



# SENIORS' SCOOP

Vol. 200

Kanata Seniors' Centre Newsletter

May 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 \$27/year

**Kanata Seniors' Centre and Council Café Closed -**



**May 18, 19, and 20**  
for Victoria Weekend



## SPECIAL EVENTS THIS MONTH:

**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+**

**Bigger Than Us Series**

**Thurs May 2**  
1:30 - 3pm

**facebook**

**Topic: Is Facebook Bad for Democracy?**

The world, especially the western world, has been under cyber attack for a number of years now. It used to be that our institutions would take the brunt of these attacks, culminating in the loss of proprietary data of various descriptions. These attacks are now vying for our thoughts, our minds, and our opinions with the ultimate goal of creating descent within or even destroying our societies.

Join us for the Bigger Than Us presentation when we will discuss the issues around this problem. Please register in advance at the front desk.

**Mah Jong Tournament**  
Sat May 4 10am - 3pm



Our avid Mah Jong players at the Centre are having a fun tournament to show their skills with this ancient tile game. Please register in advance at the front desk as seating is limited to the room size.

**Armchair Travel**  
Sat May 11 at 1pm



**Topic: Australia**

Enjoy *Pelicans - the Outback Nomads* and learn about the dramatic story of one of Australia's greatest nomads with its enormous beak and undignified waddle. Then watch *A Cook Abroad - in Australia* as Rick Stein travels to Sydney to look at the direction of the Australian food culture. He speaks with a chef who is trained in French and Aboriginal cooking. On to Tasmania to hunt and try wallaby meat, as well as trying the local whiskey. Sign up at the front desk for this Armchair Travel experience.

**Saturday Afternoon at the Movies**  
May 25 - 1 to 3:15pm

**Movie: The Highwaymen**

**Cast:** Kevin Costner, Woody Harrelson, Kathy Bates



**Story:** This crime mystery story tells how a pair of Texas Rangers come out of retirement to catch the infamous outlaws Bonnie and Clyde.

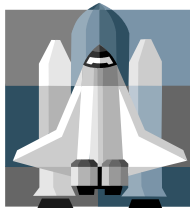
Please sign up at the front desk. Our movies are subject to availability and are shown in Closed Captioning (CC).

**Annual Carpet Bowling Tournament**  
**Tues May 28**  
**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 23.

**Spring 2019 Learning Series**  
**Thurs May 30**  
**1- 2:30pm**  
**Topic: Canada in Space - A History**



Our guest speaker is Frank Hitchens who will share his knowledge of our nation’s contributions to ‘the space race’ dating back to the ’60s. From Alouette 1 to the Canadarm and Chris Hadfield, Canada has played a crucial role in the space program over the last sixty years. This lecture will examine many of Canada’s successes.

Please register in advance at the front desk.  
 Refreshments sponsored by the Kanata Seniors Council Inc.

**Looking Ahead to June**



- June 1** - Armchair Travel
- June 6** - Bigger Than Us Series
- June 7** - Camera Club
- June 13** - Learning Series: “The World of Broadcasting”
- June 13** - Book Club: Washington Black
- June 15** - Saturday Afternoon at the Movies
- June 17** - AGM Kanata Seniors Council Inc.
- June 20** - Canada Day BBQ

**Kanata Seniors’ Centre, Council Café and Mlacak Halls** - closed Sat June 22 to Mon July 1 inclusive, reopening Tue July 2.

**Please Note:** The Kanata Seniors’ Centre and Council Café will be closed on **Saturdays** during the summer starting June 22 until after Labour Day.



**Duplicate Bridge Play**  
**Thursdays 6:30 - 8:30pm**



Play duplicate-style bridge with a qualified director and teacher in a relaxed, non-competitive setting. Help with bidding and play of cards will be available. This program is non-ACBL sanctioned and great for those new to duplicate bridge. No partner required. Pick the Thursdays you want to register for! In order to have sufficient numbers each evening, **you must register in advance for each Thursday session.** Fee is \$7.75 for Adults; \$7 for 65+ per visit. See front desk for registration details.

**SUMMER Courses at the Centre**



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

**BEAT THE HEAT!!!! Stay active, keep fit!**  
**Enjoy our summer programs**  
**in the comfort of our air-conditioned halls!**

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

**ACTIVITIES AT OUR CENTRE:**

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



**Membership**

Please make sure that your membership is current and renewed on a yearly basis in order to participate in the activities at the Centre.

**Mah Jong**  
**Mondays and Thursdays at 9am**



***Mah Jong Tournament is on Sat May 4, 10am-3pm***  
***Please register in advance at the 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. Instruction given each week.

**Sounds of Music**  
**Mondays at 10am**



*Last gathering for the Spring Session is May 13*

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 many worthwhile causes and charities in the community.

**Carpet Bowling**  
**Tuesdays and Fridays at 1pm**



*Last day of Spring Session - May 21 & 24*  
***Annual Carpet Bowling Tournament May 28***

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.

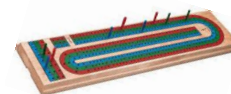
**Movies at the Centre**  
**Wednesdays at 1:15pm**



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.

- May 1 - Walk Ride Rodeo** *drama*
- May 8 - Juanita** *drama*
- May 15 - Same Kind of Different as Me** *biography*
- May 22 - Walt Before Mickey** *biography*
- May 29 - The Wife** *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 May 9 at 2pm**



**This Month's Book: "Everfree"** by Nick Sagan  
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 May 3 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.

**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.

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



- May 1** - Caring for the Caregiver
- May 8** - Kay Denison
- May 15** - The Professor
- May 22** - Cornwall City Cloggers
- May 29** - Aged in Harmony

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 at 613-580-2980.

**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.

**Gardening at the Centre**



Would you like to spend a few hours from time-to-time helping with the gardening at the Centre? We appreciate volunteers stopping to weed and water as needed. Please consider helping if you can. For more details or if you are able to volunteer, please contact Janet Baigent at 613-580-2980.