



There's always lots going on at the KSC

Welcome to November and this issue of the Seniors Scoop as we are seeing more and more members returning post COVID.

This issue features photos of our new carpet bowling activity, the Sounds of Music group as well as a well attended speaker series from a local pharmacist.

Fitness activities are now mid course and there is a photo of one of our chair-exercise sessions. Some of our most popular activities are the monthly Camera Club, the three Bridge sessions and the Wednesday discussion Group. Check out our calendar for information on all our activities.

New this month is our Open Painting Studio on Tuesday afternoons. Our speaker on 24 November will get us back in touch with our local history.

On the fitness side, registrations start in December. There is a new software, and the December newsletter will outline the things to watch for as we adapt.

New City software changes to affect KSC members' registration and renewals

In our October Newsletter, we announced the exciting news of a new recreation software being implemented across the city. A very big project indeed. Staff are busy learning all the modules and getting ready for the launch after November 14. There will be growing pains as we become familiar with the software features. How does this impact you? First, memberships will be manually copied over from CLASS to ACTIVENet.

The duration of your current membership will be entered into the new software. This will take us a few weeks to do, hang tight on wanting to renew your membership. Secondly, each of you will now have new PIN Numbers in ACTIVENet. When we go live, our staff will work with you to get current information needed to do online registration for Winter 2023 programs. Please watch for flyers in our lobby on the process for getting your PIN Numbers. Thank you for your understanding.



Chair-exercise proves popular

Don't let the name fool you – this workout is great for all fitness abilities. Our wonderful fitness instructors will lead you through a warm-up, cardio, strength, balance and stretching exercises. Using a variety of weights, bands and balance items you can challenge yourself each week. Registration for Winter session will be in December, but you are welcome to pay a drop in for the fall session now. Classes are on Tuesdays from 10-11am and on Wednesdays from 10:15-11:15am.

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

Lecture series – Thursday 24 November 1p.m.

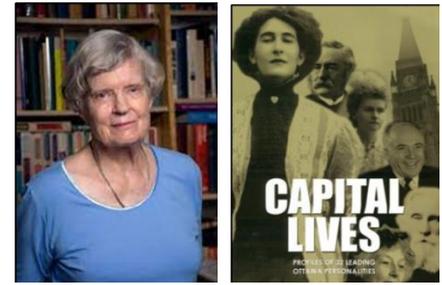
Bringing the past into the present

Award-winning author Valerie Knowles brings Canadian history to life in her books. Join us and immerse yourself in the lives of some of Ottawa's leading personalities of the past century. Valerie Knowles' Capital Lives series paints a rich picture of Canada's elite but relatively unknown figures — the movers and

shakers who made the country what it is today. Get to know the Capital Lives of the past!

Ottawans owe Valerie Knowles a debt of gratitude for researching and recording on paper for our enlightenment, the lives of so many well-known citizens from the past.

We will learn about the riches she



has uncovered about these remarkable men and women, and what they did to enhance the Ottawa area!

Hosted by WOCRC

Diners Club meets twice monthly

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 November include:

**Wednesday November 9 –
Ginette Hamilton**

**Wednesday November 23 –
Dai Bassett**

To register please call 613-591-3686 x 316



Carpet Bowling-Tuesdays 1-3pm. Come out and try this strategic bowling sport. The closer your bowl gets to the jack, the more points your team gets! Fellow members are available to teach and get you started.

Sounds of Music starts up again after COVID break



The halls of Kanata Seniors Centre are once again filled with the Sounds of Music on Monday mornings. Our Choral group is a wonderful opportunity to sing old time favourites in harmony with others. Pre-COVID, the Sounds of Music would sing out at local residences.

The group is working on a repertoire of songs, with the hope to one day soon be back entertaining others. In the meantime, enjoy great music and company.

**Sounds of Music
Mondays 10-11:30am**



Our monthly lecture series provides us with an opportunity for continual learning. Whether it be something practical, something whimsical or something completely new, we need to stimulate our brain and socialize with other seniors. Above are

some of the attendees at our October session. We heard from Pharmacist Mohamed Elhalawany from the Kanata North Pharmacy. He explained the ins and outs of prescriptions, drugs and much more. There were a lot of questions.

It's easy to take part in our many drop-in 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.

Programs start first week of January

Winter fitness registration

We have our full schedule of fitness, line dancing and general interest programs planned for Winter 2023. Our programs are led by full certified instructors that are passionate about their program.

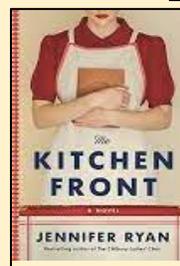
Registration will be on

WINTER
As winter is approaching, so comes wetter days. We encourage you to bring indoor shoes to change into while in the centre. It keeps the floors clean and dry – we all need to be careful of slips/falls.

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 November 10 it will be *The Kitchen Front* by Jennifer Ryan.



ACTIVENet for the first time, and there will be some learning opportunities for all of us!!

Register early as many classes fill quickly.

Following are the non-aquatic registration times

Wednesday Dec 7 - starting at 9 pm online @ Ottawa.ca

Thursday Dec 8 - in person during regular business hours.

Fitness Adults 50+ Courses

Cardio Older Adult Nia Fitness

Chair-Exercise Tai Chi

Strength & Balance Yoga

Line Dancing - Levels 1, 2, & 3



Meet our staff. Cori began at Kanata Seniors Centre as a front desk volunteer in 2009, joining our staff team in 2011. Cori knows the ins and outs of all our programs and is happy to help new and returning members!



Open painting studio starts up

We are pleased to offer our members a chance to work on their latest art project during an Open Painting Studio. Some of you may have taken lessons, some of you may be dabbling in various drawing/painting mediums and just want to share ideas/techniques with other like-minded artists. Or maybe you just would like to talk about your grandkids while you paint.

We are currently not taking pre-reservation, first come-first serve, and space is limited to 15 spots.

Join us Tuesdays from 1:30 to 3:30.

Movies for November

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

Wednesday Nov 2

A Perfect Pairing: Romantic Comedy 1hr41min
Cast: Victoria Justice, Adam Demos, Samantha Tolj
a wine critic who loses her memory in an accident while visiting an Australian sheep station.



Wednesday Nov 9

I Am Woman: Biography, Drama 1h56min
Cast: Tilda Cobham-Hervey, Evan Peters
In 1966, single-mother Helen Reddy leaves her old life in Australia for New York and stardom



Wednesday Nov 16

Operation Mincemeat: Historical Drama 2h8min
Cast: Colin Firth, Mathew Macfayden,
a deception conceived by British Intelligence to fool the Germans regarding the true target for the Allied invasion of Sicily.



Wednesday Nov 23

My Spy: Spy Comedy 1h39min
Cast: David Bautista, Kristen Schaal, Parisa Fitz-Henley
A hardened CIA operative finds himself at the mercy of a precocious 9-year-old girl.



Wednesday Nov 30

Persuasion: Romantic Drama, 1h49min
Cast: Dakota Johnson, Cosmo Jarvis, Henry Golding
Eight years after Anne Elliot was persuaded not to marry a dashing man of humble origins, they meet again.

