



Thank you to all our amazing volunteers! We are grateful for all you do in so many areas of our center!

Our Annual Volunteer Appreciation Lunch was held on June 13, 2024. A delicious buffet lunch was provided by Leather Works Catering.

The center depends on the over 175 volunteers who contribute not only their time but also their talents. Whether you volunteer under the City of Ottawa or the Kanata Senior's Council Inc. your services are valued.

Did you know that when you add up all of the hours our volunteers put in over the past year it adds up to over 20,000 hours. If we were paying our volunteers, their contributions would add up to over \$339,000.00 if we paid them all just minimum wage salaries!

Volunteers
make the world a
better place - have
you considered
sharing your gifts?



Volunteer Appreciation

EVENT A BIG SUCCESS



Ryan Stone had the crowd up moving and grooving to the beat of his amazing tunes and colourful stories.



Wednesday Movies



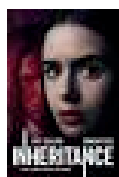
Mad Money. July 10 @ 1:15 pm. Comedy/Thriller. 2h 6m.
Cast: Diane Keaton · Queen Latifah · Katie Holmes · Ted Danson · Adam Rotherberg ·
Three female employees of the Federal Reserve plot to steal money that is about to be destroyed.



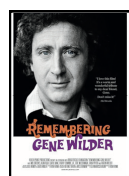
Montana Story. July 17 @ 1:15 pm. Drama. 1h 54m.
Cast: Haley Lu Richardson · Owen Teague · Gilbert Owuor · Kimberly Guerrero ·
Two estranged siblings return home to the sprawling ranch they once knew and loved, confronting a deep and bitter family legacy against a mythic American backdrop.



Mystery of the Terracotta Warriors. July 24 @ 1:15 pm. Documentary. 1h 17m.
Crew: Domante Rimkute · Fiorella Casarino ·
Fifty years after the Terracotta Warriors' discovery, this documentary unearths new secrets from China's first emperor's mausoleum and its 8,000 pottery soldier guards.



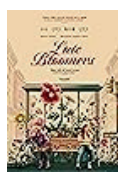
Inheritance. July 31 @ 1:15 pm. Thriller/Mystery. 1h 51m.
Cast: Lily Collins · Simon Pegg · Chase Crawford · Connie Nielsen · Ashley Pereira ·
A patriarch of a wealthy and powerful family suddenly passes away, leaving his wife and daughter with a shocking secret inheritance that threatens to unravel and destroy their lives.



Remembering Gene Wilder. August 7 @ 1:15 pm. Documentary. 1h 32m.
Cast: Gene Wilder · Peter Ostrum · Mel Brooks · Richard Pryor · Alan Alda ·
This loving tribute to Gene Wilder celebrates his life and legacy as the comic genius behind an extraordinary string of film roles.



Big Stan. August 14 @ 1:15 pm. Comedy/Action. 1h 49m.
Cast: Rob Schneider · David Carradine · Jennifer Morrison · Scott Wilson ·
Stan is a convicted con man headed for jail. He is frightened and visits a martial arts expert to improve his feeble fighting skills. Will Stan master the moves and fend off his inmates?



Late Bloomers. August 21 @ 1:15 pm. Comedy. 1h 29m.
Cast: Karen Gillan · Malgorzata Zajackowska · Loni Ackerman · Danielle Alonzo ·
An aimless 28 year-old lands in the hospital after drunkenly breaking her hip. An encounter with a cranky elderly Polish woman who speaks no English leads to a job caring for her.



A Family Affair. August 28 @ 1:15 pm. Romance/Comedy. 1h 51m.
Cast: Joey King · Zac Efron · Nicole Kidman · Lisa Koshy · Sherry Cola · Kathy Bates ·
An unexpected romance triggers comic consequences for a young woman, her mother, and her boss, grappling with the complications of love, sex, and identity.

Parking Suggestions

We are a very busy centre, and it is wonderful to see everyone enjoying activities. For those more able-bodied, would you consider parking at the library / arena parking lot and walking through the building to your favourite activity. This frees up a few more spots for others.

MAINTENANCE SHUTDOWN



June 24 - July 5

We are re-opening on July 8th

We will be closed for our annual maintenance shutdown from Monday, June 24 to Friday, July 5, re-opening on Monday, July 8.

This includes closure of Kanata Seniors Centre, Mlacak Halls and Council Café!

Fall Registration

Mark your calendars for Fall Program Registration:

- Online Registration: Thurs, Aug 15 at 9 pm
- In Person Registration: begins Friday, Aug 16 at any recreation facility opening hours

Fall program schedule will be available on July 29

Scent Free

Scented products can cause allergic reactions and respiratory distress. We encourage participants to use non-scented products while in our facility. We appreciate your consideration of your fellow members.



Thursday Book Club

YES
BOOK CLUB
IS MEETING
IN JULY

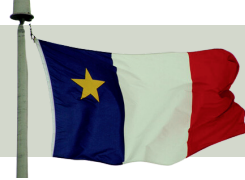


July 11 @ 1:30 pm
The Little Paris Bookshop
by Nina George



September 12 @ 1:30 pm
The Postcard
by Anne Berest

Do you love to read or listen to books, then get together with others to discuss themes, characters and outcomes? If so, please join us on the second Thursday of each month at 1:30 pm. Book Club members are friendly and approachable (pssst - sometime they don't even finish the book!). Books are available from the Ottawa Public Library - you might need to place a hold and get on a waitlist so be sure to reserve your copy now.



CARD MAKING WORKSHOP



Thursday, July 18th

9:30-11:30 pm

\$25.00 (plus taxes)

Craft, Chat and Connect!

Interested in trying stamping and card making? Enjoy assembling 9 easy and beautiful cards, with all the supplies and tools provided. You'll be guided through easy card making to create a variety of **Birthday, Thank You and Friendship** cards during this 2-hour workshop. Pre-Printed sentiments in English, French, German and Dutch. Guys and gals, beginners and experts, creative and uncreative people... anyone can enjoy this social and fun crafting activity! No experience or creativity required!

Please register at the front desk

FITNESS CLASSES

Summer fitness classes still have space - come check availability at the front desk.

Recreation and Culture **fall registration** for land activities is August 15th, 2024

CARPET BOWLING TOURNAMENT RESULTS

HELD IN MAY 2024

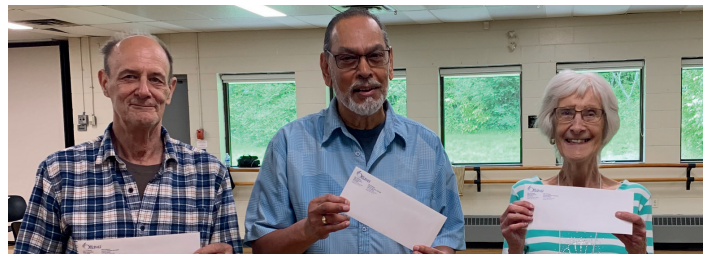
To wrap up the carpet bowling season, players enjoyed a friendly tournament.

The Runner-Ups were **Ken Major, Gloria Auclair and Bob Coulson.**

The Champions were **Angus Boyd, Shae Ali, Sharon Legault.**

Congratulations to everyone who came out and participated. Lots of fun was had by all We will take a break for the summer, but come try this fun game starting September 17. Carpet Bowling will be held on Tuesdays from 1-3pm - come join the fun.

Champions



Runner-Ups

