



HOW THE VIKINGS CHANGED THE ENGLISH LANGUAGE



When we think of the Vikings, we think of many things they did, or at least things we might imagine that they did. Pillaging, for example. Seafaring, for another. Wearing helmets with horns. But something that never comes to mind is how deeply the Vikings changed the English language. Not only the vocabulary that they changed in vast and surprising ways – but also fundamental aspects of its grammar.

Come along on a fascinating ride through migrations, raids, settlements, government from a foreign land, and intermarriage (Anglo-Saxon women, it is said, preferred Viking men over Anglo-Saxon men – for very good reasons), all of which leave traces that appear almost every time we open our mouths to talk.

Our presenter: Dr. Ian McKay

Ian gave us an extremely interesting lecture in April on Amelia Earhart is now back in November with this informative talk on the evolution of the English language.

Dr. MacKay was a member of the Linguistics Department of the University of Ottawa for more than 40 years. He has degrees from UBC and the University of Cincinnati. At the University of Ottawa, Ian taught courses about the acoustics of speech, the production of speech, general phonetics, the origin of human language, among other topics.

In 2017, Ian visited L'Anse aux Meadows, Newfoundland, the site where a group of Vikings were living in 1,021 AD, fulfilling a dream of more decades than he'd like to admit!

Open House / Pancake Breakfast a Success

Our annual Open House/Pancake Breakfast was another success. We want to thank the Kanata Seniors Council Inc for sponsoring the pancake breakfast, their hardworking volunteers served 600 pancakes! We also want to thank the Kanata Craft Ladies for selling their beautiful hand made goods, continuing their fundraising efforts for seniors



and charities in our community. Our wonderful volunteer Activity Convenors were on hand to teach and showcase activities, which attracted new and returning participants. To all the new members and returning, have a great fall back at your activities.



Wednesday Movies



The Miracle Club. **October 2 @ 1:15 pm.** **Comedy/Drama.** **1h 30m.**
 Cast: Laura Linney · Maggie Smith · Kathy Bates · Hazel Doupe · Stephen Rae ·
 In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes — and navigate unexpected revelations along the way.



Tall Girl. **October 9 @ 1:15 pm.** **Comedy/Romance.** **1h 42m.**
 Cast: Ava Michelle · Sabrina Carpenter · Griffin Gluck · Luke Eisner · Paris Berelc ·
 Jodi has always felt uncomfortable in her own skin. But after years of slouching, being made fun of, & avoiding attention at all costs, Jodi finally decides to find the confidence to stand tall.



Tyson's Run. **October 16 @ 1:15 pm.** **Drama.** **1h 43m.**
 Cast: Major Dodson · Rory Cochrane · Layla Felder · Isaiah Hanley · Claudia Zevallos ·
 An unathletic boy with autism strives to become an unlikely marathon champion giving his unfulfilled father purpose and a second chance at putting his family first.



Mahalia. **October 23 @ 1:15 pm.** **Musical/Drama.** **1h 46m.**
 Cast: Danielle Brooks · Andrew Scott · Olivia Washington · Jason Dirden ·
 Influential gospel singer Mahalia Jackson rises to fame in the 1940s and performs at numerous rallies during the civil rights movement.



What Jennifer Did. **October 30 @ 1:15 pm.** **Crime/Documentary.** **1h 27m.**
 Cast: Fernando Baldassini · Samantha Chang · Alan Cooke · Bill Courtice ·
 When Jennifer Pan calls 911 to report that her parents have been shot, she becomes the primary focus of a captivating criminal case.

Carpet Bowling Tuesdays 1-3pm

Looking for a game that combines boules, lawn bowling and curling? This is the best way to describe Carpet Bowling. Teams compete by bowling weights balls towards a white jack and gain points for closest to the jack! We have wonderful volunteers that can teach you as you play! Come check out this strategic game!





Kanata Diners Club

**Wednesdays from 10 am to 1 pm at the
Kanata Seniors' Centre Halls C & D**

The Western Ottawa Community Resource Centre (WOCRC) and community volunteers host a nutritional lunch, entertainment, and / or educational program for seniors and adults with physical disabilities living in our community – a great way to socialize, learn and have some fun!

Contact **Anna-Leigh Hughes** at
613-591-3686 ext. 322 to register and ask for
transportation if you need it.

\$12 admission

includes meal, dessert & live entertainment

October 9 starring The Chords
register by October 2

October 23 starring Rae Palmer
register by October 16

*Ce programme est offert en anglais seulement. Si vous souhaitez
recevoir des services en français, veuillez communiquer avec
Montfort Renaissance Centre Guigues au 613-241-1266*



PARKING CARPOOLING

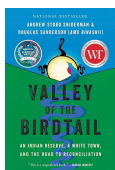
As we entered the fall, seniors are back into a schedule of activities and our complex parking lot is getting full!

If you are more mobile, would you consider parking at the Ottawa Public Library end of the building and walking to your activity within the building? Or maybe you are meeting new friends that might like to carpool.

Thank you for your support.



Thursday Book Club



October 10 @ 1:30 pm
Valley of Birdtail
by Sniderman and
Sandeson



November 14 @
1:30 pm
****419**
by Will Ferguson



December 12 @ 1:30 pm
Mad Honey
by Jodi Picoult and
Jennifer Finney Boylan

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 (psst - 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.



Friday, November 22nd, 2024
10 am-12 pm
\$25.00 (plus taxes)

CARD MAKING WORKSHOP

Craft, Chat and Connect!

Interested in trying stamping and card making?

Enjoy assembling 3 easy and beautiful cards, with all the supplies and tools provided. This workshop will focus on holiday-based cards.

Guys and Gals, beginner or expert, all are welcome. Bring a friend!

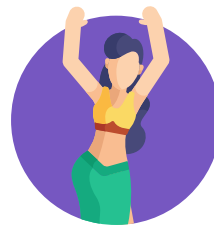
Minimum of 4 people required. See you soon.

**Cards shown in image are samples only and do not represent the cards being made in this workshop*

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Please register by November 8th

BELLY DANCING



Some of the benefits of Belly dance among others is that it helps with coordination, flexibility, balance, strengthening and toning the body while channeling your inner goddess. Not only it's easy on joints but also it's a fun low-impact activity that helps boost body positivity and self-confidence. We still have space join us on Tuesdays 11:15-12:15pm! Skirts provided 😊

What would you like to learn?

What skills do you have that you could share with others?



We want to offer more workshops!!!

What would you like to do... jewelry making? wreath making? knitting? painting? what else? We want to hear from you.

Do you have a skill that you would like to share with others and can help lead a workshop let us know that too! Please see Maureen at the front desk with your ideas.