

SENIORS' SCOOP

Vol. 118 Kanata Seniors' Centre Newsletter January 2012

2500 Campeau Drive Kanata, Ontario K2K 2W3 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
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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 Jan 7 at 11:45am – 3pm



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

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. 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.

Elevated Toilet Seats

Some of our patrons make use of mobility and personal devices to assist them in their personal care. Early in January we will be 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.

Saturday Afternoon at the Movies
Sat Jan 21 - 1 to 2:45 pm

Movie: Dolphin Tales



Cast: Harry Connick Jr., Ashley Judd, Nathan Gamble, Kris Kristofferson,

Story: "Dolphin Tale" is inspired by the amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life after being caught in a crab trap, severely damaging her tail. This is a remarkable story of recovery and rehabilitation.

No Charge, just come and enjoy!

Learning Series:

Thurs Jan 26
1 to 3 pm



Topic: Endocrine Disruptors
with Dr. Aisha Sherazi

From soaps to creams and paints to plastics, to pollutants in our rivers, we are exposed on a daily basis to mixtures of different substances. What are the long term effects? Join Dr. Aisha Sherazi as she shares her knowledge on the topic of Endocrine Disruptors (chemicals that can behave like hormones in the body).

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

A BIG THANK YOU To The Craft Group

The Kanata Seniors' Centre Craft Ladies enjoyed a successful annual "Craft and Bake Sale" at the Hazeldean Mall on Sat Nov 19. They raised over \$1250. with all monies going to seniors' needs and special charities. They would like to express their thanks and appreciation to everyone who contributed baked goods for the sale. Thank you to all our crafters for their hard work all year long.

We would also like to congratulate the Craft Group for their devoted service to the Centre. In 2011 they accumulated over 7700 hours of volunteer work. **BRAVO! Great Job, ladies!**

Looking Ahead to February:

- Feb 2 – Book Club
- Feb 3 – Digital Camera Club
- Feb 4 – Connections to Healthy Lifestyles -
Topic: Skin Cancer
- Feb 9 – Council: How to Make ER Senior-Friendly
- Feb 11 – Saturday Lunch and Movie
- Feb 18 – Saturday Afternoon at the Movies
- Feb 20 – Family Day – Centre Closed
- Feb 23 – Special Event - Music from the 60's
- Feb 23 – Learning Series – Art Appreciation



**Saturday
Lunch & Movie
Sat Feb. 11 at 11:45am – 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.**

FROM JANET'S DESK:



Name Badges:

We want to encourage our members to wear their name badges while using the Centre. Your name badge is also where you keep your **Medical Information Form** in case of emergency.

Indoor Shoes Please:

We appreciate during these winter months our members bringing indoor shoes. Together we can cut down the tracking of slush/salt through our building and decrease wear on our tiles/carpet!

Special Event Volunteers:

Do you love to throw parties? Then we need you! Please join our team to plan and implement events at our Centre. If you are interested and want more information, please call Janet at 599-4480 ext.23.

Volunteers - Count Yourself In!

A new year is starting and we are asking once again that Volunteers report their volunteer hours for our annual statistics. It is thanks to you that this Centre offers the variety of activities and services to our community. Also, this is a good chance to let us know if you are a new volunteer with one of our activities!!

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.

Scent-Free:

Kanata Seniors' Centre is a scent-free environment. We ask that you refrain from using highly scented products and perfumes when visiting our Centre. We would like everyone to be able to come to the Centre without risk of allergic/asthmatic reactions.

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.

Euchre
Mondays 12:30pm



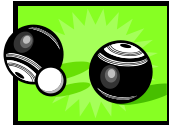
Come out on Monday afternoons and enjoy playing Euchre. If you don't know how to play, the rules are easy!

Red Hat Society
Mon Jan 30
10:30am in Hall D



We are the 'Recycled Teenagers' Chapter of the Red Hats. Plans are underway for a FUN time in January. Join us if you enjoy fun! For more information please call Isobelle Skinner 613-592-1411

Carpet Bowling
Tuesdays and Fridays
1 - 3pm



Winter Session starts Jan 10 and 13

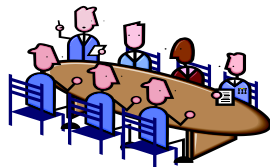
All levels welcome to come out and join in the fun. It's a great sport and a good way to meet new people. Don't be shy, come and try! Sign up at the front desk.

Scrabble
Wednesdays at 9:30am



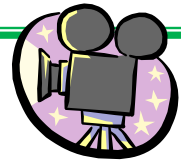
If you like playing scrabble, come and join the group on Wednesday mornings and have lots of fun. A great way to enjoy the company of other members and exercise your brain with this ever-popular game.

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.

Jan 4 – One Day - Drama
Jan 11 – The Family Tree - Comedy
Jan 18 – Margin Call - Drama
Jan 25 – Midnight in Paris - Comedy

Book Club
Thurs Jan 12
1:30pm



Book of the Month – Major Pettigrew's Last Stand

Enjoy reading and would like to discuss literature with others? We have launched a book club to meet monthly. This month we are discussing **Major Pettigrew's Last Stand** by **Helen Simonson**. 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
Winter Session starts Thurs Jan 12



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 Jan 6
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



Jan 11 - Welcome Back Chat

Jan 18 - Bingo

Jan 25 - Mellow Tones for Robbie Burns Day Celebrations.

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.



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

Foot Clinics:



**Mon Jan 9, Mon Jan 16, Wed Jan 18,
Wed Jan 25, Thurs Jan 26, Mon Jan 30**

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.