



# SENIORS' SCOOP



Vol. 192 Kanata Seniors' Centre Newsletter September 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 – June)  
KSC Membership Fee is \$26.25/year

## Labour Day Holiday:

The Kanata Seniors' Centre and the Council Café will be **closed** the weekend of Sept 1, 2 and 3.



## Gardening Morning

Wed Sept 5

9 to 11am

Rain or Shine



A special call to anyone who has a few hours to help make our Kanata Seniors' Centre gardens look their finest for our Open House and Pancake Breakfast event. No need to have a green thumb. Many hands make light work. Wear your gardening clothes, sun hat, sun screen and bring a water bottle. Call Julie Pinet 613-580-2980 at the front office to let her know you will be helping her out or just show up that morning. With a little effort from many helping hands our gardens will look great for our members and guests at the Open House and for the Fall.

## SPECIAL EVENTS THIS MONTH:



**Open House & Pancake Breakfast**  
Thurs Sept 6



**Pancake Breakfast – 8:30 to 10am**  
**Open House – 8:30 to 11am**

Come with a friend or your family and show off your Centre to them! We will be showcasing our various activities and services. A great chance for you to try out something new as well.

The Kanata Seniors Council is providing a delicious, complimentary **pancake breakfast served from 8:30 to 10am! The Open House continues until 11am.**

The ladies from the Craft Group will be displaying and selling their lovely handmade items in the Lounge. Why not start your Christmas shopping a little early this year!

## EXPO 55 with Councillor Marianne Wilkinson

Fri Sept 14 – 1 to 3:30pm

Our Councillor is hosting a showcase featuring a variety of services geared to seniors in West Ottawa. There will also be various demonstrations and light refreshments.

**Please note that all regular afternoon activities are cancelled at the Centre and in the Halls. The Council Café will be closed at 1pm for Expo 55.**

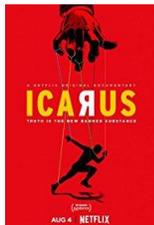
## City of Ottawa Programs



Register now for Fall & Winter Courses. See page 2 for a list of all programs offered at the Centre. Stay active, keep fit and enjoy life. Many courses fill up quickly, so don't delay in registering.

*September* is a great time to try new activities and to get involved at the Kanata Seniors' Centre.

**Saturday Afternoon at the Movies**  
**Sept 22 - 1 to 3 pm**



**Movie: Icarus (documentary)**

**Cast:** Thomas Bach, Sebastian Coe,  
Bryan Fogel

**Story:** When Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller involving unexplained death and Olympic Gold - exposing the biggest scandal in sports history.

Everyone welcome – bring a friend! No charge but please sign up at the front desk in advance. Please note that our movies are shown in Closed Captioning (CC).

**FALL 2018 Learning Series**

**Thurs Sept 27**  
**1- 2:30pm**



**Topic: Cannabis and Ottawa**

Our guest speaker, Barbara O'Brien-Litten is a Public Health Nurse with the Substance Use team at Ottawa Public Health. Her presentation will review the health risks associated with cannabis use and the new laws regarding cannabis for recreational, non-medical purposes. Be up-to-date and informed – join us for this interesting discussion.

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

**Looking Ahead to October:**



**Oct 4 and 11 - 55 Alive Driver Refresher Course**

**Oct 4 - Bigger Than Us Lecture Series**

**Oct 6, 7, 8 - Closed for Thanksgiving Weekend**

**Oct 10 - DVD Learning Series:**

“Medical School for Everyone - Part 2”

**Oct 11 - Book Club: “The Great Alone”**

**Oct 18 - Annual Cook-Off: A Taste of Italy**

**Oct 20 - Saturday Lunch & Movie: “Like Father”**

**Oct 25 - Learning Series: “Are We Alone?”**

**Oct 27 - Saturday Afternoon at the Movies**

**FALL & WINTER Courses**



**Kanata Seniors' Centre and Mlacak Halls**

**Stay active, keep fit and enjoy life.**

**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



**Kanata Seniors' Centre Membership**

In order to participate in the activities at the Centre, a membership is required. The yearly cost is \$26.25 per person and can be purchased at the front desk at any time during the year. Please make sure that you renew your membership on a yearly basis. Staff will be reviewing participation lists to ensure that those who use the Centre have current memberships. Please wear your name badge when at the Centre. Thank you.

## The Great Courses© - DVD Lecture Series

Wednesdays Oct 10 - Nov 28 (8 weeks)

1 to 2:30pm

Topic - Medical School for Everyone (Part 2)



This DVD course is a miniature medical school curriculum for non-physicians, structured into a Grand Rounds format similar to how medical students and experienced physicians are taught at hospitals and universities. Each lecture concentrates on a single clinical case. The course 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. This course should help you better understand the field of medicine and also 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.

### 55 Alive Driver Refresher

Thurs Oct 4 and Thurs Oct 11

1 - 4pm

Attendance required both afternoons.

Register in advance. Limited space.



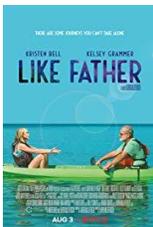
This 2-part, in-class training is designed to help Canadians 55 years and older to update their driving skills. The course will help you gain more confidence behind the wheel; improve your awareness of traffic hazards; update you on traffic laws and new technology; and sharpen many of your driving skills.  
**Cost: \$27; Seniors (65+) \$24.50 (includes manual)**



### October Lunch & Movie

Saturday Oct 20

11:45am to 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 shown in Closed Captioning (CC).

**NEW!**

## Drop-in Activities for Seniors 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. For more information please contact [KRC@ottawa.ca](mailto:KRC@ottawa.ca) or call 613-580-2570.

## ACTIVITIES AT THE CENTRE:

### September Calendar



Check the yellow calendar on the last page for **all** activities this month.

Please sign up for the different activities at the front desk and be part of the fun each week.

### Mah Jong

Mondays and Thursdays at 9am



*(No Mah Jong on Thurs. Sept 6 due to Pancake Breakfast and Open House.)*

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

Sept 17 - Fall Session Starts



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 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!

**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**  
**Starts Tues Sept 18 and Fri Sept 21**  
**1 pm**



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**  
**Sept 5 - Fall Session Starts**



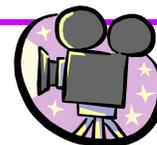
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

**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**



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).

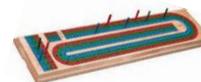
**Sept 5 - 45 Years** *drama, romance*

**Sept 12 - One Day** *romance, drama*

**Sept 19 - Carol** *drama, romance,*

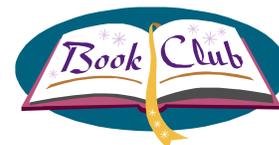
**Sept 26 - Tallulah** *comedy, drama*

**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 Sept 13 at 2pm**



**This Month: "Bellevue Square"**  
by Michael Redhill

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)

**October's Book Selection:**  
"The Great Alone" by Kristin Hannah

**Fun and Games**  
**Fri Sept 7 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 Sept 7 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**  
**Fri Sept 7 - Fall Session Starts**  
**1pm**



*No Geriatric Jazz Band Sept 14 due to EXPO 55.*

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**  
**Sat Sept 8 - Fall Session Starts**  
**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.

**Games Room**



Enjoy our Games Room for playing snooker, 8-ball and 9-ball.

We also have Dart boards. Reserve your time slot at the front desk. Bookings can be made up to a week in advance. Meet new members, have some fun. If you are looking for a partner to play with, leave your name in the Games Room Binder at the front desk.



**Welcome to Our Kanata Seniors' Centre Library**

Our lending library in the lounge has been made possible through donations from Centre members and community individuals. Volunteers help maintain the Library but we need your help to make it workable for all.

Books, CDs, DVDs and Classic/Vintage Videos may be taken out at any time. But, may we suggest the following periods of borrowing as a guideline:

Books – 3 weeks

Books marked “Reference” – we request they remain at the Centre

DVDs – 1 week, due to limited inventory

CDs and Videos – 3 weeks

Puzzles and large format puzzles – no time limit.



**Gardening at the Centre**



Come the end of September, the Fall clean-up will need to be done in order for the beds to grace us with their beauty again next Spring. The clean-up process won't involve heavy work - mainly dead-heading, cutting back and light raking.

Please sign up at the front desk if you can spare an hour or two to help with this work at the end of September. Thank you!



## 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.

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



Sept 5 - Johnny Vegas  
Sept 12 - Grateful We're Not Dead  
Sept 19 - Fire Prevention with Ottawa Fire Dept.  
Sept 26 - Peter Sinclair

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



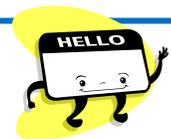
For foot care services call Kay McLellan at Paramed Foot Clinic at 613-728-7080 for an appointment. Fee payable to Paramed Foot Clinic. Please show up for your appointment and arrive on time! For last minute cancellations, please call Kanata Seniors' Centre (613-580-2980) and ask to speak to the Foot Care Nurse. Your cooperation is much appreciated.

### 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.

## Name Badges



We encourage all 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 name badge, please inquire at the front desk. Thank you for your cooperation!

## Membership Renewal



Please check your membership card or ask at the front desk to confirm that your yearly Kanata Seniors' Centre Membership is current in order to participate in the activities at the Centre.

## "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.

**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).

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

## 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.