



SENIORS' SCOOP

Vol. 198 Kanata Seniors' Centre Newsletter March 2019

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 to June)
KSC Membership Fee is \$26.25/year

City of Ottawa Programs



Registration for Spring & Summer:

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

Mar 4 - starting at 9 pm – Aquatic Programs: online and by Touch Tone phone

Mar 5 - Aquatic Programs: in person during regular business hours

Mar 6 - starting at 9 pm – all other Programs: online and by Touch Tone phone.

Mar 7 - all other Programs: in person during regular business hours.

Saturday Afternoon at the Movies Mar 16 – 1 to 2:40pm

Movie: The Nutcracker and the Four Realms (drama, fantasy)

Cast: Mackenzie Foy, Keira Knightley, Morgan Freeman



Story: Young Clara needs a magical, one-of-a-kind key to unlock a box that contains a priceless gift. A golden thread leads her to the coveted key, but it soon disappears into a strange and mysterious parallel world. In that world, she meets a soldier named Phillip, a group of mice and the regents who preside over three realms. Clara and Phillip must now enter a fourth realm to retrieve the key and restore harmony to the unstable land.

No charge for this movie, so bring a friend or two!
Please note that our movies are subject to availability and are shown in Closed Captioning (CC).

SPECIAL EVENTS THIS MONTH:

Bigger Than Us Series
Thurs Mar 7
1:30 - 3pm



Topic: The Anatomy of a Dictatorship

The 20th and 21st centuries have seen dictatorships rise and fall. What are the rules that dictators use? We will identify some of these rules and see how some dictators and would-be-dictators apply them. Come join us for this interesting and informative presentation.

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

Winter 2019 Learning Series
Thurs Mar 28
1- 2:30pm

Topic: Mistakes that Changed the World



Our guest speaker is George Laidlaw who is an Ottawa author. He has published 91 books covering a variety of different topics. His works are filled with historical facts and intriguing mysteries. George will be talking to us about the many unusual situations in the past where mistakes have changed the course of history and the world we live in. You are sure to enjoy this intriguing and historical presentation.

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

The Great Courses® - DVD Lecture Series

Wednesdays, April 10, 17 & 24

1 to 2:30pm

Topic: **How Colours Affect You**



This three-week DVD lecture series tells us about the science of colour and its impact on all aspects of human experience. Knowing how colours affect us informs us on how we can tap into their power to create environments and achieve a range of visual goals, as well as help us to dodge popular myths and misconceptions about colour.

Valerie O'Callaghan is our facilitator for this DVD lecture. No charge for members and guest but please register in advance at the front desk for this 3-part lecture series.

Did you know ... that the Kanata Seniors' Centre has a variety of evening courses for adults and seniors. See our front desk for details and evening schedule.

Evening Guitar Lessons Levels 1, 2, and 3



Get motivated and inspired to play the guitar in our relaxed and welcoming environment. If you have some or no experience at all, there is a class just right for you!

Song and chord recognition; strumming and picking taught with weekly reviews; and new technical skills introduced at each level. Participants are encouraged to set their own goals and work at their own pace.

Spring session - Wed Mar 27 to June 12 (12 weeks)

Level 1- 5:50pm; **Level 2** - 6:55pm; **Level 3** - 8pm.

Advance registration required.

Monty Don-Paradise Gardens Saturday, March 9 1pm



Monty Don explores paradise gardens in Spain, Morocco and Iran, offering a slightly different vision of paradise. Beautiful scenery and history brought to you by the BBC Two. Sign up for this armchair travel experience at the front desk.

SPRING & SUMMER Courses

Spring Daytime Programs



Cardio Older Adult
Chair-Exercise
Chair-Yoga
Dance Fitness
Line Dancing
Nia Fitness
Strength & Balance
Tai-Chi
Writing for Enjoyment
Yoga 50+
Zumba Gold
55 Alive Driver Refresher Course

Spring Evening Programs

Ballroom Dancing Spanish Conversation
Guitar Yoga
Learning Bridge - Level 3

Summer: Fitness Adults 50+ Programs:

Cardio Older Adult Nia Fitness
Chair-Exercise Strength & Balance
Chair Yoga Tai Chi
Dance Fitness Yoga
Line Dancing Zumba Gold

Nia Fitness



NIA dance cardio fitness classes are taught by our instructor, who is licensed in the NIA Technique. The class includes core strength training, mindful movement, and sustained, non-impact cardio conditioning, cool-down and stretching. NIA fitness classes are taught to a variety of music selections including Latin, jazz, and new age. Join our instructor for this self-paced, gentle, one-of-a-kind workout.

Spring Session - Thurs Mar 21- May 30 (10 weeks)
9:30-10:30am.

Summer Session - Thurs July 4 - Aug 29 (9 weeks)
9 - 10am

Advance registration required for both sessions.

Looking Ahead to APRIL:



Apr 4 - Bigger Than Us - DVD Presentation

Apr 5 - Camera Club

Apr 10, 17, 24 - The Great Courses® DVD Series:
“How Colour Affects You”

Apr 11 - Book Club: “The Universe Versus Alex Woods”

Apr 13 - Saturday Afternoon at the Movies

Apr 18 - Special Event: Victorian Tea

Apr 19, 20, 21 & 22 - Closed for Easter Holiday

Apr 25 - Learning Series: “The Promise Land”
with Peter Kunstadt

ACTIVITIES AT OUR CENTRE:

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



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 are still in need of a chorus director. Please contact Janet at the front desk if you are interested.

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.

Craft Group

Tuesdays at 1 - 3pm



This is a “social and creative” group that meets every Tuesday afternoon to support the Centre and each other. New members are always welcome. Our crafters work on all types of needlework and craft projects such as knitting, crocheting and sewing. Their hard work and dedication raises money for various Centre activities and projects plus supporting many worthwhile causes and charities in the community.

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.

- Mar 6** - The Last Laugh *comedy*
- Mar 13** - Book Club *comedy, romance*
- Mar 20** - Crazy Rich Asians *comedy, romance*
- Mar 27** - Love, Simon *drama, comedy*

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 14 at 2pm



This Month's Book: "Educated" by Tara Westover

Do you enjoy reading and discussing books with others - then come join our monthly book club. New members are always welcome. Please sign up at the front desk and see our list of future book selections.

Camera Club Fri Mar 1 at 9:15am



Learn about taking pictures, 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 to be a member 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.

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



- Mar 6** - Starry Nights
- Mar 13** - Jumpin' Jimmy Leroux
- Mar 20** - Ballroom Dancing by Marlissa
- Mar 27** - Larry Wright and the Way Back Machine

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 - \$10 (clients are billed by WOCRC)
Transportation can be arranged upon request.

"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 or by calling the 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.