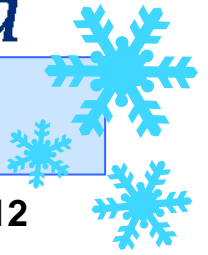




Ottawa



# SENIORS' SCOOP

Vol. 119 Kanata Seniors' Centre Newsletter February 2012

2500 Campeau Drive  
Kanata, Ontario K2K 2W3  
[www.kanataseniors.ca](http://www.kanataseniors.ca)

Phone 613-599-4480  
Fax 613-599-1698  
KSC@ottawa.ca

Hours: Mon to Fri: 8:30am – 4pm  
Sat: 10am – 4pm  
KSC Membership Fee is \$24. /year

## EVENTS THIS MONTH:

**Connections to Healthy Lifestyles**  
Sat Feb 4 - 9am to 11:30am  
Topic: 'Scratching the Surface'



Join us for an informative presentation on skin conditions and ailments. We are thrilled to have Dr. Elgin Duke, Dermatologist present information on skin cancer and other skin conditions seniors face. Following, we will have Grace Meehan, Pharmacist from PharmaSave to answer questions on basic skin care products available from the pharmacy.

No charge but please register at the front desk. Refreshments provided by the Kanata Seniors Council.



**Saturday Lunch & Movie**  
Sat Feb. 11 - 11:45am to 3pm



A delicious, hot home-cooked meal followed by our feature movie.

**Movie: The Help**

**Cast:** Jessica Chastain, Viola Davis, Bryce Dallas Howard, Allison Janney, Chris Lowell, Sissy Spacek,  
**Story:** Set in Mississippi during the 1960s, a southern society girl returns from college determined to become a writer, but turns her friends' lives -- and a small Mississippi town -- upside down when she decides to interview the black women who have spent their lives taking care of prominent southern families.  
**Tickets** - \$6.25 for Members; \$7.75 for Non-members  
Register at the front desk.

**Saturday Afternoon at the Movies**  
Sat Feb 18 - 1 to 2:20 pm

**Movie: Gnomeo and Juliet**



**Cast:** Animated-Michael Caine, Emily Blunt  
**Story:** The greatest love story ever told, starring... garden gnomes? Gnomeo and Juliet have as many obstacles to overcome as their quasi namesakes when they are caught up in a feud between neighbours. But with plastic pink flamingos and thrilling lawnmower races in the mix, can this young couple find lasting happiness?

No Charge, just come and enjoy!



**HOLIDAY CLOSURE**



**Family Day, Mon Feb 20**

The Kanata Seniors' Centre and the Council Café will be closed for Family Day.

**"Music from the 60's"**

Thurs Feb 23  
11am to 1pm



Put on your poodle skirt, slick back your hair and get ready to tap your feet to the musical talent of Simon Clarke! We will then have lunch catered by Scores.

**Tickets** - \$10 for Members;  
\$12 for Non-members  
Register at the front desk by February 20

**Learning Series:  
Thurs Feb 23  
1 to 3 pm**



**Topic: Looking at Pictures in a New Way  
with Giselle Braeuel**

Ever wanted to learn more about art appreciation? Come and join Giselle as she leads a small group through such topics as art showcasing, interpretations and appreciation of various art forms. (Max 25 people)

No charge but please register at the front desk. Refreshments sponsored by the Kanata Seniors Council Inc.

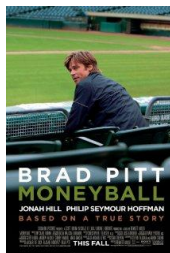


**Saturday  
Lunch & Movie  
Sat March 3 - 11:45am to 3pm**

A delicious, hot home-cooked meal followed by our feature movie.

**Movie: Moneyball**

**Cast:** Brad Pitt, Robyn Wright



**Story:** Billy Beane, the general manager of the Oakland A's and the guy who assembles the team, has an epiphany: all of baseball's conventional wisdom is wrong. Forced to reinvent his team on a tight budget, Beane will have to outsmart the richer clubs. The onetime jock teams with Ivy League grad Peter Brand in an unlikely partnership, recruiting bargain players that the scouts call flawed, but all of whom have an ability to get on base, score runs, and win games. It's more than baseball, it's a revolution.

**Tickets** - \$6.25 for Members; \$7.75 for Non-members  
**Register at the front desk.**

*You must be a current member of the Kanata Seniors' Centre to participate in the regular Activities here at the Centre. Please sign up for the different activities at the front desk.*

**Looking Ahead to March**



- Mar 1** – Book Club - “Bury Your Dead”
- Mar 2** – Digital Camera Club
- Mar 3** – Saturday Lunch and Movie
- Mar 5 - starting at 10 pm** – Registration for Spring & Summer Aquatic Programs on the computer and Touch tone phone
- Mar 6** - Spring & Summer Aquatic Programs  
Registration in person during regular business hours
- Mar 7 - starting at 10 pm** – Registration for all other City of Ottawa Programs on the computer and Touch tone phone.
- Mar 8** - Registration for all other City of Ottawa Programs in person during regular business hours.
- Mar 17** – Saturday Afternoon at the Movies
- Mar 29** – Learning Series – “Travel by Waterway”
- Mar 29** – Maria Hawkins – Soul Music
- Mar 31** – Pancake Breakfast

**ACTIVITIES AT THE CENTRE:**

**Mah Jong  
Mondays and Tuesdays at 10am**



The ancient game of Mah Jong is a bit like rummy with tiles of wind, flowers, seasons and dragons adding to the fun and challenge. Instruction given each week.

**Sounds of Music  
Mondays at 10am**



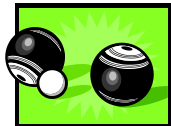
Our Centre's choral group is having a musical, melodious year. Come out and enjoy a variety of your favourite songs.

**Red Hat Society  
Mon Feb 27  
10:30am in Hall D**



We are the 'Recycled Teenagers' Chapter of the Red Hats. Our planning group is busy, and we will have fun things planned for this meeting. For more information please call Isobelle Skinner 613-592-1441

**Carpet Bowling**  
**Tuesdays and Fridays**  
**1 - 3pm**



All levels welcome to come out and join in the fun. It's a great sport and a good way to meet new people. Don't be shy, come and try! Sign up at the front desk.

**Scrabble**  
**Wednesdays at 9:30am**



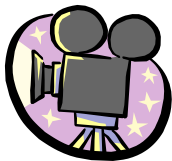
If you like playing scrabble, come and join the group on Wednesday mornings and have lots of fun. A great way to enjoy the company of other members and exercise your brain with this ever-popular game.

**Discussion Group**  
**Wednesday Mornings**  
**9:30 - 11 am**



Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. 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.

**Movies at the Centre**  
**Wednesdays 1:15pm**



All movies are free of charge and subject to availability. See bulletin board for full details of movie titles.

**Feb 1 - Contagion - drama**

**Feb 8 - I Don't Know How She Does It-comedy**

**Feb 15 - The Guard - comedy**

**Feb 22 - The Help -drama**

**Feb 29 - 50/50 - drama**

**Book Club**  
**Thurs Feb 2**  
**1:30pm**



**Book of the Month - Secret Daughter**

Enjoy reading and would like to discuss literature with others? We have launched a book club to meet monthly. This month we are discussing **Secret Daughter by Shilpi Gawda**. If you wish to join this club, please notify Janet at 599-4480 x23. For additional information, please see website at [www.kanataseniors.ca](http://www.kanataseniors.ca).

**Cribbage**  
**Thursdays 1pm in the Lounge**



Everyone welcome! Come out and join an enthusiastic group of cribbage players every Thursday afternoon. It's a fun and interesting game.

**Shuffleboard**  
**Thursdays - 1 to 3pm**



(No Shuffleboard on Feb 23 due to Special Event)  
Bring a friend and get into the "shuffle"! The more the merrier! New members are always welcome. No experience necessary, it's lots of fun and easy to learn. Come out and try your hand at this popular indoor game.

**Digital Camera Club**  
**Fri Feb 3**  
**9:15 - 11:30am**



Learn about digital cameras, lighting, setup, editing and processing your photos. Lots of tips and information to help you take great photos.

**Dominoes**  
**Fridays at 9:30am**



Each week come and have some fun on Friday mornings in the lounge playing Dominoes. A great game to enjoy and to meet new members.

**Geriatric Jazz Band  
Fridays at 1pm**



Treat yourself to a dose of lively, swinging music that will get your feet tapping and give your spirits a lift. Everyone is welcome.

**Saturday Duplicate Bridge  
12:30 – 3:30pm**



Come and bring your favourite partner. You must be a current member of the Kanata Seniors' Centre to participate. Register at the front desk if you plan to play.

**Kanata Seniors Diners' Club  
Halls C and D  
Wednesdays 11am – 1pm**



- Feb 1 – Terry McCann (Musician)**
- Feb 8 – Red Wing Fiddlers**
- Feb 15 – Doug & Pam Champagne (Musical Duo)**
- Feb 22 – “Move It or Lose It” - Exercise**
- Feb 29 – Fifth Avenue Band**

For registration/transportation please call Darryl Wong at 613 591-3686 Ext 317 (Mon – Fri) **one week in advance**

**Cost:** Lunch - \$7 (Clients are billed by WOCRC)  
Transportation - \$7.50 if required

The WOCRC, along with community volunteers, host a nutritional lunch, entertainment, and/or educational program for seniors and for adults with disabilities living in our community. A great way to socialize, learn and have some fun at the same time.

**BIG BAND DANCE  
Ron Kolbus Lakeside Centre - Britannia Park  
Theme: Mardi Gras**

Date: Thurs Feb 9, 2012  
Time: 7:30 to 11:30pm  
Tickets: \$19 in advanced at our front desk  
or by calling 613 828-4313  
\$23 at the door (if available)



Light snack, cash bar and door prizes.

**Foot Clinics:**



**Mon Feb 13, Wed Feb 15,  
Wed Feb 22, Thurs Feb 23, Mon Feb 27**

Please see front desk for details. For foot care services call Kay McLellan at Paramed Foot Clinic at 613-728-7080 for an appointment. Fee payable to Paramed Foot Clinic. Please show up for your appointment and arrive on time! For last minute cancellations, please call Kanata Seniors' Centre (613-599-4480) & ask to speak to the Foot Care Nurse. Your cooperation is greatly appreciated.

**Welcome to Our Kanata Seniors' Centre Library**

Our lending library in the lounge has been made possible through donations from Centre members and community individuals. Volunteers help maintain the Library but we need your help to make it workable for all.

Books, CDs, DVDs and Videos may be taken out at any time. But, may we suggest the following periods of borrowing as a guideline:

- Books – 3 weeks
- Books marked “Reference” – we request they remain at the Centre
- DVDs – 1 week due to limited inventory
- CDs and Videos – 3 weeks

We welcome any suggestions to enhance the use of the library and we appreciate your donations. Our latest addition is a series of novels by Canadian writer, Louis L'Amour.

**Elevated Toilet Seats**

Some of our patrons make use of mobility and personal devices to assist them in their personal care. In January we began conducting a pilot project in the washrooms to test elevated toilet seat products. This testing period will be for two months. If you would like to comment on this pilot there will be a survey available at the customer service counter.