

# SENIORS' SCOOP



**Vol. 193 Kanata Seniors' Centre Newsletter October 2018**

2500 Campeau Drive  
Kanata, Ontario K2K 2W3  
[www.kanataseniors.ca](http://www.kanataseniors.ca)

**Phone** 613- 580-2980  
**Fax** 613- 599-1698

**Hours:** Mon to Fri: 8:30am - 4pm  
Sat: 10am - 4pm (Sept to June)  
KSC Membership Fee is \$26.25/year

### Thanksgiving Holiday:

The Kanata Seniors' Centre and the Council Café will be closed the weekend of Oct 6, 7, and 8.



### SPECIAL EVENTS THIS MONTH:

**55 Alive Driver Refresher Course**  
**Thurs Oct 4 and Thurs Oct 11**  
**1 - 4pm**



**Attendance required both afternoons.**  
**Register in advance. Limited space.**

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: \$27; Seniors (65+) \$24.50 (includes manual)**

**Bigger Than Us Series**  
**Thurs Oct 4**  
**1:30 - 3pm**



**Topic: Do We Have Free Speech in Canada?**

Can a country truly be free without free speech? Should there be limits on speech and if so, who should decide what speech is free and what speech is not? Join us to be part of this conversation.

No charge. All are welcome. Please register in advance at the front desk.

### Our Annual Cook-Off:

**"A Taste of Italy"**  
**Thurs Oct 18**  
**11am - 1:30pm**



Come and taste all the delicious Italian-theme samplings from the chefs at various local Seniors' Residences. We will also be serving dessert, tea and coffee. So join us for a great time.

Our VIP panel will be judging to determine the best dish. After sample-tasting the chefs' creations, our members and guests will vote for their "People's Choice Award". Plaques will be awarded for both. Space is limited, so book now at the front desk.

**Tickets - \$8 for Members; \$11 for Non-members**

**The Great Courses® - DVD Lecture Series**  
**Wednesdays Oct 10 - Nov 28 (8 weeks)**  
**1 - 2:30pm**

**Topic - Medical School for Everyone**  
**Grand Round Cases Part 2**

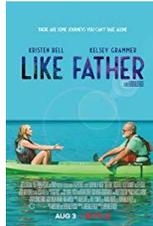


This DVD course is a miniature medical school curriculum for non-physicians. It reveals how physicians think and how, as a patient, you can improve your own medical experiences through a better perception of their education and training. You will better understand the field of medicine and also it will help you to become a better - and healthier - patient.

Our facilitator is Barry Smith who will assist with the question and answer period. Spots are limited, so register early for this 8-week lecture series. No charge. All are welcome even if you did not attend Part 1 of this series.



**October Lunch & Movie**  
**Saturday Oct 20**  
**11:45am - 2:40pm**



A hot lunch followed by our feature movie.

**Movie: Like Father** (*comedy*)

**Cast:** Kristen Bell, Kelsey Grammer, Danielle Davenport

**Story:** A workaholic woman who is left at the altar takes her honeymoon trip anyway, joined by her overachieving father.

**Tickets** - \$10 Members; \$12 Non-members.

**Limited Seating. Register at the front desk.**

Please note that our movies are subject to availability and are shown in Closed Captioning (CC).

**FALL 2018 Learning Series**

**Thurs Oct 25**

**1- 2:30pm**



**Topic: "Are We Alone?" - Life on Other Planets**

Our guest speaker, Frank Hitchens, a distinguished astronomer, will deal with questions like: "Is Earth really the only life-sustaining planet? What are the odds that alien life exists elsewhere in the universe?"

We now know of thousands of exoplanets – planets that orbit stars elsewhere in the universe. This lecture describes how and where scientists are searching for extraterrestrial life.

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

**Saturday Afternoon at the Movies**

**Oct 27 - 1 to 2 pm**

**Movie: Inside Einstein's Mind:  
 The Enigma of Space and Time**  
*(documentary)*



**Cast:** Jay O. Sanders, David Tennant

**Story:** The discovery of the most powerful theory in science - Albert Einstein's general relativity. When Einstein presented his formidable theory in November 1915, it turned our understanding of gravity, space and time completely on its head.

Please note that our movies are subject to availability and are shown in Closed Captioning (CC).

No charge for this movie, so bring a friend or two!



**KRC Drop-in Activities for Older Adults**

The Kanata Recreation Complex (100 Charlie Rogers Place, located near the corner of Hazeldean Rd and Terry Fox Rd) is excited to be adding some new older adult programs: Cribbage, Disc Golf Workshop, Strength & Stretch, Duplicate Bridge, Mah Jong, Skating, and Shuffleboard. For more information please contact [KRC@ottawa.ca](mailto:KRC@ottawa.ca) or call 613-580-2570.

**Looking Ahead to November:**



**Nov 1** - Bigger Than Us Lecture Series

**Nov 3** - Sat. Lunch & Movie: "The Guernsey Literary and Potato Peel Pie Society"

**Nov 8** - Remembrance Ceremony and Lunch

**Nov 8** - Book Club

**Nov 10** - Mah Jong Tournament

**Nov 17** - Saturday Afternoon at the Movies

**Nov 29** - Learning Series: "Automated Vehicles"



**November Lunch & Movie**  
**Saturday Nov 3**  
**11:45am - 3:10pm**



A hot lunch followed by our feature movie.

**Movie: The Guernsey Literary and Potato Peel Pie Society** (*history, romance*)

**Cast:** Jessica Brown Findlay, Tom Courtenay

**Story:** In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war.

**Tickets** - \$10 Members; \$12 Non-members.

**Limited Seating. Register at the front desk.**

Please note that our movies are subject to availability and are shown in Closed Captioning (CC).

**ACTIVITIES AT OUR 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**



Come out and enjoy singing a variety of your favourite songs and meet others who like to sing. A great morning of fun!

**We Need a Chorus Director**



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 each Monday morning and then bringing joy to local residences. For details about being a chorus director, please contact Julie Pinet at 613-580-2980.

**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 and you will catch on quickly!

**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 (The Grant Standards)  
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 skill's level.

**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 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. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

**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**



These movies are free of charge. Please note that our movies are subject to availability and are shown in Closed Captioning (CC). See bulletin board for a brief summary of each movie.

**Oct 3 – Spotlight** *crime, history*

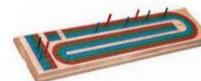
**Oct 10 – Brain on Fire** *biography*

**Oct 17 – Same Kind of Different as Me** *mystery*

**Oct 24 - All Good Things** *crime*

**Oct 31 - Batman v Superman: Dawn of Justice** *action*

**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 Oct 11 at 2pm**



**This Month: "The Great Alone"**  
by Kristin Hannah

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 additional information and upcoming book titles, see our website at:

[http://www.kanataseniors.ca/book\\_club.html](http://www.kanataseniors.ca/book_club.html)

**Fun and Games**  
**Fri Oct 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!

**Camera Club**  
**Fri Oct 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. You must be a current member of the Kanata Seniors' Centre to join this club. It is necessary to register at the front desk for the Fall and Winter sessions of the 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. Bring along your singing voice and join in belting out many familiar songs - or just sit back and enjoy the entertainment.

**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.

**"The In-Club" Mall Walking**  
**Hazeldean Mall**



**Monday to Friday - 7:30 to 10:30am**

Come out and be a Mall Walker now and get in on the fun. To register please call or email the coordinator, Nisha Mapara at 613-591-1294 or [nikaim@rogers.com](mailto:nikaim@rogers.com) or by calling the Kanata Seniors' Centre (613-580-2980).

**The Grand Opening Ceremonies to kick off this new season will be held on Mon, Oct 15 at 8:30am.**

**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. Please call 613-798-5555 x 10412 to find out more.

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



**Oct 3** - Christine McCann  
**Oct 10** - Montreal Guitare - Patrick Kearney  
**Oct 17** - The Professor Gerald Cammy  
**Oct 24** - Ginnete Hamilton  
**Oct 31** - The Classics

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 arrive on time! For last minute cancellations, call Kanata Seniors' Centre (613-580-2980) to notify the Foot Care Nurse.