



SENIORS' SCOOP

Vol. 203 Kanata Seniors' Centre Newsletter September 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 – June)
KSC Membership Fee is \$27/year

The Kanata Seniors' Centre and the Council Café will be closed:
Mon Sept 2 for Labour Day
Fri Sept 13 at 12 noon for Expo 55



SPECIAL EVENTS THIS MONTH:



Open House & Pancake Breakfast
Sat Sept 7



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 Halls. Why not start your Christmas shopping a little early this year!

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.

EXPO 55
with Councillor Jenna Sudds
Fri Sept 13 – 1 to 3pm



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 12pm for Expo 55.



September Lunch & Movie
Saturday Sept 14
11:45am to 2:40pm



A hot lunch followed by our feature movie.

Movie: Murder Mystery

Cast: Adam Sandler, Jennifer Aniston, Luke Evans

Story: A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage. A chance encounter leads to them being framed for the murder of an elderly billionaire.

Tickets - \$11 Members; \$13 Non-members.

Limited Seating. Register at the front desk.

Please note that our movies are subject to availability and are shown in Closed Captioning (CC).

September is a great time to try

new activities and to get involved at the Kanata Seniors' Centre.

Saturday Afternoon at the Movies
Sept 21 - 1 to 2:45pm

Movie: Wine Country

Cast: Amy Poehler, Rachel Dratch, Ana Gasteyer, Tina Fey, Emily Spivey

Story: A group of long-time girlfriends goes to Napa Valley, California for the weekend to celebrate their friend's 50th birthday.



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

FALL 2019 Learning Series
Thurs Sept 26
1- 2:30pm



Topic: Driving in the Third Age: Challenges and Opportunities

Our guest speaker is Frank Knoefel, a physician with the Bruyère Memory Program. For the last several years he has been working with colleagues on identifying driving changes over time in the CanDrive database of older drivers in Ottawa. One of the goals of this research program is to easily identify those over 70 years old who should no longer be driving and to keep older drivers safe on the road longer.

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

Did you know



... that the Kanata Seniors' Centre offers a variety of **evening courses for adults and seniors** such as Yoga, Learning Bridge, Spanish Conversation, Drop-in Social Duplicate Bridge, Guitar, and a Guitar Maintenance Workshop plus a new Advanced Guitar Level. See the front desk for the weekly evening schedule, course details, and choice of levels.

Armchair Travel
Sat Sept 28 at 1 to 3:15pm



Topics: Coast Modern and
Around the World in 80 Gardens USA

Coast Modern video will take you along the Pacific North West coastline from LA to Vancouver. It will showcase the pioneers of West Coast Modernist Architecture and the homes that have become their legacies. After a 10-minute break, the video *Around the World in 80 Gardens USA* will be shown, highlighting the most prestigious gardens in the US. Come and enjoy both these wonderful travel videos. Please sign up at the front desk.

FALL & WINTER Courses



at the Kanata Seniors' Centre and Mlacak Halls

Stay active, keep fit and enjoy life.
See the front desk for the complete weekly schedule with course details, days and times.

Fitness Adults 50+ Courses:

- Cardio Older Adult
- Chair-Exercise
- Chair-Yoga
- Line Dancing - Levels 1, 2 and 3
- Nia Fitness
- Stretch, Strength & Balance
- Tai-Chi - Level 1 and 2
- Yoga
- Zumba Gold

General Interest Courses: Adults and Seniors

- 55 Alive Driver Refresher (2-day Fall Workshop)
- Drop-in Social Duplicate Bridge
- Guitar - Level 1, 2 and Advanced
- Guitar Maintenance (Fall Workshop)
- Learning Bridge - Level 1 (Fall); Level 2 (Winter)
- Spanish Conversation - Levels 1, 2 and 3
- Writing for Enjoyment

Looking Ahead to October:



Oct 2 - The Great Courses® DVD Lecture Series:

“The Human Body: How We Fail,
How We Heal” (8-week series)

Oct 3 and 10 - 55 Alive Driver Refresher Course

Oct 3 - Bigger Than Us - “Merchants of Doubt”

Oct 4 - Camera Club

Oct 5 - Saturday Lunch & Movie: “POMS”

Oct 10 - Book Club: “Moon of the Crusted Snow”

Oct 12, 13, 14 - Closed for Thanksgiving Weekend

Oct 17 - October Special Event

Oct 19 - Saturday Afternoon at the Movies

Oct 26 - Mah Jong Tournament

Oct 31 - Learning Series: “Stars - The Key to Life”

The Great Courses® - DVD Lecture Series

Wednesdays Oct 2 - Nov 20 (8 weeks)

1 to 2:30pm

Topic - The Human Body: How We Fail,
How We Heal



Our DVD lecturer is Dr. Anthony Goodman who was a professor of medicine at Montana State University. This 8-week session is an excellent course dealing with basic cell biology, inflammation, the immune response, hypersensitivity, plus topics like immune reaction, infectious diseases, treatment of infectious diseases, shock, cancer, environmental carcinogens, treatment (surgery, radiation, chemotherapy), and how our body heals. Our facilitator is Barry Smith who will assist with the question and answer period. Spots are limited, so register early for this lecture series.

55 Alive Driver Refresher Course

12:30 - 4pm Part 1 - Thurs Oct 3

Part 2 - Thurs Oct 10



Attendance required both afternoons.

Register in advance. Limited space.

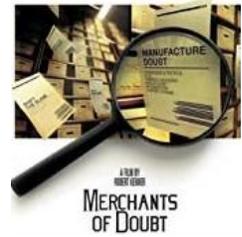
This 2-part, in-class training is designed to help Canadians 55 years and older to update their driving skills. The course will help you gain more confidence behind the wheel; improve your awareness of traffic hazards; update you on traffic laws and new technology; and sharpen many of your driving skills.

**Cost: Adults \$32.25; Seniors (65+) \$29.25
(cost includes manual)**

Bigger Than Us Series

Thurs Oct 3

1:30 to 3:30pm



Topic: Merchants of Doubt

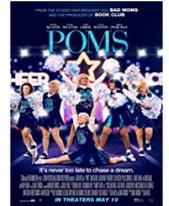
This documentary film looks at pundits-for-hire who present themselves as scientific authorities as they speak about topics like toxic chemicals, pharmaceuticals and climate change. The film deals with the ongoing use of tactics to forestall governmental action to regulate greenhouse gas emissions in response to the risk of global climate change. Upon viewing, our volunteer facilitator Richard Keeler will lead a short discussion about the documentary. All are welcome. No charge. Please register in advance at the front desk.



October Lunch & Movie

Saturday Oct 5

11:45am to 2:30pm



A hot lunch followed by our feature movie.

Movie: POMS

Cast: Diane Keaton, Jacki Weaver, Celia Weston

Story: Martha is an introverted woman who moves to a retirement community hoping to be left alone. She meets a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha soon learns that it's never too late to follow your dreams.

Tickets - \$11 Members; \$13 Non-members.

Limited Seating. Register at the front desk.

Please note that our movies are subject to availability and are shown in Closed Captioning (CC).

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. 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.

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



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 9 - 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!

Euchre Mondays at 12:30pm



Join us 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 convenor 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 game and fun to play.

Carpet Bowling at 1 pm Starts Tues Sept 17 and Fri Sept 20



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!

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.

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.

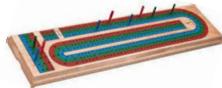
Movies at the Centre
Wednesdays at 1:15pm



All movies are free of charge. See bulletin board for full details. Please note that our movies are subject to availability and are shown in Closed Captioning (CC).

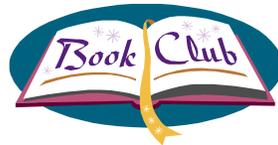
- Sept 4** - Life Itself *drama, romance*
- Sept 11** - Autumn Dreams *comedy, romance*
- Sept 18** - Secret Obsession *thriller, drama*
- Sept 25** - Running for Grace *adventure, romance*

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 12 at 2pm



This Month: "Brother"

by David Chariandy

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 front desk or check our website at:
http://www.kanataseniors.ca/book_club.html

Camera Club
Fri Sept 6 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 session 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 6 - Fall Session Starts
1pm



No Geriatric Jazz Band Sept 13 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. 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 7 - 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.

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



Sept 11 - Kay Denison
Sept 18 - Freddie Pitz
Sept 25 - Larry and the Wayback Machine

WOCRC, along with community volunteers, host a nutritional lunch, entertainment, and/or educational program for seniors and for adults with disabilities living in our community. A great way to socialize.

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.

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).

Drop-in Activities for Seniors at KRC



The Kanata Recreation Complex (located near the corner of Hazeldean Rd and Terry Fox Rd behind the Ron Maslin Theatre) offers seniors programming: Stretch & Strength Fitness classes, Senior Skating, and Duplicate Bridge. For more information please contact KRC at 613-580-2570.

Parking Lot Request



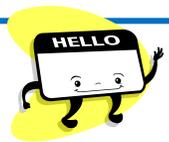
Our parking lot is often full. We suggest that those of us who are more able-bodied might try to park in the lot nearest the library. This would allow those who need easy access the convenience of the parking spaces closest to the Centre. **Please try to park within the lines of the parking stalls to avoid taking up two spaces.** Your co-operation is greatly appreciated.

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.**