



Travel Club Plans for May

The Travel Team is looking for volunteers to serve on our Planning Team and as Ticket Sellers. If you are interested, please contact John Kern at 613-444-0155 or Email: jh.kern@rogers.com

Dine-A-Round to Manotick with lunch (at your expense), site seeing and shopping on Wednesday May 4 Cost is \$ 15.00

Tulip Trip as part of Far West Fun Fest on Saturday May 21

Trip to see the new **Viva Barrhaven Seniors Residence** on Thursday June 2

Mystery Trip in June (date to be confirmed)

Dine-A-Round trip to Westport for lunch (at your expense) and shopping/site see on Thursday Jun 23



Look for these flyers as they become available.

ARE YOU INTERESTED IN SEEING HOW THE KANATA SENIORS COUNCIL WORKS ?

MONTHLY MEETINGS OF THE DIRECTORS AND ASSOCIATES ARE HELD IN THE OWEN PRINCE ROOM AT THE KANATA SENIORS' CENTRE.

THE NEXT ONE IS ON FRIDAY MAY 27 COMMENCING AT 9:00 AM

Council Special Events

Far West Fun Fest from May 12 through May 26.

The Kanata Seniors Council would like to announce the presentation to either an individual or a group from Kanata or the west district of Ottawa of a

“Volunteer Recognition Award”

Nomination forms are available in the Council Café and at the Kanata Seniors' Centre Front Desk or visit our website for an on-line version. The deadline for turning in your completed nomination form is FRIDAY MAY 13TH. For more information regarding the event, [click here](#).

This is your chance to recognize a volunteer(s) who have:

- * made a significant contribution to the well-being of the Seniors Communities in Kanata and the West District of Ottawa.
- * demonstrated a willingness to contribute above and beyond normal expectations required of their activity.
- * demonstrated significant leadership and respect while working with their peers.

AWARDS WILL BE PRESENTED AT THE ANNUAL VOLUNTEER RECOGNITION DAY TO BE HELD ON THURSDAY JUNE 2nd.

This is your chance to recognize a volunteer(s) or volunteer groups in our community.

Frank Valentine Award

The Frank Valentine Award will again be presented by the Kanata Seniors Council on Monday September 12, 2016, as part of their Annual General Meeting.

Nomination Forms will be available on the web site and at the Front Desk of the Kanata Seniors' Centre starting on May 24th.

Out and About - News and Events from Local Residences

**Chartwell - Empress 613-663-2965,
Stonehaven 613-663-2969,
Kanata 613-663-2967
Chartwell Kanata**

Learning/Speaker Series:

Wednesday, May 25th @ 7:00 PM - "Wills & Estates", presented by Neil Milton, Lawyer, Miltons Estates Law Sessions are COMPLIMENTARY.

Euchre Tournament:

Thursday, May 19th @ 7:00 PM COMPLIMENTARY

Please RSVP to Margaret at [613-663-2967 x 13692](tel:613-663-2967) or at mdennis@chartwell.com for either event. * Space is limited!

Chartwell has partnered with the Canadian Cancer Society to help support their Wig Salon program. Chartwell Kanata and Chartwell New Edinburgh Square will be hosting Wig Salons in their residences, and all of the Chartwell properties across Ottawa will be designated drop-off locations for new & gently used wigs. The Wig Salon provides free wigs for cancer patients. If you, or someone you know, is a cancer patient or survivor and is in need of a wig, please call the Canadian Cancer Society to book an appointment.

**Thorncliffe Place Seniors Residence
1 Thorncliffe Place
Nepean, ON K2H 9N9
613-596-3853**

We are pleased to announce that our new luxury one bedroom suites are nearing completion! These rooms feature an open concept design with a gas fireplace, kitchenette, and modern, accessible bathroom. Look for our Grand Opening announcement coming soon!

Mother's Day Tea – Sunday May 8th 2:30

Family and friends will be celebrating our wonderful mothers while listening to Samuel Whilby on piano. Visitors are welcome! If you would like to join us, please rsvp to 613-596-3853 x503.

**Lynwood Park
1 Eaton St,
Nepean, ON K2H 9P1
613) 596-6969**

Open House on May 15th, 2016 from 1:00pm – 4:00pm.

We will be setting up some fun gardening activities for our visitors, as well as doing some raffles for gift baskets. There is no cost associated with this event and we want to extend the invitation to anybody from the KSC who may wish to join us. We always love having the gang over!

**Symphony Retirement Residence
27 Weaver Crescent,
Ottawa, ON K2K 2Z8
(613) 591-3991**

Cinco de Mayo Celebration! May 5th at 2:30pm

"Five of May" is a celebration held on May 5th. Celebrate with us for a fun afternoon with a focus on food, beverages, and music from Mexico.

Zumba Gold with Dianne Cox May 10th and May 24th at 3:00pm

Join Dianne in a fun Zumba Gold Exercise Class. Zumba Gold is all about laughter, music, exercise and having fun. You can sit or stand during the class.

National Museum Month May 18th at 3:00pm

Join us for National Museum Month. We'll be hosting a presentation on the most famous and historical museums around the world.

Whales Presentation with Roy May 25th at 3:00pm

Are you interested in Whales and the Ocean. Join Roy as he hosts a presentation on Whales in our oceans.

Ray's Reptile Zoo May 26th at 3:00pm

Ray's wildlife educators will take you on a trip around the world — showing animals from around the globe and even those found right in our own backyards. Expect to see 8-10 animals, including: snakes, lizards, turtles, tortoises, amphibians and bugs.



Contact us
Phone: **613-254-7164**
Email: Council@KanataSeniors.ca
Web: www.KanataSeniors.ca



Council Café Chatter - from Frank Zeitlhofer



If you think older people do not pay attention to world news, you are incorrect.

This month's story involves the Panama Papers.

Story highlights Media coalition reports a Panama law firm helped set up secret offshore companies and accounts to hide money. The papers allegedly show a network tied to Russian President Vladimir Putin and other world power players. The documents were reported on by the International Consortium of Investigative Journalists and many other outlets

Who is mentioned in the documents? The documents reference 12 current or former world leaders, as well as 128 other politicians and public officials. In addition to allegations involving associates of Putin -- the Russian leader isn't himself mentioned by name in any of the documents -- and FIFA, the papers also accuse the prime minister of Iceland, Sigmundur David Gunnlaugsson, of having ties, through his wife, to an offshore company that were not properly disclosed, while Argentina's President Mauricio Macri is alleged to have failed to disclose links to a company in his asset declarations. FIFA boss Gianni Infantino denies wrongdoing.

On the Cafe local front; you may have noticed we have had more hot meals lately. We have been fortunate to have a few volunteers who love to cook, God bless them. They are

Marilyn Bailey and Rita Finnigan. However, it is not all about cooking. We have Jean and Bill Eng who also joined our team of volunteers. As the snow birds return, they are planning for summer holidays and so are we. We need 2/4 students a day for five days a week. We do not want them every day so that they can complete their forty hour four year program in a week. We would like them for the summer.

We will be starting our celebrity chef program shortly. The days and information will be posted in due course. There will also be a number of new menu options starting soon.

Frank n'Sense

"I always cook with wine. Sometimes I even add it to the food." -- W.C. Fields

The trouble with eating Italian food is that five or six days later, you're hungry again. "

John Barrowman said: I've always thought people would find a lot more pleasure in their routines if they burst into song at significant moments.



Check out what's happening at the Beaverbrook Branch of the Ottawa Public Library for April 2016



FamilySearch Basics

Learn about the tools and resources available for free to assist you in researching and preserving your family history through FamilySearch.

Tuesday, May 3 – 7:00 pm.

Book Club Picks

Best-sellers, hidden gems and a few forgotten favourites - join us as we highlight books from our collections that you can add to your book club's reading list.

Thursday, May 5 – 3:00 pm.

Art for Grown-Ups

Join us for some simple and enjoyable crafts that will make you feel like a kid again! At our next session we will be trying out some paper craft projects – or you can just come to colour!

Alternating Fridays: May 13, May 27, June 10

World Wide Knit in Public Day

We will be in the park behind the Library knitting and crocheting together. Bring your knitting supplies, blankets and any snacks you desire.

Saturday, June 18 – 11:00 am.