



Welcome to the Kanata Seniors Centre



Pre-COVID era Open House and Pancake Breakfast

Free Pancake Breakfast

Open House Wednesday 7 September 8:30-11am

The Seniors' Centre will be opening its doors to all area seniors all morning on Wednesday 7 September.

The Open House which gets underway at 8:30 a.m. will provide an opportunity for seniors to better appreciate all the activities which are available at the centre. The Open House will include a free pancake breakfast from 8:30 until 10:00. At the same time and continuing until 11am will be displays and demonstrations by the various clubs, organizations and activities available at the Seniors' Centre.

This is a great opportunity to bring your friends to taste some of our 'senior culture'.

September is a month of rejuvenation and return to routine in our lives after the lazy, hazy days of summer. And it is a great time to come/return to the Kanata Seniors Centre.

Our fall session of fitness programs are ready for registration with everything from Zumba to Chair-exercise available. Or maybe you would enjoy our drop-in activities like Scrabble, Mah Jong or Carpet Bowling.

As part of the enjoyment of our activities and getting to meet new friends, we are encouraging you to wear your name tags; been a few years since we have seen each other's faces and we have all aged 😊.

We have something for everyone, just drop by our front desk for tours and information.

KANATA SENIORS' CENTRE

2500 Campeau Drive, Kanata, Ontario K2K 2W3

Phone: 613-580-2980 **Membership:** \$29.75 /year

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



Lecture series – Thursday 29 September

Astronomy, telescopes and more

Telescopes are the porthole to the wonders of the universe. Ever since its invention in 1608, humans have used these instruments to study the heavens. Over the past 100 years, telescopes have progressively improved in size and technology to where we are today – welcome to the James Webb Space Telescope.

With its mammoth 21 feet wide mirror, astronomers will be able to see back in time a mere 200 million years after the Big Bang or 13.6 billion years ago.

Come join Gary Boyle in learning its construction, deployment, and results up to now. We will also look at a few other discoveries including some of the most amazing images ever taken.

Known as “The Backyard Astronomer”, Gary Boyle is an astronomy educator, guest speaker, and monthly columnist for the Royal Astronomical

**Gary Boyle**

Society of Canada as well as past president of the Ottawa Centre of the RASC.

When: September 29, 2022, at 1:00 pm - 2:30pm

Please register in advance at our front desk.



Join us for a session of Tai Chi.

"Meditation in motion" is a phrase that's often used to describe Tai Chi. For seniors, the focused, low-impact movements can help clear the mind, just like meditation. Older adults can also experience many other benefits from this type of exercise, including increased strength, improved mobility, better flexibility, and stronger immunity.

Plus, you don't need to have excellent coordination or strength to get started. That adaptability is one reason why this practice is good exercise for seniors who may have physical limitations. Tai Chi consists of making slow, graceful movements while breathing deeply. Studies have found that tai chi also improves leg strength, cardiovascular endurance, flexibility, immune system, sleep, happiness, sense of self-worth, and the ability to concentrate and multitask during cognitive tests. Amazing benefits from such a simple exercise!



New Investment Discussion Group

Inflation, stocks, bonds, financial plan, portfolios, banking and more.

There is a new discussion group which deals with all these issues. We meet the second Thursday of each month from 10 to noon in the Owen Prince Room. There are no costs or fees as we share our knowledge about the economy.

Do join us on Thursday 8 September.

Write your life stories in our memoir writing workshop

Have you considered writing your memoir? Sharing your life stories with your family and friends? Exploring your life experiences for your own interest? Each of us has such interesting personal stories to tell.

But how to begin, and how develop our material into a satisfying memoir? Join this weekly memoir writing workshop series led by Tom Morris, leader of a number of memoir writing workshops for seniors and author of *Awakening Memory: How to Use Memoir Writing to Explore Where You Have Been, Who You Are and Where You Are Going*.

Participants will learn what memoir writing is, use helpful tools and topics to start writing, develop your memoir writing skills, move step-by-step from writing first drafts to sharing the life stories you really want to tell, possibly discover new things about yourself, and thrive on the encouragement and feedback of fellow writers. No prior writing experience needed.

Participants are expected to write and participate each week. Required text: *Awakening Memory*.



SCRABBLE: Carol, Noreen and Sarwar enjoy a friendly game. Sessions are every Wednesday from 9:30 to 11:30 and new players are welcome. We have the boards; you create the challenge.

Western Ottawa Community Resource Centre

Diners Club returns

This program is a wonderful opportunity for isolated, lonely seniors to come and meet people. The WOCRC is thrilled to be able to offer this program again post-COVID! The program is scheduled from 11:00-13:00 at the Kanata Seniors Centre (2500 Campeau Drive). The cost of the program is \$12, this includes a hot meal, dessert, and entertainment.

Scheduled dates for September include:

Wednesday September 14 – Johnny Vegas

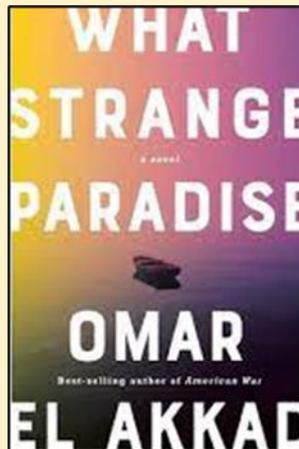
Wednesday September 28 – Jumping Jimmy Leroux.

To register please call 613-591-3686 x 3

Book Club meets second Thursday

Calling all bookworms! Love to read books and then discuss themes, characters, and outcomes? Then join our book club on the 2nd Thursday of each month at 1:30pm. You don't even have to finish the book to discuss (spoiler alert!).

Books can be found at Ottawa Public Library; you may need to waitlist in advance. For September 8, the club is going to discuss *What Strange Paradise* by Omar El Akkad. Next month, October 13 – *American Dirt* by Jeanine Cummins.



A Friendly reminder

Whether you are here for scrabble, dominoes, carpet bowling, bridge, or enjoying a coffee in the café, this is a friendly reminder that respect for members and staff is appreciated. We are an open facility for all to enjoy in accordance with our Terms and Conditions of Registration. Please let's keep our games and our dialogues free from negative and hurtful interaction. Thank you from all of us at the Kanata Senior Centre

A wide variety of activities as we start fall programs

Looking to play a favourite card or board game or learn carpet bowling? Check out our monthly calendar attached to this newsletter. All of these weekly/monthly activities are part of an annual membership package for the low price of \$29.75/year!

We are now working our way out of COVID restrictions, and no longer request an advanced reservation for your activity. Starting September 6, activity protocol is simply to arrive 15 minutes prior to your activity, and you are good to go. However, please note, there are still room capacities (non-COVID related) which may result in you being denied entrance to the activity on that day. Thank you for your understanding and cooperation.



Friday 9 Sept. Camera club is back in-person

We are thrilled to welcome back the Kanata Seniors Centre Camera Club after 2 ½ years of Zoom Meetings! This club helps seniors learn about picture taking, whether it is portraits of your grandkids or views from your porch! Great guest speakers every month and picture show and tell opportunities for members.

First in-person meeting is Friday, September 9 at 9am. We will begin the first part of meeting with a Meet and Greet, followed by the club meeting portion. Feel free to call the centre for more details or check out the website at <https://ksccc.ca/>

Movies for September

Wednesdays at 1:15pm

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

Wednesday Sept. 7

Made in Italy Romance/Comedy drama · 1h 34m

Cast: Liam Neeson, Valeria Bilello, Micheál Richardson

A London artist and his estranged son try to mend their relationship as they work together to repair a dilapidated house in Italy.

Wednesday Sept. 14

The Harder They fall

Western/Revisionist Western · 2h 19m

Cast: Jonathan Majors, Idris Elba, Zazie Beetz, Regina King

When an outlaw discovers his enemy is being released from prison, he reunites his gang to seek revenge.

Wednesday Sept. 21

The Peanut Butter Falcon

Adventure/Drama · 1h 37m

Cast: Dakota Johnson, John Hawkes, Shia LaBeouf

After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.

Wednesday Sept. 28

RV with Robin Williams

Comedy/Family · 1h 40m

Cast: Robin Williams, Cheryl Hines, JoJo, Josh Hutcherson

The Munros are a typically American dysfunctional family, complete with rebellious, uncommunicative offspring and baffled parents. Patriarch Bob (Robin Williams) would like to remedy the situation before his son and daughter instant-message their parents out of their lives.



RBC & the Kanata Central BIA present



Fraud Prevention Seminar



Thursday, September 22, 2022

1:30 PM to 3:30 PM

at the Kanata Seniors' Centre

Please join us for a Fraud Prevention Seminar presented by RBC followed by a Q&A session and complimentary refreshments, snacks, and social gathering.

Space is limited. Please RSVP at 613.580.2980, registration #1628954.