



Ottawa



SENIORS' SCOOP

Vol. 187 Kanata Seniors' Centre Newsletter March 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

Registration for Spring & Summer Programs:

Register early as many classes fill quickly.
See p.2 for courses at the Centre and Mlacak Halls.

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

Help Wanted!!



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.

SPECIAL EVENTS THIS MONTH:

Bigger Than Us
Thurs Mar 1 1:30 - 3pm



Topic: Personal Genetics

We have entered the era of personal genetics. Anyone can, for a price, order a genetics kit online, follow the simple instructions, return the kit and in a few weeks receive the results which could include ancestry data, medical profiles and more. Come and learn about personal genetics. No charge for members and guest but please register in advance at the front desk.

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).

Advanced DVD Learning Series:

Wednesdays, March 28 to May 2
1 to 2:30pm



Topic: The Surveillance State: Big Data, Freedom, and You - Part 2

The 21st century has seen remarkable technological advances with many wonderful benefits. But with these advances come new questions about privacy, security, civil liberties and other important issues. Learn more about how these things affect you in this 6-week DVD series. Valerie O'Callaghan is our facilitator for the DVD lectures. See flyer on bulletin board for more details.

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

Winter 2018 Learning Series
Thurs Mar 29
1- 2:30pm



Topic: Opioids

Our guest speaker, Melissa Carrisa, has extensive background as a nurse in Public Health. During her presentation, participants will learn about opioids, fentanyl, and their presence in Ottawa plus receive information about important issues. It will also prepare attendees to recognize the signs and symptoms of an opioid overdose and respond quickly and effectively, including how to administer naloxone.

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

Saturday Afternoon at the Movies
Sat Mar 17
1 to 3pm



Movie: Battle of the Sexes

Cast: Emma Stone, Steve Carell,
Andrea Riseborough

Story: The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposing sides of the tennis court, and off-court each was fighting more personal and complex battles of their own.

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

No charge. Bring a friend or two!

Closure for Easter

The Kanata Seniors' Centre and
Council Café will be closed
from Mar 30 to Apr 2 (inclusive)
for the Easter Weekend.



Looking Ahead to APRIL:



- Apr 5 - Falls Prevention Screening
- Apr 5 - Bigger Than Us - DVD Presentation
- Apr 12 - OPH Workshop: Let's Talk Alcohol
- Apr 12 - Book Club: "Go Set a Watchman"
- Apr 19 - Special Event: High Tea
- Apr 26 - 10am Lecture: Fraud and Cybercrime
- Apr 26 - 1pm Learning Series: Passwords and Beyond
- Apr 28 - Retirement Fair

SPRING Courses 2018:



Fitness Programs:

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

General Interest:

- 55 Alive Driver Refresher
- Ballroom Dancing - Level 1 and 2
- Bridge Level 1
- Guitar - Level 1, 2 and 3
- Guitar Maintenance
- Meditation
- Painting - Acrylics for Seniors
- Spanish - Level 1, 2 and 3
- Writing for Enjoyment

SUMMER Courses 2018:

- 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

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).

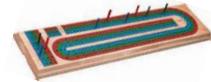
Mar 7 - Breathe *drama, sports*

Mar 14 - Only the Brave *biography drama*

Mar 21 - Victoria and Abdul *history, biography*

Mar 28 - Diana: Seven Days That Shook the World
documentary, biography

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 Mar 8 at 2pm



This Month: "Sapiens"

by Yuval Noah Harari

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 Mar 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 Mar 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 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.

Falls Prevention Screening - Seniors 65+ Prevent a Fall
9am to 4pm
John G. Mlacak Centre
Wed Mar 21 and Thurs April 5



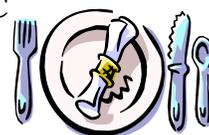
Come for your **Free Personalized Falls Risk Test** offered by the Champlain Local Health Integration Network. Potential risk factors will be identified for you with their simple 3-step test. The screening takes just 15 minutes of your time. No advanced sign up required. See bulletin board for more details.

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

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



Mar 7 – Ottawa Police Service
Mar 14 – The Summit Band
Mar 21 – Me and My Musical Friends
Mar 28 – Barrhaven Fiddleheads Music

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.

Parking Lot Request



Our parking lot is often full. We suggest that those of us who are more able-bodied might try to park in the lot nearest the library. This would allow those who need easy access the convenience of the parking spaces closest to the Centre. **Please try to park within the lines of the parking stalls to avoid taking up two spaces.** Your co-operation is greatly appreciated.