



SENIORS' SCOOP



Vol. 114 Kanata Seniors' Centre Newsletter September 2011

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

Phone 613-599-4480
Fax 613-599-1698

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

Labour Day Holiday Weekend:
The Kanata Seniors' Centre and
the Council Café will be
closed Sept 3, 4 and 5.



SPECIAL EVENTS THIS MONTH:

**OPEN
HOUSE**

Open House & Pancake Breakfast



Fri Sept 9 – 8:30am to 11:30am

Come with a friend or your family and show off your Centre to them! We will be showcasing our various activities and services. A great chance for you to try out something new as well.

The Kanata Seniors Council is providing a delicious, **complimentary pancake breakfast from 8:30 to 10am!**

Many of our Centre activities will be highlighted and available for you to see and try out.

The ladies from the Craft Group will be displaying and selling their lovely handmade items in the Lounge. Why not start your Christmas shopping a little early this year!

Annual General Meeting Kanata Seniors Council Inc. Mon Sept 12 at 11am



Come out and show your support for the Kanata Seniors Council. See what work they do for you in representing your interests. Keep yourself informed about seniors' issues.

The **election of Directors** will be held at this time. If you are interested in a seat on Council, please submit your name by Sept 1.

The **Frank Valentine Volunteer Award** will be presented at this meeting.

A light lunch will follow.

EXPO 55 with Councillors Marianne Wilkinson and Allan Hubley Fri Sept 16 – 1 to 3:30pm

Our Councillors are hosting a showcase featuring a variety of services geared to seniors in West Ottawa. There will also be various demonstrations and light snacks.

Please note that all regular afternoon activities are cancelled at the Centre and in the Halls.

September Lunch & Movie Sat Sept 17 at 11:45am to 3pm

Movie: TRUE GRIT

Story:

The time is the 1870s, the setting frontier America. Mattie Ross tells the tale of how, at 14 years of age, she journeyed to Fort Smith, Arkansas determined to extract justice for the death of her father.

Cast: Jeff Bridges, Hailee Steinfeld, Matt Damon

Tickets - \$6.25 for Members; \$7.75 for Non-members
Limited Seating.



Saturday Afternoon at the Movies

Sept 24 – 1 to 2:45pm

No Charge

Movie: Play the Game (Comedy)

Cast: Paul Campbell, Andy Griffith, Doris Roberts, and Marla Sokoloff

Story: A young ladies' man teaches his dating tricks to his lonely, widowed grandfather, and plays his best mind games to meet the woman of his dreams.



CPR/AED Course for Seniors

Thurs Sept 29

9am – 1 pm

Learn how to save someone's life by knowing how to do Cardio Pulmonary Resuscitation (CPR) and by using the Automated External Defibrillator (AED). Know what to do before the ambulance arrives. The course is taught by a qualified instructor. Don't miss this opportunity to stay current with the new sequences. Space is limited, so register at the front desk before Sept 25.
No Charge for Seniors.



City of Ottawa Programs



Register now for Fall & Winter Courses
See page 5 for a list of all programs offered at the Centre. Stay active, keep fit and enjoy life.

FALL 2011 Learning Series

Thurs Sept 29

1 – 3pm

Topic: Passionworks

We are excited to have motivational speaker, David Jones, talk on staying engaged and connected in your life and community and getting rid of the baggage that zaps your energy.

No charge but please register at the front desk.

Refreshments sponsored by the Kanata Seniors Council Inc.



Looking Ahead to October:



Oct 1 – Saturday Lunch & Movie

Oct 2 – Retirement Living Fair

Oct 8, 9, 10 – Closed for Thanksgiving Weekend

Oct 15 – Mah Jong Tournament

Oct 20 – Annual Cook-Off

Oct 22 – Saturday Afternoon at the Movies

Oct 27 – Learning Series:

Topic: TBD

Oct 29 – Connections to Healthy Lifestyle:

Topic: "What Can Your GP Do for You"



Saturday Lunch & Movie

Sat Oct 1 - 11:45am to 3 pm



A delicious, hot meal followed by our feature movie.

Movie: Jane Eyre

Cast: Mia Wasikowska, Michael Fassbender

Story: Jane Eyre spent several harrowing years in an orphanage, but later prospered and secured a job as a governess. Her employer is a tormented soul with "skeletons in the attic" that may just cost them both their lives.

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

Limited Seating.

Registration begins on Mon Sept 19 at 8:30am

ACTIVITIES AT THE CENTRE



**Check the yellow calendar
on the last sheet
for all activities this month.**

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 and be part of the fun.

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 Fall Session Starts Mon Sept 19 10am



Our Centre's choral group is looking forward to another melodious year. Come out and enjoy a variety of your favourite songs.

Red Hat Society Mon Sept 26 10am in Hall D



The 'Recycled Teenagers' Chapter of the Red Hats gather for fun and camaraderie in the Council Café followed by lunch. For more information please call Isobelle Skinner 613-592-1411.

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! Please note that Euchre will begin at 12:30pm.

Canasta Tuesdays 1 - 3pm



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!

Carpet Bowling Fall Session Starts Tues Sept 20 and Fri Sept 23 1 - 3pm



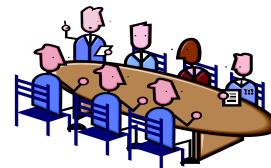
All levels welcome, so come out and join. It's a great sport and a good way to meet new people and have fun. Don't be shy, come and try!

Scrabble Wednesdays at 9:30am We're looking for more players!



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



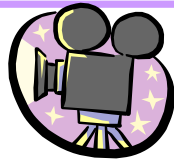
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

The Games Room - Snooker



Plans are in the works for a 'ladder' of regular play starting in mid-September. Individuals will play each other on a monthly basis for position on the ladder. Later, there will be a Fall Tournament, similar to that held during the Far West Fun Fest in May. All Centre members are invited to sign up. Please email your name and phone number to Colin Brooker at colinbrooker@rogers.com by September 9th, and stop by and see us at the Open House (personal email addresses will not be made public.) Any suggestions for other activities will be gladly accepted.

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. The movies at the Centre are compliments of Blockbuster Video on Hazeldean Rd.

Sept 7 – Adjustment Bureau - Action

Sept 14 – Unknown - Drama

Sept 21 – The Lincoln Lawyer - Drama

Sept 28 – Winter in Wartime - Drama

Cribbage
Thursdays 1pm



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

Shuffleboard
Fall Session Starts Thurs Sept 22
1 to 3pm



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.

Book Club
Thurs Sept 1
1:30pm



Enjoy reading and would like to discuss literature with others? We have launched a book club to meet monthly. If you wish to join this club, please notify Janet at 599-4480 x23. For additional information, please see website at www.kanataseniors.ca.

Digital Camera Club
Fri Sept 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.



Dominoes
Fridays at 9:30am

Come and have some fun every Friday morning in the lounge playing Dominoes. A great game to enjoy and meet new members.

(No Dominoes on Sept 9 due to the Open House and Pancake Breakfast)

Geriatric Jazz Band
Fall Session Starts Fri Sept 9
1pm in the Lounge



Treat yourself to a lively afternoon of swinging music that will get your feet tapping and give your spirits a lift. Everyone is welcome. Bring along your best singing voice and join in belting out many familiar songs. Or just sit back and enjoy the entertainment.
No Geriatric Jazz Band on Sept 16 due to EXPO 55

Saturday Duplicate Bridge
Fall Session Starts Sat Sept 10
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 member of the Kanata Seniors' Centre to participate. Register at the front desk if you plan to play.

Gardening at the Centre



There has been a lot of work undertaken to improve the soil in the Centre's gardens again this year. The result is that our perennials are doing well and flourishing. But, come the end of September the Fall clean-up will need to be done in order for the perennial beds to grace us with their beauty again next Spring. The clean-up process won't involve really heavy work - mainly dead-heading, cutting back and light raking.

Please call the Gardening Convener (*Gail at 613-592-2904*) if you can spare an hour or two to help with this work at the end of September. There will be free coffee and cookies for those who join the crew on Friday, September 30th at 9:00 am. (In case it rains on the 30th, we will plan for the following Friday.)

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

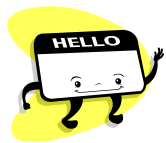
Books marked "Reference" – we request they remain at the Centre

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.

Name Badges



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

FALL & WINTER Courses



Registration is now in full swing for all programs.

Get active, stay in shape, and have fun with others.

The Fall 2011/Winter 2012 Recreation Activity Guide are available on-line & the Kanata Booklet in print at the front counter. Be sure to check out the new and continuing programs at the Centre.

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 & 2

Line Dancing – Level 3 & 4

Older Adult Fitness

Nia Fitness

Nordic Walking (Fall Only) – Seniors

Nordic Walking (Fall Only) – Gentle

Tai-Chi for Seniors – Level 1, 2 & 3

Yoga Hatha – Adult

Yoga-Senior Level 1

Zumba Gold

General Interest:

French Conversation for Seniors

Guitar Adult – Level 1 & 2

Knitting – The Art of Yarn

Spanish – Level 1, 2 & 3

Writing for Enjoyment

Parking Lot Request



Our parking lot is often full. We suggest that those of us who are more able-bodied try to park in the lot nearest the library, thus permitting those who need easier access to the Centre, 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.

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



Sept 7 – Welcome back chat

Sept 14 – Bingo

Sept 21 – “Junkyard Symphony” – sponsored
by MASC

Sept 28 – “Musical Memories”- Barry and Heather

For registration/transportation please call
Carol Diguer at 613 591-3686 Ext 316 (Mon to Fri)

one week in advance

Cost: Lunch - \$7 at the door

Transportation - \$5 if required

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.

Foot Clinics:

**Mon Sept 12, Mon Sept 19, Wed Sept 21,
Thur Sept 22, Mon Sept 26, Wed Sept 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.

LOST & FOUND BOX



Are you missing running shoes, walking shoes, jackets, sweaters and more??? Our LOST & FOUND Box has many unclaimed items that could be yours. When you are at the Centre, check the box on the shelf in the coatroom and see if you own some of these items.

**“The In-Club” Mall Walking
Hazeldean Mall**

Monday to Friday – 7:30 to 10:30am



“In Step, In Shape, Inside” is how the Mall Walkers at the New Hazeldean Mall stay in shape - while walking inside! Every morning Monday to Friday from 7:30 to 10:30 a.m. you will see mall walkers walking and socializing inside the Mall.

Walking is the easiest and most efficient way to exercise. It is a great way to lose weight, reduce the risk of heart disease, stroke, colon cancer, high blood pressure and osteoporosis. It is also a great way to reduce stress and build healthier joints and bones. At the Mall you will not only find these great benefits of walking, but also a perfect place to make friends and become more active in your community.

The Mall has provided a safe, climate controlled environment for the last 22 years to over 200 Mall Walkers in the communities around Kanata. It is a FREE program sponsored by the City of Ottawa and the Hazeldean Mall.

Join the Walkers now and get in on the fun. To register as a Mall Walker, please call or email the coordinator, Nisha Mapara at 613 591-1294 or nikaim@rogers.com or by calling Janet Baigent at the Kanata Seniors' Centre (613 599-4480)

Condolences



Here at the Centre our members have developed strong friendships and bonds. When one of our members passes away, we feel the sadness and share the sorrow with the family. We ask that you notify the office when you know of a death that has occurred. The newspaper or Memorial Tribute from the visitation would be helpful. This information will permit us to advise members and staff at the Centre, and to send out our condolences to the family.