

SENIORS' SCOOP

Vol. 189

Kanata Seniors' Centre Newsletter

May 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 - Fri May 11 at 12 noon – for set-up of the Garage Sale. All afternoon activities cancelled.
Closed - May 19, 20, and 21 for Victoria Weekend

Greetings from Julie:



I would like to take this opportunity to introduce myself. My name is Julie Pinet. I will be taking over for Janet Baigent, Recreation Supervisor at the Centre, as she begins a special project for the next 6 months. I am very excited to get started and be a part of the team!

A little about myself: I have worked for the City of Ottawa for over 15 years. In my time with the City, I have worked in various roles and locations. I know I have very big shoes to fill but I hope to bring my running shoes along to hit the ground running. I live a very active life, playing all kinds of sports throughout the year. I also stay active thanks to my two young kids, aged 4½ and 2½.

Please don't be shy, poke your head in and say hi!

SPECIAL EVENTS THIS MONTH:

Mah Jong Tournament
Sat May 5
10am - 3pm



Our avid Mah Jong players at the Centre are having a fun tournament to show their skills with this ancient tile game. No charge but please register at the front desk as seating is limited to the room size.

Garage Sale at the Centre



Sat May 12 8am - 12noon

Mark the date on your calendar. We'll be having a Garage Sale at the Centre. We need your donations and help!! Clothing, books, jewellery, CDs, videos, kitchenware, small appliances, linens, etc. are needed.

Please drop off items at the Centre from Mon May 7 to Fri May 11 between 9am - 3pm.

We need helpers on Friday afternoon to sort and put out the items and on Saturday to work the event. If you can give us a hand, please sign up at the front desk. Your help is greatly appreciated and all proceeds are to benefit the members of the Centre.

PLEASE NOTE: The Kanata Seniors' Centre and the Council Café will be closed on Fri May 11 at 12 noon in order to prepare for the Garage Sale. All afternoon activities are cancelled.

55 Alive Driver Refresher Course
Wednesdays May 23 and May 30
1 - 4pm
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. Register in advance. Limited space.

Cost: \$27 (cost includes the manual)

Saturday Afternoon at the Movies
Sat May 26
1 - 2:45pm



Movie: Lady Bird (comedy, drama)

Cast: Saoirse Ronan, Laurie Metcalf, Tracy Letts

Story: Nominated for five 2017 Oscars, this movie is about an artistically inclined seventeen-year-old girl who comes of age in Sacramento, California set in 2002. Christine, nicknamed “Lady Bird”, navigates a loving but turbulent relationship with her strong-willed mother.

No charge. Bring a friend or two! Please note that our movies are shown in Closed Captioning (CC).

Annual Carpet Bowling Tournament

Tues May 29

1 - 3:30pm



A friendly competition is planned for our Tuesday and Friday afternoon Carpet Bowlers. Four carpets will be set up with a “double knockout” format of play. Fun prizes will be given for the competition. Please sign up at the front desk before Thurs May 24.

Camera Club Workshop - Portrait Opportunity

Thurs May 31

9:30am - 2:30pm

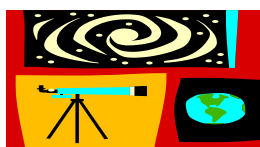


Free portraits will be offered by members of the Camera Club to all members of the Kanata Seniors’ Centre. Please see the front desk anytime after May 7 to sign up for a time slot and for further details. Portraits will be sent to participants via email.

Spring 2018 Learning Series

Thurs May 31

1 - 2:30pm



Topic: Eye in the Sky - The Hubble Space Telescope

Frank Hitchens, a distinguished astronomer, will introduce us to the Hubble Space Telescope which is the largest telescope located in space. This lecture will examine the development, deployment and achievements of the most prolific instrument in the history of science. See flyer on bulletin board for more details about Frank’s lecture.

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

Looking Ahead to June



June 1 - Wellness Clinic (10am-3pm)

June 8 - CPR/AED for Seniors

June 13 - Learning Series: CSI in Canada

June 14 - Book Club: “Burial Rites”

June 16 - Saturday Afternoon at the Movies

June 21 - Canada Day BBQ

Kanata Seniors’ Centre, Council Café and Mlacak

Halls - closed Sat June 23 to Mon July 2 inclusive, reopening Tue July 3.

Please Note: The Kanata Seniors’ Centre and Council Café will be closed on **Saturdays** during the summer starting June 23 until after Labour Day.

CPR/AED Essentials for Seniors

Learn to Save a Life

Fri June 8

1 - 4pm



Ottawa Paramedics and their team of volunteers will be here to offer a CPR/AED non-certificate course to seniors. Keep current and learn the new sequences. No Charge. Limited space. Register at the front desk.

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

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.

WEEKLY ACTIVITIES AT THE CENTRE

Mah Jong
Mondays and Thursdays at 9am



Mah Jong Tournament on Sat May 5 from 10am-3pm. Please sign up at front desk.

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



Last gathering for the Spring Session is May 14.

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



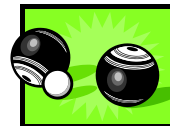
Do you like to play bridge and want to meet new people? Join us on Mondays for our party-style bridge, still challenging but fun.

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



Cancelled Fri May 11 due to Garage Sale Set-up.

The Spring Session of Carpet Bowling will wrap up for both groups on Tues May 29 with the tournament. Please sign up at the front desk by Thurs May 24.

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).

May 2 - Three Billboards Outside Ebbing Missouri
crime, drama

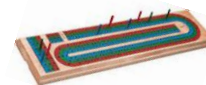
May 9 - Darkest Hour *history, biography*

May 16 - I, Tonya *biography, drama*

May 23 - Murder on the Orient Express (2017) *crime*

May 30 - Mark Felt *biography, history*

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 May 10 at 2pm

This Month:

“The Little Old Lady Who Broke all the Rules”

by C. Ingelman-Sunberg

Enjoy reading and would like to discuss literature with others? New members are always welcome.

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



Fun and Games

Fri May 4 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 May 4 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



Cancelled May 11 due to Garage Sale Set-up.

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

Cancelled May 12 due to Garage Sale.



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.

Ottawa Paramedics - Wellness Clinic

Wed May 2 and 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.



Kanata Diners Club with WOCRC

Halls C and D

Wednesdays 11am - 1pm



May 2 - Toe Tappin' Tunes

May 9 - Montreal Guitare

May 16 - Johnny Vegas

May 23 - The Diplomats

May 30 - Dai Bassett

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.

Canadian Women's Heart Health Centre



The Ottawa Heart Institute has developed a program called Women@Heart for women who have cardiovascular disease. We are a host site for this program. To find out more, call 613 798-5555 x 10412.

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. For last minute cancellations, please call Kanata Seniors' Centre (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.