



Summertime at the Kanata Seniors' Centre

This summer as things slow down in the community, it is a great time to visit the Kanata Seniors' Centre.

Our fitness activities are starting up with the summer session and our drop-in programs give you an opportunity to connect with friends old or new.

Look through this issue and you will find no shortage of things to do – be it bridge, discussion group, dominos, or another of our many activities. You can watch a movie or sing along with the Geriatric Jazz Band. We are here all summer long, the building is air conditioned, and parking is free.

We have hand sanitizer available through out the building for your use. Each lockdown, we extended the KSC Membership. Just ask our front desk to check your new expiry date.

Yearly memberships are \$29.75 – OR not sure you want to make a commitment to a membership, then try an activity for \$2.25 drop-in fee.



Cardio Older Adult (Lo Impact) Our Cardio Older Adult is taught by Carole Wakeman, who is a staple here at the Kanata Senior Center! She has been teaching older adults since 1999!!! Carole's passion and dedication to the health and wellness of our seniors is demonstrated in every class she teaches. We look forward to seeing you in class this summer. Carole is certified in Heart Wise and the Canadian Centre Active Ageing – CCAA

We have Wi-Fi

We have Wi-Fi capability in all our rooms at the Seniors' Centre. The password and log-in information is available at the front desk.

Our city website

<https://ottawa.ca/en/recreation-and-parks/recreation-facilities/facility-listing/kanata-seniors-centre>

KANATA SENIORS' CENTRE

2500 Campeau Drive, Kanata, Ontario K2K 2W3

Phone: 613-580-2980 Web: www.kanataseniors.ca

Hours: Mon to Fri: 8:30am -4pm





Geriatric Jazz Band entertains every Friday afternoon

Come and join The Geriatric Jazz Band to sing along to all your favorites from eras past and reminisce while the music gets your toes tapping! Fridays 1:00-3:00pm in our lounge. While you are here visit the café on the intermission and enjoy a coffee and treat!

Our Band Members:

Greg Conrad - Jazz Guitar

Robert Godkin – Saxophone

Doug Smith – Banjo

McBride – Bass

Thomas Mckegney – Piano

Howard Ken Backwell – Singer and Harmonica

Book Club meets the 2nd Thursday of the month

Do you enjoy reading and discussing books with others?

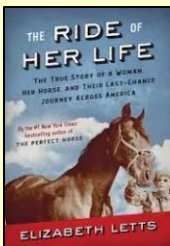
Come join our monthly book club. New members are always welcome. Please sign up at the front desk.

“The Ride of Her Life”

by Elizabeth Letts

Thursday July 14th at 1:30pm

‘The Ride of her Life’ is the triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean



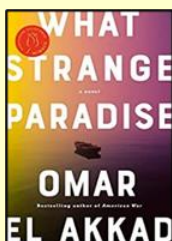
No meeting in August.

“What Strange Paradise”

by Omar El Akkad

Thursday Sept. 8th at 1:30pm

‘What Strange Paradise’ is a profoundly moving novel that looks at the global refugee crisis through the eyes of a child



Gardening at the Centre. Al and Angie putting in new hostas to the KSC Gardens. Al has been a volunteer gardener for many years here at KSC, and we are looking for more volunteers to help with weeding, watering, trimming and winterizing at end of season.

Coming this fall**Dates to Remember!**

- Fall registration for programs opens online Land Programs Aug 10th, 2022, at 9pm.
- In person registration begins on August 11th, 2022.
- Open House with Pancake Breakfast – Wednesday September 7th.
- Learning series are coming back in September
- *Bigger Than Us* series will begin in October
- October 20th, 2022, Fish and Chips and Bingo Special Event!

Movies all summer long**Wednesdays at 1:15pm***Please note that our movies are subject to availability and are shown in closed Captioning (CC).*

Wednesday July 6

Senior Year Drama, Comedy

1h 51min

Cast: Rebel Wilson, Angourie Rice, Mary Holland
A cheerleading stunt gone wrong landed her in a 20-year coma. Now she's 37, newly awake and ready to live out her high school dream: becoming prom queen.



Wednesday July 13

A Perfect Pairing

Comedy, Romance 1h 41min

Cast: Victoria Justice, Adam Demos

It follows a hard-driving LA wine-company executive who travels to an Australian sheep station to land a major client and there she ends up working as a ranch hand and sparking with a rugged locale



Wednesday July 20

Marmaduke

Comedy, Family 1h 27min

Cast: Owen Wilson, Judy Greer, Lee Pace

A suburban family moves to a new neighborhood with their large, yet lovable Great Dane, who has a tendency to wreak havoc in his own oblivious way.



Wednesday July 27

365 Days: This Day

Drama, Romance 1h 51min

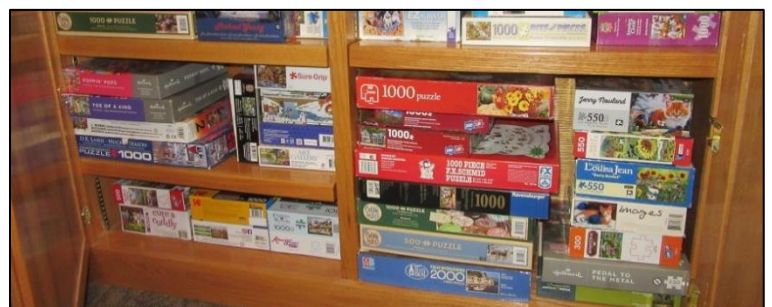
Cast: Anna-Maria Sieklucka, Michele Morrone

Laura and Massimo are back and stronger than ever. But Massimo's family ties and a mysterious man bidding for Laura's heart complicate the lovers' lives.

**August Movies will be advised when the schedule becomes available****Puzzles available to borrow**

A hidden gem at the Seniors' Centre is the lending library. Located in a corner of the lounge there is a cabinet crammed with puzzles for you to borrow.

There is also a wide selection of books from fiction to non-fiction. We use the honour system and only ask that you treat them gently and return them when you are done.



Drop-in programs**A wide variety of activities available all summer long**

Our Drop-In Activities continue to be popular. Some activities in particular are constrained by capacity limits.

Many of our Volunteer Convenors are back to support our resumption of activities and we are so thankful of their dedication.

We encourage you to continue to reserve a spot in your favourite activity. Reservations are done through FrontDesk App, link is provided below. The App requires you to use Chrome or Edge for your browser. Reservations may be entered 2 days prior to your desired activity as of 6pm. Example – reservation for Scrabble on Wednesday, access will be activated on Monday at 6pm.

<https://reservation.frontdesksuite.ca/rcfs/KSC>

If you do not have access to the internet, then phone-in reservation is available. Phone calls will be answered during normal operational hours. Voicemails will be processed and returned during normal operational hours. We will be open Monday to Friday 8:30am to 4pm.

**Kanata Seniors Craft Group looking for members**

The Seniors' Centre has a little craft group which meets on Tuesday afternoons 1pm to 3pm in the Owen Prince room.

The group's purpose is to create handmade craft items, mostly from donated wool and material. These items are then sold to raise funds which in turn are donated to various causes within in our community.

There are times when they donate completed items to a cause

rather than selling them. In the past years they have donated about \$20,000 to various causes, such as the food bank, the Ruddy Shenkman Hospice, Kanata Seniors' Centre, Disaster relief to name a few.

The crafters include ladies who knit, crochet, sew and needlepoint. They can provide patterns, needles, and notions that have been generously donated.

Snooker/Billiards

Monday to Friday 8:30-4:00pm

Mah Jong

Mondays 9:30 -11:30am

Fun Bridge

Mondays 1:00 -3:30pm

Instructional Bridge

Tuesdays 9:00 -11:00am

Crafts

Tuesdays 1:00 -3:00pm

Discussion Group

Wednesdays 9:30 -11:00am

Scrabble

Wednesdays 9:30 -11:30am

Duplicate Bridge

Wednesdays 1:00 -3:30pm

Canasta

Thursdays 10:00 -12:00am

Cribbage

Thursdays 12:30 -2:30pm

**Carpet Bowling
Fall, winter and spring only**

Thursdays 1:00 -3:00pm

Dominoes

Fridays 10:00 -12:00am

Euchre

Fridays 1:00 -3:00pm

The group has about 3 sales a year. The next planned sale is at the Open House Pancake Breakfast to be held on Wednesday, September 7, 2022.

If you are looking for an afternoon of good friendship and helping the community, they would love to have you join their group. Contact Kay Dubie ked.dubie@sympatico.ca 613-265-8046.