



SENIORS' SCOOP



Vol. 209 Kanata Seniors' Centre Newsletter

March 2020

2500 Campeau Drive
Kanata, Ontario K2K 2W3

Phone 613- 580-2980
www.kanataseniors.ca

Hours: Mon to Fri: 8:30am - 4pm
Sat: 10am - 4pm (Sept to June)
KSC Membership Fee is \$27.75/year

Duplicate Bridge Tournament
Kanata Recreation Complex
100 Charlie Rogers Place
Hall C

Sat Mar 7
1 - 4:30pm

Duplicate Bridge



Register with your partner for this fun tournament with Bill Wheeler as the convenor. Refreshments will be provided at break and fun prizes to be won. Please register in advance (\$10 per person) at the Kanata Seniors' Centre or at the Kanata Recreation Complex which is located off Terry Fox Dr. behind the Ron Maslin Kanata Theatre.

SPECIAL EVENTS THIS MONTH:

Bigger Than Us Series
Thurs Mar 5
1:30 - 3pm

Topic: The Psychology of War



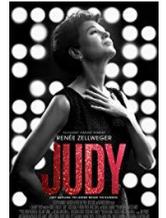
It seems that the west is always involved in one war or another. Why do these conflicts keep happening; why do we, the west, keep getting drawn into these conflicts? We will delve into these reasons when we meet for this "Bigger Than Us" presentation.

Upon viewing this video, our volunteer facilitator Richard Keeler, will lead a discussion on the topic of *The Psychology of War*.

Please register in advance at the front desk for this informative and interesting presentation.



March Lunch & Movie
Saturday Mar 7
11:45am - 3pm



A hot lunch plus our feature movie.

Movie: JUDY

Cast: Renée Zellweger, Jessie Buckley, Finn Wittrock

Story: Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.

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).

City of Ottawa Programs



Registration for Spring & Summer:

Stay active, keep fit and enjoy life. See the front desk for the complete weekly schedule with course details, days and times. Register early as many classes fill quickly. See p.2 for courses offered at the Kanata Seniors' Centre and in the Mlacak Halls.

Mar 2 - starting at 9 pm online - Aquatic Programs

Mar 3 - Aquatic Programs - in person during regular business hours

Mar 4 - starting at 9 pm online - all other Programs

Mar 5 - all other Programs - in person during regular business hours.

**Saturday Afternoon at the Movies
Mar 21**

1 to 2:50pm

**Movie: A Beautiful Day in the
Neighborhood**



Cast: Tom Hanks, Matthew Rhys, Chris Cooper
Story: Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism. But Roger's empathy and kindness soon chips away at Vogel's jaded outlook on life helping him to reconcile with his painful past.

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 Mar 26

1- 2:30pm

**PRESERVING
THE PAST**

**Topic: Keeping the Past - Family Archives
and Memorabilia**

Our guest speaker Kyla Ubbink will show you how to stop the deterioration of your family's historic documents, letters, photographs, albums, clippings, books, memorabilia and scrapbooks through the practice of archival preservation. She will share her vast knowledge and experience working as a professional in the field of conservation, restoration and preservation and will provide you with many skills needed to start saving your family archives now! Please register in advance at the front desk. Refreshments sponsored by the Kanata Seniors Council Inc.

Armchair Travel

Sat Mar 28

1 pm



Topic: The Fairytale Castles of King Ludwig II
Everybody knows Cinderella's Castle at Disneyland. It is based on a real castle in Bavaria, Germany. Come and see the real castle and several others built by "Mad King Ludwig" in the late 19th century. These extraordinary and extravagant castles are among Germany's biggest tourist attractions today. Please sign up at the front desk for this travel film.

Looking Ahead to APRIL:



- Apr 2 & 9** - Driver Refresher Course
- Apr 2** - Bigger Than Us Series
- Apr 3** - Camera Club
- Apr 8** - The Great Courses® DVD Series: "The Secrets of Great Mystery and Suspense Fiction"
- Apr 9** - Computer Seminar: "Social Media & Security"
- Apr 9** - Book Club: "The Pearl That Broke Its Shell"
- Apr 10, 11, 12, 13** - Closed for Easter Holiday
- Apr 16** - Special Event: Fashion Show and Tea
- Apr 18** - Retirement Fair
- Apr 25** - Saturday Afternoon at the Movies
- Apr 30** - Learning Series: "Well Known Ottawa Personalities from the Past"

SPRING COURSES



Fitness Adults 50+ Courses:

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

General Interest Courses: Adults and Seniors

- 55 Alive Driver Refresher (2-day Workshop)
- Drop-in Social Duplicate Bridge (evening)
- Guitar - Level 1 & 2 (evening)
- Guitar Maintenance Workshop
- Learning Bridge - Level 1 (evening)
- Spanish Conversation - Levels 1, 2, & 3 (evening)
- Yoga (evening)
- Writing for Enjoyment

SUMMER COURSES

Fitness Adults 50+ Programs:

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

55 Alive Driver Refresher Course
Thurs Apr 2 & 9 at 12:30 - 4pm



*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 \$33; Seniors (65+) \$29.75
(cost includes manual)

The Great Courses® - DVD Lecture Series
Wednesdays, April 8 to 29 (4-week session)
1 to 2:30pm



**Topic: The Secrets of Great Mystery
and Suspense Fiction**

Why is mystery and suspense a go-to genre for so many readers around the world? What makes the dark and sometimes grisly themes appealing? In these 8 introductory lectures of “The Secrets of Great Mystery and Suspense Fiction”, Professor David Schmid of the University at Buffalo examines these questions, as he guides us through an examination of the many different varieties of the genre.

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.

ACTIVITIES AT OUR CENTRE:

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



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.

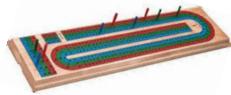
Movies at the Centre
Wednesdays at 1:15pm



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.

- Mar 4** - A Fall from Grace *thriller*
- Mar 11** - Midway *drama, history*
- Mar 18** - Downton Abbey *historical drama*
- Mar 25** - Blinded by the Light *comedy, music 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 Mar 12 at 2pm



This Month's Book: "The Broken Girls"
by Simone St. James

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 Mar 6 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



- Mar 4** - Normalizing Death Presentation
- Mar 11** - Dai Basset
- Mar 18** - Dementia Society Presentation
- Mar 25** - Line Dancing with Cathy

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.