



SENIORS' SCOOP

Vol. 117 Kanata Seniors' Centre Newsletter December 2011

2500 Campeau Drive
Kanata, Ontario K2K 2W3
www.kanataseniors.ca

Phone 613-599-4480
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Hours: Mon to Fri: 8:30am – 4pm
Sat: 10am – 4pm
KSC Membership Fee is \$24. /year



HOLIDAY CLOSURE

The Kanata Seniors' Centre and Council Café will be closed from **Dec 22 to Jan 2 (Inclusive)**. We will re-open on Tues Jan 3 at 8:30am.

EVENTS THIS MONTH:



**Saturday
Lunch & Movie**
Sat Dec 3 at 11:45am – 3pm



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

Movie: Water for Elephants

Cast: Reece Witherspoon, Robert Pattinson

Story: When his parents are killed, a young veterinary student joins a traveling circus to take care of the animals. Based on the novel by Sara Gruen.

Tickets - \$6.25 for Members; \$7.75 for Non-members

Registration at the front desk.



Parking Lot Request

Our parking lot is often full. We suggest that those of us who are more able-bodied might try to park in the lot nearest the library, thus permitting those who need easy access the convenience of the parking spaces closest to the Centre. Please try to park within the lines of the parking stalls to avoid taking up two spaces. Your co-operation is greatly appreciated.

Christmas Celebration Thurs Dec 15



**Celebration begins at 11am
Lunch Served at 12:15pm**

We invite all members and guests to come and celebrate the Holiday Season and meet new friends. Enjoy a delicious hot turkey dinner with all the trimmings and a festive dessert prepared by Lynwood Park Lodge and Waterside. Entertainment by "Ladies of the Day" (part of Orpheus).

Cash bar provided by the Kanata Lions' Club. Expect a special visit from Santa himself! Get your picture taken with him during dessert.

Cost: \$15 Members; \$17 Non-members

Please register at the front desk by Mon Dec 12.

Kanata Seniors' Craft Group will be selling their lovely handmade goods at our Christmas Celebration – a great time for shopping! Drop by their tables. You'll be glad you did.

Saturday Afternoon at the Movies Dec 17 1 to 2:30 pm



Movie: Flypaper

Cast: Ashley Judd, Patrick Dempsey

Story: A man caught in the middle of two simultaneous robberies at the same bank desperately tries to protect the teller with whom he's secretly in love.

No Charge, just come!

Looking Ahead to January:

- Jan 6** – Digital Camera
- Jan 7** – Saturday Lunch and Movie
- Jan 12** – Book Club
- Jan 21** – Saturday Afternoon at the Movies
- Jan 26** – Learning Series



Saturday Lunch & Movie Sat Jan 7 at 11:45am – 3pm

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



Movie: Larry Crowne

Cast: Julia Roberts, Tom Hanks

Story: Until he was downsized, amiable Larry Crowne was a superstar team leader at a big-box company. Larry heads to his local college to start over. He develops an unexpected crush on his teacher Mercedes Tainot, who has lost as much passion for teaching as she has for her husband. Just when Larry thought everything worth having had passed him by, he discovers a reason to live.

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

ACTIVITIES AT THE CENTRE:

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

Games Room

We are having a Fall Tournament, a repeat of the Spring Tournament, starting Wednesday, November 23 to December 3. A sign-up sheet is posted in the Games Room. Come in to sign up and look at the trophy. For more information, contact Colin Brooker 613.592-2904; colinbrooker@rogers.com.



Euchre Mondays 12:30pm



Come out on Monday afternoons and enjoy playing Euchre. If you don't know how to play, the rules are easy!

Red Hat Society Mon Dec 19 10:30am in Hall D



We are the 'Recycled Teenagers' Chapter of the Red Hats. This will not be our regular meeting, but rather a gathering to celebrate the birthdays of five of our members. Join us in singing "Happy Birthday".

For more information please call Isobelle Skinner 613-592-1411

Canasta Tuesdays 1 - 3pm in the Lounge



Join us every Tuesday for this family favourite card game. Rules are easy and our volunteer convenor will be happy to teach anyone the game. Bring a friend!

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.

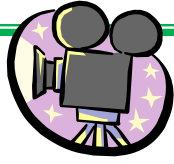
Discussion Group Wednesday Mornings 9:30 - 11 am



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.

Dec 7 – Crazy, Stupid Love - comedy

Dec 14 – Water for Elephants - drama

Dec 21 – The River Why – drama

Book Club

Thurs Dec 1

1:30pm

Book of the Month – The Cat's Table



Enjoy reading and would like to discuss literature with others? We have launched a book club to meet monthly. This month we are discussing *The Cat's Table* by Michael Ondaatje. If you wish to join this club, please notify Janet at 599-4480 x23. For additional information, please see website at 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



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 Dec 2

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. You must be a current member of the Kanata Seniors' Centre. Register at the front desk.

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



Duplicate Bridge is an interesting version of bridge where players test their skills on the same bridge hand, duplicated to the next table. 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.

Foot Clinics:

Mon Dec 12, Mon Dec 19, Wed Dec 21



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.

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



Dec 7 – Canada Bank Note with Josianne Roy
Dec 14 – Holiday Celebration
Happy Holidays – back January 11th.



For registration/transportation please call
Carol Diguier at 613 591-3686 Ext 316 (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

Date: Thurs Dec 8

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.



“The In-Club” Mall Walking
Hazeldean Mall
Monday to Friday – 7:30 to 10:30am



To join this **free** mall walking program, please contact
Nisha at 613-591-1294 or 613-882-1294 or send an
email at nikaim@rogers.com

Merry
Christmas



Ottawa

City of Ottawa WINTER Courses

Recreation Activity Guides and our summary calendar sheet are both available at the front desk. Be sure to check out the many different programs at the Centre. Start your New Year's Resolutions early by signing up for our active lifestyle programs.

Fitness Programs:

Please come dressed in suitable attire for the fitness classes.

Chair-ercise

Chair-Yoga for Seniors

Dancercise for Seniors

Line Dancing – Seniors Level 1 and Level 2

Line Dancing – Level 3 & Level 4

Nia Fitness

Older Adult Fitness

Tai-Chi for Seniors – Level 1, 2 and 3

Yoga Hatha

Yoga for Seniors Level 1

Yoga – Pre-Natal; Kids; and Youth

Zumba Gold Fitness

General Interest Courses:

Writing for Enjoyment – Adults & Seniors

Guitar Adult – Level 1 & Level 2

Guitar Youth & Children– Level 1 and 2

Spanish – Level 1, 2 and 3

Knitting – the Art of Yarn

French Conversation for Seniors

*Wishing you a wonderful Holiday
Season with good health and happiness
throughout the coming year!*

*Best wishes from our front office staff –
Janet, Marsha, Frances, Beth, Linda,
Miranda, Kelly, Cherie and Cori.*

