CLOSURES
The Kanata Seniors’ Centre and Council Café will be closed from Dec 21 to Jan 1 (Inclusive)
We will re-open on Thurs Jan 2 at 8:30am.
The Council Café will be closed all day on Sat Jan 25 for Council’s special event.

SPECIAL EVENTS THIS MONTH:

January Lunch & Movie
Saturday Jan 4
11:45am - 2:50pm
A hot lunch plus our feature movie.
Movie: The Art of Racing in the Rain
Cast: Milo Ventimiglia, voice of Kevin Costner, Amanda Seyfried
Story: The story of a golden retriever named Enzo and the incredible bond with his owner Denny, an aspiring Formula One racing car driver as they navigate life’s lessons on and off the racetrack.
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).

Bigger Than Us Series
Thurs Jan 9
1:30 - 3pm
Topic: What Sea Level Rise Will do to Coastal Cities
Sea level rise caused by global warming is a doomsday scenario that will play out so far into the future. More than 90 coastal communities in the United States are, at this moment, battling chronic flooding. Miami, Florida is one of these cities. We will explore this inevitable future in our Bigger Than Us presentation.
After viewing this documentary, our volunteer facilitator Richard Keeler will lead a short discussion.
Please register in advance at the front desk.

Armchair Travel
Sat Jan 11
1 to 3pm
Topic: Culinary Tour
In this video presentation of “Girl Eat World”, food writer and Master Chef Kamini Pather's mission is to discover how food is changing the way people think about themselves and their city. She visits hidden gems, quiet restaurants, bustling markets, swinging night spots, breweries, pop-up diners, cocktail bars, street stalls, and neighbourhoods in transition. From Bangkok to Berlin, from Sydney to Copenhagen, come and enjoy this wonderful travel video. Please sign up at the front desk.

We are looking for Prizes for our February BINGO -
Prizes!!
If you have any unused items that would make great prizes for our upcoming BINGO in February, we would appreciate receiving them at the front desk. It’s a great way for you to de-clutter and re-gift items that you received but never used. Thank you and we look forward to your donations.
Saturday Afternoon at the Movies
Jan 18 – 1 to 2:40pm

Movie: The Laundromat  comedy, crime

Cast: Meryl Streep, Gary Oldman, Antonio Banderas

Story: A widow investigates an insurance fraud, chasing leads to a pair of Panama City law partners exploiting the world's financial system.

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).

Winter Learning Series
Thurs Jan 30
1 - 2:30pm

Topic: Students on Ice

Since 2000, Students on Ice (SOI) has been bringing youth from around the world on ship-based educational expeditions to the Arctic and Antarctic. This year represents the 20th Anniversary of SOI. Our guest speaker Rachel Boere had the opportunity to travel with Students on Ice on the 2015 Arctic Expedition as a member of the Parks Canada Northern Engagement and Outreach Team. She will share with us the world of the North, the impact of experiential education, and the power of storytelling.

Please register in advance at the front desk.

Refreshments sponsored by the Kanata Seniors Council Inc.

A BIG “THANK YOU” to the Craft Group

The Kanata Seniors’ Centre Craft Group enjoyed a very successful year with all monies going to seniors’ needs and special charities. Thank you and congratulations to all our crafters for their hard work and dedication all year long. Their devoted service in 2019 accumulated over 4,500 hours of volunteer time to support seniors’ services in the community.

BRAVO! Great Job! Thank You!

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. Thank you.

Winter Courses

Get active, stay in shape, and have fun with others. See our front desk for more information and details about these programs offered at the Kanata Seniors’ Centre/John Mlacak Centre.

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 - Levels 1 and 2
- Yoga
- Zumba Gold

General Interest Courses: Adults and Seniors
- Drop-in Social Duplicate Bridge
- Guitar - Levels 1, 2 and Advanced
- Learning Bridge - Level 2
- Spanish Conversation - Levels 1, 2 and 3
- Writing for Enjoyment

Did you know

... that the Kanata Seniors’ Centre offers a variety of evening courses for adults and seniors such as Yoga, Learning Bridge Level 2, Spanish Conversation, Drop-in Social Duplicate Bridge, and Guitar. See the front desk for the weekly evening schedule, course details, and choice of levels.

Looking Ahead to February:

Feb 1 - Saturday Lunch & Movie: Downton Abbey
Feb 6 - Bigger Than Us Series
Feb 7 - Camera Club
Feb 13 - Computer Seminar
Feb 13 - Book Club: “The Pianist from Syria”
Feb 15 - Movie: Blinded by the Light
Feb 17 - Closed for Family Day
Feb 20 - Beat the Winter Blahs Lunch & BINGO
Feb 22 - Armchair Travel “Jamie & Jimmie Friday Night Feast”
Feb 27 - Learning Series: “Adventures from the Coldest Part of the Cold War”
February Lunch & Movie
Saturday Feb 1
11:45am - 3pm

A hot lunch plus our feature movie.

Movie: Downton Abbey
Cast: Matthew Goode, Maggie Smith, Elizabeth McGovern
Story: The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century. Excitement is high at Downton Abbey when the family learns that King George V and Queen Mary are coming to visit. But trouble soon arises setting the stage for an impromptu scheme and other shenanigans.

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).

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!

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.

Carpet Bowling
Tuesdays and Fridays at 1pm
Winter Session begins Tues Jan 7th and Fri Jan 10th

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 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 good 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.

Jan 8 - Big Stone Gap  drama, romance
Jan 15 - Yesterday    fantasy, drama
Jan 22 - Late Night with Emma Thompson comedy
Jan 29 - American Son  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 Jan 9 at 2pm

This Month’s Book: “Unsheltered”
by Barbara Kingsolver

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.

Camera Club
Fri Jan 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.

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

Jan 8 - Starry Nights
Jan 15 - Ottawa Fire Department
Jan 22 - Ginette Hamilton
Jan 29 - Tea and Toast

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. Avoid the cold and slippery sidewalks by walking indoors. Socialize and enjoy the company of others. 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).