

SENIORS' SCOOP

Vol. 116 Kanata Seniors' Centre Newsletter November 2011

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

OPEN

Kanata Seniors' Centre and
Council Café
are open on Friday, Nov 11
regular business hours



EVENTS THIS MONTH:



**Saturday
Lunch & Movie**
Sat Nov 5 at 11:45am – 3pm



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

Movie: **Something Borrowed**

Cast: Ginnifer Goodwin, Kate Hudson
Rachel is a generous and loyal pal to her best friend Darcy. Then, perpetual good girl Rachel unexpectedly ends up in the arms of Dex, who happens to be Darcy's fiancé. Rachel finds herself caught between her long-time friendship with Darcy and the prospect of losing the love of her life.

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

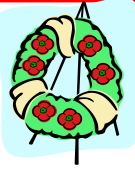
Change your clocks this Fall:

Before going to bed on Saturday, Nov 5 turn your clocks **back one hour** and check all your **smoke detectors** to see that they are in working order.



Remembrance Ceremony & Luncheon

Thurs Nov 10 at 10:30am to 1:00pm



Our program will include a full, formal ceremony by the Canadian Legion, followed by entertainment with Geriatric Jazz Band and a hot lunch.

Please wear red in support of our troops.



Tickets - \$8 for Members; \$10 for Guests
Register at the front desk by Mon Nov 7.

Telecast of Remembrance Day Ceremony Fri Nov 11 starting at 10:30am Lounge

As in past years the Lounge will be reserved for those wishing to watch the Ceremony on our large screen monitor. We invite you to bring a friend and join other Centre members for this telecast. Refreshments will be provided by the Kanata Seniors Council Inc.
No Dominoes on Fri Nov 11.



In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

John McCrea



**Kanata Seniors' Centre Craft Ladies
"Annual Craft & Bake Sale"
Hazeldean Mall**

Sat Nov 19 - 9am to 3pm



Our Ladies' Craft Group will be holding their yearly Craft and Bake Sale. Any donations of baked goods will be very much appreciated and should be delivered either Friday, Nov 18 to the Centre or early Saturday morning to the Mall. Let's support the Craft Ladies who have worked so hard all year round.

**Saturday Afternoon at the Movies
Nov 19
1 to 2:30 pm**



Movie: Baby for Sale

Cast: Dana Delaney, Hart Bochner

Story: A true-life story so vital and compelling it helped inspired federal legislative action against black-market adoption brokers who peddle babies to the highest bidder.

No Charge, just come

Learning Series

Thurs Nov 24

1 - 3pm

Topic: "Out and Aging"



The Ottawa LGBT (Lesbian, Gay, Bisexual, Transgender) Society will be here to talk on life as a LGBT Senior.

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

Looking Ahead to December:



- Dec 1** – Book Club
- Dec 2** – Digital Camera
- Dec 3** – Saturday Lunch and Movie
- Dec 15** – Christmas Celebration
- Dec 17** – Saturday Afternoon at the Movies
- Dec 22 to Jan 2 (Inclusive)** – Holiday Closure



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



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

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
Limited Seating. 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



The Snooker Ladder is now set up in the Games Room and players are encouraged to visit and look up their names on the Ladder. We suggest players challenge anyone who is up to four places above them, and try to play one match per week or four matches per month against a new opponent on the Ladder.

We will be running a Fall Tournament, a repeat of the Spring Tournament, in the latter half of November, and a number of time slots will be reserved for the Tournament. A sign-up sheet will be posted in the Games Room. Come in to sign up and look at the trophy. There is now a new sign-up sheet for regular play, kept by the reception staff. Any questions feel free to 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 Nov 28
10:30am in Hall D



The 'Recycled Teenagers' Chapter of the Red Hats will be having a 'laugh on us', bring a joke or cartoon to add to the fun. Wear your name badge and pay your dues! 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



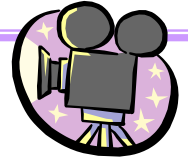
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

Thank You!



A very special "Thank You" to our Gardening Committee for all their hard work and dedication this season. The colourful flowers and bushes added to the charm of our Centre. We had many compliments about the beds. We appreciate all the green thumbs who had a part in this joint project this year!

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.

- Nov 2 – Beautiful Boy - drama**
- Nov 9– Meek's Cutoff - drama**
- Nov 16 – Zookeeper - comedy**
- Nov 23 – Lucky - comedy**
- Nov 30 – Captain America - action**

Book Club
Thurs Nov 3
1:30pm
Book of the Month – *Cutting for Stone*



Enjoy reading and would like to discuss literature with others? We have launched a book club to meet monthly. This month we are discussing *Cutting for Stone* by Abraham Verghese. 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
(No Shuffleboard on Nov 10 due to the Remembrance Ceremony and Lunch)



Bring a friend and get into the "shuffle"! The more the merrier! New members 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 Nov 4
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. Sign up at the front desk.

Dominoes
Fridays at 9:30am



(No Dominoes on Nov 11 – televised viewing of Remembrance Day Service in the Lounge)
 Each week come and have some fun every Friday morning in the lounge playing Dominoes. A great game to enjoy and 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 Nov 14, Wed Nov 16, Mon Nov 21,
 Wed Nov 23, Thurs Nov 24, Mon Nov 28**



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



Nov 2 – Music with “Robin & Joe”
Nov 9 – Shamrock & Thistle, Maritime Celtic Band
Nov 16 – Mayor Jim Watson
Nov 23 – Art etcetera at the Beaverbrook Library
Nov 30 – Terry McCann

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 - \$5 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.

“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**

SMART SHOPPERS..... from Pauline Cramphorn

Have a menu prepared for the coming week. It only needs to have supper dished noted. Try for two fish suppers, two meat, and two vegetarian, and for the seventh day, it can be a surprise! Lunches should complement the supper dishes. For example, on the day you have meat for supper, have a vegetarian lunch i.e. cheese or beans. Breakfasts are pretty standard, but must include protein as well as cereal and fruit. Prepare a shopping list according to your menu. Check cupboards to see if you have some items already. Throw out expired items. Your list should be in the same order as the layout of the grocery store, so for example, the fruits and vegetables go on your list first and in your cart first!

~~~~~