!
Every morning Monday to Friday anytime between 7:30 and 10:30am, this FREE program is 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 or by calling the Kanata Seniors' Centre (613- 580-2980).

Scent-Free:



We ask that you refrain from using 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.

See attached July and August Calendars
for all activities featured
this summer at the Centre.



You must be a current member of the Kanata Seniors' Centre to participate in the Activities. Please sign up for the different activities at the front desk and be part of the fun each week.