

SENIORS' SCOOP

Vol. 201

Kanata Seniors' Centre Newsletter

June 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

SPECIAL EVENTS THIS MONTH:

Armchair Travel
Sat June 1 and Sat June 8
1pm

Topic: Italian Garden Tour



Sit back and marvel at the beauty of the many Italian gardens in this 2-part series. Monty Don conducts his personal 'grand garden tour' around Italy, including the retreats of the affluent north and the horticultural gems of the south.

Please register in advance at the front desk for this Armchair Travel experience.

Ottawa Memory Clinic
Wed June 12
1 to 3 pm
Topic: For Lasting Memories



Dr. Richard Bergeron and his team from the Ottawa Memory Clinic will be hosting an information session about early detection of Alzheimer's disease. They are dedicated to helping improve the lives of people who may be at risk for or are affected by memory decline. The presentation will cover signs/symptoms, treatment options, and living with memory loss.

The OMC team consists of health care professionals and all services offered are free of charge to all patients! Family members are welcome and encouraged to attend!

Tea, coffee and snacks will be served.

Please ensure you register in advance at the front desk to maintain our maximum numbers.

Canada Day Celebration BBQ



Thurs June 20
Doors open at 10:30am



Come join us for our Canada Day Celebration with entertainment by "The Starry Nights". Enjoy a fantastic BBQ of hot dogs and hamburgers along with potato salad, dessert and beverages!

Show your Canadian Pride and dress in Red and White for our Celebration!

Tickets - \$12 for Members; \$14 for Non-members.
Register at the front desk before Mon June 17.

Spring 2019 Learning Series
Thurs June 13 at 1pm



Topic: The World of Broadcasting

Our guest speaker is John Brenner, a 40+ year veteran of radio/TV News with 18 years spent in Ottawa at CFRA Radio, plus a broadcasting career in other Canadian newsrooms. He will examine the rapid changes taking place in media today; the relevance of traditional radio, television and newspapers in a digital world; and the impact of citizen journalism and social media on information. Come join us for this very informative and interesting presentation.

Please register in advance at the front desk.

Refreshments sponsored by the Kanata Seniors Council Inc.

Saturday at the Movies - Gone with the Wind
June 15 at 10:30am



Movie begins at 10:30am with a break at noon for lunch (bring your own bag lunch or order from the Council Café). Movie will continue at 1pm.

Cast: Clark Gable, Vivien Leigh, Thomas Mitchell
Story: Epic Civil War drama focuses on the life of petulant southern belle Scarlett O'Hara. The film traces her survival through the tragic history of the South during the Civil War and Reconstruction, and her tangled love affairs with Ashley Wilkes and Rhett Butler.

Please sign up in advance at the front desk as attendance is limited to room size.

Our movies are subject to availability and are shown in Closed Captioning (CC).

Duplicate Bridge Party
Thursdays 6:15 - 8:45pm



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 per visit: Adults \$6.50; Senior 65+ \$6.
See front desk for registration details.



Looking Ahead to July & August

Wednesdays at 12:20pm - Duplicate Bridge
Thursdays at 1pm - Geriatric Jazz Band
Fridays at 1pm - Movies for the Summer
Wed July 10 at 11am - Kanata Diners Club WOCRC
Thurs July 11 at 2pm - Book Club:
"Milkman" by Anna Burns
Wed Aug 14 at 11am - Kanata Diners Club WOCRC

Guitar Maintenance Workshop
Sat June 8
9am to 2pm



Learn proper maintenance, set up, cleaning, string changes, intonation, simple repairs and much more. Bring your electric, steel, or nylon string guitar. There will be a supply fee payable to the instructor at the time of the course.

Cost: Adult: \$58.25; Senior 65+ \$52.50
Registration in advance at the front desk.



Kanata Seniors' Centre and Council Café Closures

Closed Sat June 22 to Mon July 1 inclusive, reopening Tue July 2 at 8:30am.

Closed on **Saturdays** during the summer starting June 22 until after Labour Day.

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

Registration for Fall & Winter Courses



Course information available July 22 on-line and at the front desk.



All Aquatics and Aquafit Programs:

Mon Aug 12 online and touch-tone phone starting at **9pm**

Tues Aug 13 in person during business hours

All Other Programs:

Wed Aug 14 online and touch-tone phone starting at **9pm**

Thurs Aug 15 in person during business hours

THANK YOU!

To All Our Dedicated KSC Volunteers



We would like to take this opportunity to thank all our volunteers who contribute to our Centre. Whether you see them or not, so many people are working hard to ensure that our members enjoy their time at our Centre. Without volunteers, the activities and services that our members enjoy would not be sustainable.

We certainly appreciate the time that our volunteers have taken to record their hours. We want to thank and encourage our volunteers for continuing to submit their hours on a monthly 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.

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.

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



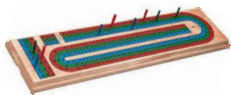
These movies are free of charge. Please note that our movies are subject to availability and are shown in Closed Captioning (CC). See bulletin board for a brief summary of each movie.

June 5 - Instant Family *comedy, drama*

June 12 - On the Basis of Sex *biography, drama*

June 19 - Green Book *biography, 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 June 13 at 2pm



This Month's Book: "Washington Black"
by Esi Edugyan

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 June 7 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



June 5 - Jumpin Jimmy Leroux
June 12 - Dai Bassett
June 19 - Paula Thomas

July 10 - Shari Harding
Aug 14 - Christine McCann

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.

Big Band Dance Series:
Ron Kolbus Lakeside Centre
Britannia Park



Dates: Thurs June 6
Time: Doors open at 6:30 pm
Band plays from 7 to 10:30 pm
Tickets: \$21 per person in advance 613 828-4313
or purchase at the Kanata Seniors' Centre
or \$25 per person at door

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.