

SENIORS' SCOOP

Vol. 190

Kanata Seniors' Centre Newsletter

June 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



Kanata Seniors' Centre and Council Café Closures

Closed Sat June 23 to Mon July 2 inclusive, reopening Tue July 3 at 8:30am.

Closed on **Saturdays** during the summer starting June 23 until after Labour Day.

SPECIAL EVENTS THIS MONTH:

Special Lecture for Spring 2018 Learning Series

Wednesday, June 13

1 - 2:30pm



CSI:
CRIME SCENE INVESTIGATION

Topic: CSI in Canada

Dr. Della Wilkinson, RCMP research scientist and Ottawa resident, will discuss how science has helped convict some of Canada's most notorious serial killers and provide a glimpse into how science and technology will impact future crime scene investigations.

No charge for members and guests. Please ensure you register at the front desk to maintain our maximum numbers. Refreshments sponsored by the Kanata Seniors Council Inc.

Our Successful May12th Garage Sale



A heartfelt "Thank You" to all our members for their generous donations of sale items. To all who helped in whatever capacity – a **BIG THANK YOU!** To those who came to buy and encourage us - our appreciation. This year we cleared \$1,270 for the Seniors' Centre. Congratulations and thank you to all those involved.

Canada Day Celebration BBQ



Thurs June 21

9:30am – 1pm



Come join us for our Canada Day Celebration with entertainment by "The Diplomats", Door Prizes and a fantastic BBQ of Hot Dogs & Hamburgers along with dessert and beverages!

Get in the spirit, show your Canadian Pride and dress in Red and White for our Celebration!

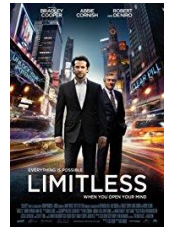
Tickets - \$12 for Members; \$14 for Non-members. Register at the front desk before Mon June 18.

Saturday Afternoon at the Movies

Sat June 16

1 - 2:45pm

Movie: **Limitless**



Cast: Bradley Cooper, Anna Friel, Abbie Cornish
Story: Facing unemployment and his girlfriend's rejection, writer Eddie Morra is sure that he has no future. With the help of a mysterious pill that enables the user to access one hundred percent of his brain's abilities, Eddie becomes a financial wizard, but it also puts him into a new world with lots of dangers. No charge. Bring a friend or two! Please note that our movies are shown in Closed Captioning (CC).

SUMMER Courses at the Centre



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

Stay active, keep fit, and enjoy our summer programs in the comfort of air-conditioning!

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

Pickleball Coming Soon:



Pickleball is coming to the Mlacak arena in late June or early July. You will now be able to rent a court on the slab through the City of Ottawa's Allocations Department. Stay tune for more information coming in the next couple of weeks!

Looking Ahead to July & August:

Wednesdays at 12:20pm - Duplicate Bridge

Thursdays at 1pm - Geriatric Jazz Band

Fridays at 1pm - Movies for the Summer

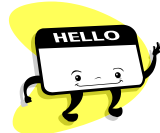
Thurs July 12 at 2pm - Book Club: "The Nine Lives of Charlotte Taylor"

Wed July 25 at 11am - Kanata Diners Club

Thurs Aug 9 at 2pm - Book Club: "Clementine - The Life of Mrs. Winston Churchill"

Wed Aug 22 at 11am - Kanata Diners Club

Name Badges:



We want to encourage our members to wear their name badges while at the Centre. It is so nice for both the staff and other members to be able to address people by name. If you need a replacement name badge, please inquire at the front desk. Thank you!

Registration for Fall & Winter Courses



Course information available July 23 on-line and at the front desk.



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

THANK YOU

To All Our Dedicated KSC Volunteers



We would like to take this opportunity to thank all our volunteers who contribute to our Centre. Whether you see them or not, so many people are working hard to ensure that our members enjoy their time at our Centre. Without volunteers, the activities and services that our members enjoy would not be sustainable.

We certainly appreciate the time that our volunteers have taken to record their hours. We want to thank and encourage our volunteers for continuing to submit their hours on a monthly basis.

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.

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.

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).

June 6 - Captain Corelli's Mandolin *drama*
June 13 - Lady Bird *comedy, drama*
June 20 - Our Souls at Night *drama, romance*

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 June 14 at 2pm
This Month: "Burial Rites"
by **Hannah Kent**



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 June 1 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 June 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. 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.

Geriatric Jazz Band
Fridays at 1pm



Treat yourself to a lively afternoon of swinging music in the lounge 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.

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



June 6 - Larry and the Wayback Machine
June 13 - Joker and D' Arthur
June 20 - Ginette Hamilton
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.

**Ottawa Paramedics - Wellness Clinic
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.

**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.

**Big Band Dance Series:
Ron Kolbus Lakeside Centre
Britannia Park**



Dates: Thurs June 14
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

**"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).

Help Wanted - JOIN OUR TEAM

Our Special Events Planning Team is looking for new members to help with the planning and implementing of our special events. They would be required to attend one meeting a month to help plan one special event a month. For details please contact Julie Pinet 613-580-2980.

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.