



KANATA SENIORS COUNCIL

# Seniors news

January 2016

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## Far West Fun Fest 2016 Update from Liz Tucker



Work is ongoing on setting up the program for the 2016 version of our Far West Fun Fest. Registration booklets will be available sometime in April.

Unfortunately we are having to raise the cost of registration to \$25.00 but it is still an excellent deal for two weeks of fun and entertainment.

## A Proposal for a New Activity at the Centre

There has been a suggestion that we might want to start a computer club.. We not quite sure what that would entail, but if there is an interest, we will try to work something out.

If you are interested, please leave your name and number where you can be reached at the front desk addressed to Kay Dubie.



## Need a Plumber or a Chiropractor - try this ..

Need to find some help? How about a seniors discount at a store?

Find recommendations from members by selecting the "SENIORS HELP" button at the top of the web site. There is also a link on the home page.

Nominations or recommendations for inclusion should include a few sentences of support for the service provided and the name of the senior who is making the recommendation.

Suggestions and nominations can be left in the Council slot at the Front Desk or by using the Council email at [council@kanataseniors.ca](mailto:council@kanataseniors.ca)



### VALLEY STREAM

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## Travel Club Plans for December and the New Year

**Please note:** due to renovations at the National Arts Centre, they have cancelled all the rehearsals performances for 2016. We are therefore forced to cancel all our trips to the NAC for the classical music rehearsals that we had planned for 2016.

### Jan 2016

Trip as part of our monthly Dine-A-Round program to the Renovated Rideau Shopping Centre on Fri Jan 29. You will get a chance to see the new Nordstrom's Store, have lunch on your own in their Bazella Cafe and visit the many other exciting stores. Cost is \$ 15.00

### Feb 2016

Trip as part of our Dine-A-Round Program for a gourmet lunch at the International Cooking School at Algonquin College on Fri Feb 26

### March 2016

Trip as part of our monthly Dine Around program to Cheshire Cat Restaurant in Carp (date in Mar to be set)

Collette/Centrum presentation on Thurs March 17 (St. Pat's Day) featuring programs to Ireland and Western Canada



## Council Café Chatter - from Frank Zeithofer



Our Christmas decorations are all set up in the Cafe and we appreciate the positive comments. I know I saw a number of you playing with our figurines and you were particularly impressed with the golden metal miniature tree cones by the coffee station. They do add to the holiday spirit whoever she may be.

While we are busy planning the Cafe meals and menus and preparing to put them on the web page as many of you have now requested. On another note, some of our fall vacationers have returned to plan their winter vacations.

When some reach a certain age; insurance is a major issue especially when travelling to the United States. But, overall it seems to only delay not deter. Of course now is the issue of the sixty cent dollar. In either case we are sorry to lose them again for a free month. Ahh! Retirement I love it. Break...

A vicar and a shopkeeper were having a conversation about a recent wedding they both attended. I have never seen such multicoloured outfits in all my life said the shopkeeper. Every color under the rainbow but not a hat in sight. "They were wearing those *fornicators*, or whatever they are called." "I believe they are called fascinators corrected the vicar. Well they do not fascinate me a couple of feathers glued on a band" said the shopkeeper.

I tell you we must be getting old. The other day, I was carrying a shopping bag and my brief case to the car. I opened the hatch and put the keys in the back and slammed the hatch. YES, the keys are inside and being it's a Ford you cannot break in without damaging something. Then something marvelous happened - our friend Maureen

offered to drive me home to get my second set of keys. Well, I said, I live in the country but only 20 minutes from here. Well we were there in 19.7 minutes and back on the return trip in short order. My wife was really impressed with my quick thinking and forgetfulness. Yes, I owe Maureen and now how to pay her back. Let me know.

### Frank n'Sense

*What do you call a smelly Santa? "Farter Christmas"*

*What do you call a bunch of chess players bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer*

### TOP 5 USES FOR HOLIDAY FRUITCAKES

1. Use slices to balance that wobbly kitchen table.
2. Save for next summer's garage sale.
3. 3 Two words pin cushion.

*Some people are like clouds. When they go away, it's a brighter day.-*

## Out and About - News and Events from Local Residences

**Park Place Senior's Suites & Retirement Residence**  
**Park Place 120 Central Park Drive**  
**(613) 798-4896 ext. 2007**

January 4<sup>th</sup> at 3:30pm **Jack Frost** Cocktail hour and piano bar

January 6<sup>th</sup> at 2:30pm **Winter Warm Up** Hot chocolate bar and live music by André Garreau

January 9<sup>th</sup> from 10am - 2pm **Antique Road Show** with Janet Carlile, Independent Appraiser

January 12<sup>th</sup> at 8:00am **Community Breakfast**

January 13<sup>th</sup> at 12:00pm Lunch followed by a poetry reading by Bernard Deadman

January 15<sup>th</sup> at 2:30pm **Touch of the Tropics** with entertainment by Noel Dimaranan

January 20<sup>th</sup> at 2:30pm **Snowflake Ball** with live music by Jean Guy Bernard

January 22<sup>nd</sup> at 2:30pm **Artist Showcase** view the works of a featured artist while sipping champagne

January 25<sup>th</sup> at 4:30pm **Robbie Burns Day Dinner** with live musical theatre presentation by Dai Bassett

January 27<sup>th</sup> at 2:30pm **Wine & Cheese** with live music by Ginette Hamilton

**Red Oak Retirement Residence**  
**3501 Campeau Drive, Kanata**  
**613-592-6426**

**Indoor** Nordic Pole Walking Club. Beginning with a "Lunch and Learn" on Thursday, February 11, 2016 at 1pm – **cost \$5**

Following with the "Walking Club" on the next 4 Thursdays at 10:30am (Feb 18, 25, March 3 and 10)

Learn the benefits and techniques of Nordic Pole Walking with Master Trainer Nordic Walk/Urban Poling: Wendi Paterson. Call soon to register. Limited enrolment.

Please RSVP at 613-592-6426.

**Waterside Retirement Community**  
**Carleton Place 613-253-2010**

Our very first Book Club will be starting on Jan 26<sup>th</sup> at 11am all are welcome.

On Jan 28<sup>th</sup> we have a fundraising euchre tournament in support of club 55. Cost to play \$5. Starts at 1pm. Light refreshments served.

Please RSVP to the Waterside at 613-253-2010

**VALLEY STREAM**  
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*Offering a Continuum of Care including Retirement Living, Assisted Living, Memory Care Respite and Convalescent Care*

**FREE** shuttle service to our in house events!  
\*Some restrictions apply

**BE OUR GUESTS!**  
 Call today for information about **FREE ACTIVITIES** and **SPECIAL EVENTS** at VALLEY STREAM!

Join our **WALKING CLUB** today! Have a weekly stroll around our well-manicured grounds and then stay for **TEA and TREATS** on us!

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