



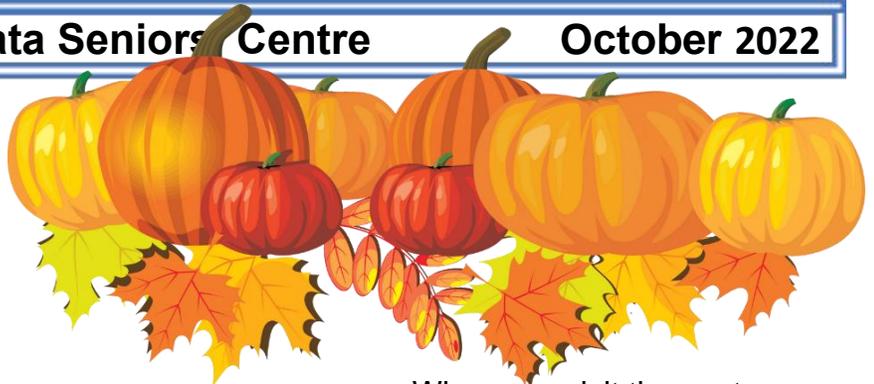
# SENIORS' SCOOP

Vol. 213

Kanata Seniors' Centre

October 2022

## Our Seniors' Centre is one reason to be thankful



As we now look towards the fall with pumpkin spice and all things nice, we are looking forward to seeing all our new and returning members.

October is a month filled with thanks and gratitude's. We are so grateful to have met so many of you at the pancake breakfast and look forward to seeing so many more of you in our learning series, special events, drop-ins

and registered programs.

As we move through the month, and you find yourself with your own thanks and gratitude's we encourage you to share them, tell a friend and or share your gratitude's by posting a note on this month's Gratitude Board.

When you visit the center one of the faces you will see behind the desk is Joane. Joane has been with the City of Ottawa for almost 5 years both in a Customer Service Role and Fitness Instructor.



Joane is full of smiles and is ready to answer your questions!

Joane and the rest of the staff wish you a great October and Happy Thanksgiving!



**Our first Open House since 2019 saw a lot of returnees and newcomers enjoy breakfast and a chance to see all the activities available at the Centre.**

### *What's Your Name?*

We love to greet folks by name and meet new members! If you were a previous member, grab your name badge when you come to your activity!

If you need a name badge, stop by the front desk and we would be glad to make you one!

## 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



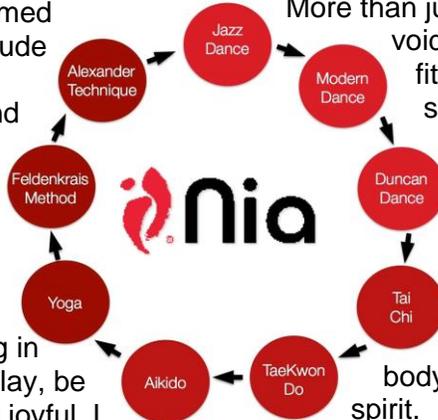
[www.ottawa.ca](http://www.ottawa.ca)

# Discover the benefits of NIA

## About Barbara

At a time when most people think of retirement, I decided to become a Nia Teacher to inspire others to live, move, play and feel good at any age. Standing proudly on the summit of Mount Kilimanjaro after a 7-day rigorous climb up in 2007, I was overwhelmed with appreciation and gratitude for the gift of my body that brought me to this point, and I vowed to maintain its, health and vitality.

By chance, while attending my first Nia class just 6 months later, I realized that I had stumbled upon something that was missing in my life: an opportunity to play, be free-spirited, carefree, and joyful. I fell in love with Nia and proceeded to become a certified Nia instructor. I teach Classic Nia for everybody and Moving to Heal classes designed for specialty populations and welcome opportunities to present Nia in order to inspire others (no matter what age, body shape, fitness level), to be fit in mind, body and spirit and to have fun.



## About my classes

I inspire and motivate students to enjoy being fit no matter what their age or abilities. "Use It or Lose It" is my philosophy.

## About NIA

More than just a workout, Nia fills a void where other traditional fitness programs fall short. A powerful fusion of dance, martial arts, and mindfulness practices, Nia is a holistic movement & wellness practice addressing each aspect of your life – body, mind, emotions and spirit.

Nia has a class or program for everybody, regardless of age, health or fitness level. Nia can be done standing or while being seated.

Using a system of 52 simple moves, each Nia workout delivers full-body conditioning leaving you energized, mentally clear, and emotionally balanced.



Nia's purpose is to inspire and guide people to listen to the wisdom of the body, choose movement that feels good, and find connection in community.

Nia is for every person who desires to discover, explore, unleash, and enhance their individual potential to live a healthy and meaningful life.

Lecture series –Thursday 27 October, 1p.m.

## Will I outlive my money?

Due to our ever-increasing inflation rate and the financial issues associated with Covid please join IG Wealth Management for an engaging conversation about the value of Financial Planning as it relates to the opportunities and challenges that come with senior living. Knowledge is so valuable in today's world. With that in mind, we will touch on the following learning points:

- Cash flow in retirement - What does it look like?
- Will you outlive your money, or will your money outlive you?
- Estate Planning:
- Wills, executors, power of attorney
- The value and need for a Trust
- Taxation at death and solutions to help manage the tax issues
- The value of Life Insurance to fill gaps

In today's complex world, the value of **planning** is vastly underrated and underutilized. While rate of return is important, it is only one aspect of your overall financial well-being.



**Adrian Brown**



**Rick Young**

## Drop-ins

**Wednesdays at 9:30am**

### Discussion Group

Join us every Wednesday morning for a lively discussion on a wide variety of topics. 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

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.



The Kanata Seniors Centre Camera Club always draws a large crowd. They feature presentations of member photos, speakers and learning sessions. They next meet on Friday 14 October at 9:15.

## Camera Club Kicks Off the New 2022-23 Season

After almost three years of meeting virtually, the Kanata Seniors Camera Club (KSCCC) is pleased to finally re-launch in-person meetings at the Kanata Seniors' Centre. Our first meeting of the new season was held on Friday, September 9th and was well attended by returning and new members and guests. Presentations by club members, slide shows of photographs, special learning activities and much needed social interactions were the order of the day.

Are you interested in photography? Perhaps you are new to photography or a seasoned photographer. Perhaps you like to look at photographs and get together with other people who enjoy photography. Our aim is to foster educational growth of each

person's artistic vision, creativity and technical knowledge. We enjoy sharing our photographs in a friendly, supportive and non-competitive environment.

Our next meeting is Friday, October 14th, 2022. All are welcome. Check out our website for information about our club. <https://ksccc.ca>

### Lecture series – 13 October

## Your meds: over and behind the Counter?

We are pleased to have Mohamed Elhalawany RPh from Kanata North Pharmacy present on what the pharmacist does before dispensing your meds! There is a lot behind the scenes from the time you leave your doctors office with a prescription to the time you receive your



medication.

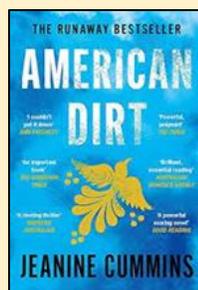
Mohamed will be discussing - Your 5 rights; Drug interactions; Challenges and opportunities; Compounding; What is new in January 2023? Come and learn about what it takes to get your medications safely into your hands.

The presentation is on Thursday, October 13 from 1-3pm. Please register in advance as space is limited.

## 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 October 13 – *American Dirt* by Jeanine Cummins. On November 10 it will be *The Kitchen Front* by Jennifer Ryan.



**FRAGRANCE  
FREE ZONE  
KEEP THE AIR WE  
SHARE HEALTHY  
AND SCENT FREE**

## It's easy to take part in our many activities

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. You just need to simply 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.

## We have Wi-Fi

We have Wi-Fi capability in all our rooms at the Seniors Centre so you can connect your phone or your tablet. The password and log-in information is available at the front desk.

## Movies for October

### Wednesdays at 1:15pm

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

#### Wednesday Oct 5

**Our Father** Documentary · 1h 34m

Cast: Jacoba Ballard

Jacoba Ballard was an only child, conceived via donor sperm, who always dreamed of having a brother or sister. An at-home DNA test led her to the discovery of not one but seven half-siblings.

#### Wednesday Oct. 12

**Wedding Season** Romance, Comedy 1h 37m

Cast: Pallavi Sharda, Suraj Sharma, Rizwan Manji

Wedding Season plays like a relatively straightforward romantic comedy about two beautiful people who end up crossing paths...however, it's also a vicious thriller with a pretty high body count that has the tendency to explode in action sequences.

#### Wednesday Oct. 19

**Lovehard** Holiday, Romance, Comedy · 1h 44m

Cast: Nina Dobrev, Darren Barnet, Jimmy O. Yang

After meeting her perfect match on a dating app, an L.A. writer learns she's been catfished when she flies 3,000 miles to surprise him for Christmas.

#### Wednesday Oct. 26

**The Royal Treatment** Romance, Comedy · 1h 36m

Cast: Laura Marano, Mena Massoud, Chelsie Preston Crayford

Isabella runs her own salon and isn't afraid to speak her mind, while Prince Thomas runs his own country and is about to marry for duty rather than love.



**MAH JONG is proving popular. They play every Monday morning in the lounge. New members are always welcome.**

## New City software may affect KSC members

The City of Ottawa, Recreation and Cultural Department has procured a new software to manage our large business across the city! The old CLASS Software is finally retiring after 21 years. ActiveNET software is a web-based platform that allows customers to serve themselves with more ease.

To transition off the CLASS software, any clients that had a credit, we would like to get your refunds processed by end of October.

Please take a moment and chat with staff on the status of your credits on CLASS.