



# SENIORS' SCOOP

Vol. 199 Kanata Seniors' Centre Newsletter April 2019

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Phone 613- 580-2980  
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Hours: Mon to Fri: 8:30am - 4pm  
Sat: 10am - 4pm (Sept to June)  
KSC Membership Fee is \$27/year

## Closure for Easter



The Kanata Seniors' Centre and Council Café will be closed from April 19 – 22 (inclusive) for the Easter Weekend.

## SPECIAL EVENTS THIS MONTH:

### Bigger Than Us Series

Thurs April 4

1:30 - 3pm

Topic: Solving the Plastics Problem



The world has a big problem and that problem is too much plastic. Much of the plastic we use are one-use, throw-away items: bubble wrap, straws, stir sticks, plastic bags, etc... What can be done to solve this problem?

Join us for the Bigger Than Us presentation when we will discuss the issues around this problem.

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

### Armchair Travel

Sat April 6 at 1pm



Topic: Visiting Two United States National Parks

Sit back and travel to two national parks in the United States - Glacier National Park in Montana and Canyonlands National Park in Utah. Each park has its own unique and powerful displays of beauty.

Sign up for this armchair travel experience at the front desk. All are welcome. No charge.

## "Gone with the Wind" Fashion Show and Tea



Thurs April 18  
1 - 3pm



We are excited to have MacLeod Mercantile back to our Centre to present the fashions from the movie "Gone with the Wind". Nancy will review the fashions, movie gossip, and movie mistakes! Following the Fashion Show, we will be serving tea, with light sandwiches and dainties.

Tickets - \$13.50 for Members; \$15.50 for Non-members. Register at the front desk before Wed April 10.

## The Great Courses® - DVD Lecture Series

Wednesdays, April 10, 17 & 24

1 - 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.

**Saturday Afternoon at the Movies**  
**April 13 – 1 to 2:40pm**

**Movie: The Wife**

**Cast:** Glenn Close, Jonathan Pryce,  
Max Irons



**Story:** Joe is about to be awarded the Nobel Prize for Literature for his acclaimed and prolific body of work. As his wife Joan travels to Stockholm with him, she starts to think about the shared compromises, secrets and betrayals.

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).

**Spring 2019 Learning Series**

**Thurs April 25**

**1- 2:30pm**

**Topic: “The Promised Land”**



If you regularly drive on Hazeldean Road you will know the colourful Kunstadt Sports building. Peter Kunstadt’s book “*The Promised Land*” takes us from Prague’s Wenceslas Square, with its Russian tanks looking out beyond the statue of “Good” King Wenceslas, to a new life in Canada. He and his fiancée Susan, escaped from Czechoslovakia and settled in Ottawa. Peter was then involved in several Canadian Masters Alpine Skiing competitions. This lecture outlines his journey to the Promised Land!!!!  
No charge for members and guest but please register in advance at the front desk. Refreshments sponsored by the Kanata Seniors Council Inc.

**Looking Ahead to May:**



- May 1 and 8** - 55 Alive Driver Refresher Course
- May 2**- Bigger Than Us - DVD Presentation
- May 3** - Camera Club
- May 4** - Mah Jong Tournament
- May 9** - Book Club: “Everfree” by Nick Sagan
- May 9 to 23** - Far West Fun Fest
- May 11** - Armchair Travel
- May 18, 19, 20** - Closed for Victoria Weekend
- May 25** - Afternoon Movie
- May 28** - Carpet Bowling Tournament
- May 30** - Learning Series: Canada in Space

**SPRING & SUMMER Courses**



Registration is ongoing for all Spring and Summer Courses. See the front desk for details and to register.

**55 Alive Driver Refresher Course**

**Wednesdays May 1 and May 8**

**12:30 - 4pm**



**Register in advance. Limited space. 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.  
**Cost includes manual: \$27.75 Adult; \$25 for 65+**

**Mah Jong Tournament**

**Sat May 4th**

**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.



**Duplicate Bridge Drop In**

**Thursdays 6:30 - 8:30pm**

**Starting April 11**



**PLAY DUPLICATE BRIDGE**

Join us for a supervised game of duplicate bridge where you will develop your bidding skills and “the play of the hand” with the support of a teacher. The Drop In fee is \$6.75 per evening. Please register in advance at the front desk.

**Kanata Seniors’ Centre**

**Membership**

In order to participate in the activities at the Centre, a membership is required. The yearly cost is \$27 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.

## 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. 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 raise 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 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. Participate by sharing your knowledge and experiences or just sit back and listen.

### **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.

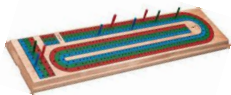
**April 3** - Book Club *comedy, romance*

**April 10** - The Nutcracker and the Four Realms  
*adventure, fantasy*

**April 17** - Darkest Hour *biography, history*

**April 24** - Little Women *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 April 11 at 2pm**



**This Month's Book: "The Universe Versus Alex Woods"** by Gavin Extence

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 April 5 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**



**April 3** - Goulbourn Museum Historical Presentation  
**April 10** - The Chords  
**April 17** - Tick Talk by the Ottawa Public Health  
**April 24** - Patrick Kearney

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**



"In Step, In Shape, Inside" is how the Mall Walkers at the Hazeldean Mall stay in shape and have fun walking throughout the year. 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.

**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. Your co-operation is greatly appreciated.