

KANATA SENIORS COUNCIL


Seniors news

March 2018

Vol. No:

A message from the President

March 2018

Once we have gotten into March I always feel that better weather is on the horizon and that we managed to sail through Jan. and Feb. enjoying some of the beautiful scenes presented to us of trees covered in snow with the sun lighting up the vista.

We start to plan what the spring might bring, for some of us it's golf and getting the "sticks" out and ready to go. For some it's time to think of what we would like to do in our gardens or a new adventure we might like to try. Whatever motivates you, remember to take time to plan something that will make you feel happy and joyful. Sometimes it takes a little looking to find it. It can be simple or complicated, but it is worth the effort. There are lots of programs here at the Centre and events that the Council presents to consider. Don't forget the Far West Fun Fest registration will be coming up in April and I can't think of a better way to bring some fun in any one's life. Happy St. Paddy's Day to all my Irish and adopted Irish friends.

Welcome to the Kanata Seniors Council

Explore our site and learn more about the Kanata Seniors Council programs and how to become a member, as well as programs and activities delivered by the City of Ottawa and other senior friendly organizations, many of which are made available through the Kanata Seniors' Centre facility. These links will take you to the Council's web site Index and a calendar of events:

<http://www.kanataseniors.ca/index.html>

<http://www.kanataseniors.ca/calendar.html>

FAR WEST FUN FEST 2018

We are very busy organizing the program for the 2018 edition of the Far West Fun Fest.

As many of you know, we set up a two week schedule covering a variety of activities. Some occur in the Centre, some at local Retirement Residences and some out in the community. The dates this year run from our opening continental breakfast on May 10th to our closing luncheon and entertainment on May 24th. In between we will have a wide variety of activities, some testing your brain power (trivia contest), some of them active (square dancing). (We hope to bring lawn bowling back). Some activities will test your games skills (euchre, bingo and cribbage) New this year will be crokinole, a game that originated in Ontario.

Registration will take place in early April. Please watch for the registration signs at the Centre and information in the April newsletter. Cost of registration will remain at \$25.00

Travel News

MARCH

Dine Around Mystery trip; Fri Mar 2. Cost is \$ 15.00 includes bus. Lunch at own expense

APRIL

Wheeler's Pancake House & Sugar Bush Trip on Fri Apr 13. Cost is \$30 and includes Lunch.

Trip to Upper Canada Playhouse to see "Opry Gold" on Thurs Apr 26/18. \$ 60.00 cost includes bus, theatre ticket and lunch

MAY

Mystery Trip (date to be advised)

OTHER TRIPS IN PLANNING STAGE.
Please watch for the flyers

Help Wanted—the Travel Planning Group is looking for volunteers. If you are interested please contact John Kern at jh.kern@rogers.ca

Reminder that the times for Selling Trip Tickets is: Tuesdays - 11:10 am to 1:10 pm and Wednesdays would be 11:45 am to 1:15 pm.

It should be noted that when you are booking a trip you must come into the Centre on the days and times listed above. We can not take reservations over the phone.

Nomination Time

This is your chance to nominate an individual volunteer or one of the groups who volunteer for either the Kanata Seniors Council or Kanata Seniors' Centre for a Council Volunteer Appreciation Award. Nomination forms will be available on the Council Website:

Council@KanataSeniors.ca

or at the Front Desk of the Kanata Seniors' Centre on Mar 9. The completed Nomination Form must be received no later than May 25 addressed to the Kanata Seniors Council attention: Volunteer Nomination Awards Committee at the **Kanata Seniors' Centre, 2500 Campeau Dr. Kanata, Ont., K2K 2W3.**

UPCOMING COUNCIL SPECIAL EVENT:

The 2018 Retirement Living Fair will take place on Sat Apr 28, 2018. Come and visit with For Profit companies who provide services to seniors. The Fair starts at 1:00 pm and goes to 3:00 pm. It takes place in the Mlacak Halls at 2500 Campeau Dr., Kanata. There will be light refreshments and door prizes. There is NO charge and all are welcome.

Watch for updates!!

Welcome to the Kanata Seniors Council Technology Team!

Did you know that membership on the Kanata Seniors Council gives you access to a variety of technology services?

- Connect your computer, phone or tablet to Wi-Fi at the Kanata Seniors' Centre.
- Use one of our five Windows 10 PCs for Internet and email access, printing, scanning or Skypeing,
- One PC is equipped with an extra large LCD monitor and larger fonts for better accessibility.
- Take one-on-one computer, laptop or tablet [Training](#).
- Attend Computer [Seminars](#) to learn more about technology topics.
- And don't miss our [Tips](#) page for more help with Technology!
- Learn about your computer, tablet, phone or eReader from our experienced Instructors in one-on-one tutoring.
- Transferring, editing and managing the photos on your digital camera.
- Connecting a printer, scanner or memory stick.
- Keeping your personal information private and your computers safe from viruses and malware

LESSONS COST \$20 FOR 3 ONE HOUR PRIVATE LESSONS

For your Calendar

Wellings of Stittsville

Monthly 'how to' Series

The Wellings brings to you a new hobby, interest or skill each month.

This month Learn HOW TO:

**Use Social Media
February 22, 2018 | 11-12pm**

Visit our leasing centre to learn the quirks of Social Media. Facebook, Pinterest, Twitter, Instagram and more.

RSVP to Sales@wellingsofstittsville.com

CHARTWELL KANATA –LEARNING SERIES

20 Shirley's Brook Drive, Kanata

613-915-6079 • chartwell.com

Supporting Your Aging Parent

February 28th • 7pm

“Create A Retirement Living Plan You Can Be Proud Of”

March 28th • 7pm

"Tips on Downsizing, Selling & Moving"

Chartwell Riverpark.

1 Corkstown Road. Nepean. ON.

613-828-8882

www.Chartwell.com

Please RSVP today to Jocelyn @613-828-8882

Chinese New Year celebration.

Saturday February 24th @ 2 p.m.

Join us with special guests, the Xinhuan Dance Troupe of Ottawa.

Refreshments included.

Please call now to reserve your spot.

613-828-8882

CAFE CHATTER FOR FEBRUARY, 2018

Well it's winter vacation time in the kitchen as we approach February. For some reason folks prefer to go away to warmer climates and different countries. As folks cruise the Atlantic, Pacific, Mediterranean and Caribbean and travel to Florida and even Halifax we are going to have a party, eat good food, drink a little and have a good time as well staying close to home. One such event is the St. Patrick's Day lunch on March 15 at 11:45AM. Tickets are going quickly and we are hopeful for a great event. Speaking of great times the bridge (cards) people had a small get together for 40 of their participants for Janet Drew who celebrated her 100th Birthday. We served plenty of great cake and gave the remainder to Janet to take to her residence. The ladies are crying for recognition on February 14, St. Valentine's Day. We will see if the kitchen establishment can decorate to please.

On another note, we had our inspection by the city food handling folks. Our certified folks and our ongoing training program gave us a lot of credibility as being one of the better establishments as to cleanliness, understanding and training. Congratulations to all volunteers and management.

Our training sessions will be starting with newer people shortly and ongoing training for seasoned professionals soon thereafter.

Frank n' Sense

While he was visiting, my father asked for the password to our Wi-Fi.

"It's taped under the modem," [SEP] told him.

After three failed attempts to log on, he asked, "Am I spelling this right? T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?"

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great, I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know the one that's red and has thorns?"

Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned toward the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

For your Calendar

Lunch and Learn Series

How to design for smaller spaces.
February 28th
11:30-1:30pm

Thinking of downsizing? This presentation will give you some ideas of how to design for a smaller space. Learn some tips and tricks from the professionals.

RSVP as space is limited.
Sales@wellingsofstittsville.com

City of Ottawa Adult activity guide.

The city of Ottawa offers a wide range of recreational activities for the older adult. Cut and paste the link below into your browser for access to the activity guide and then go to pages 26-27 for a list of activities provided at the Kanata Senior Centre. You're sure to find something of interest in the wide range of programs offered .

http://documents.ottawa.ca/sites/documents.ottawa.ca/files/fw2017_olderadultactivity_web_en.pdf

Friends of the Canadian War Museum

FCWM Outreach Programs - Personal Treasures

Do you have a photograph or story that reminds you of your own military past, or that of the career of a relative or friend? Would you like to share it, along with a brief description with others? The Personal Treasures project is designed to allow you to display your own items of militaria that have been gathering dust in your basement or attic but which each carry an interesting story. To see the wide range of topics already on-line go to <https://www.friends-amis.org/index.php/en/> then select Projects, Programs/ Personal Treasures. Our site is divided up much like the War Museum - into the major eras in Canadian military history.

How to contribute

Send an electronic version of a photograph of the person, event or artefact that you want to display along with a brief description of 500 words or less to fcwm-amcg@magma.ca Attention: Mike Braham or Ken Cownley. We will be pleased to add it to our "collection". Assistance to complete a submission may be obtained by calling (819) 776 8618 or by e-mail at fcwm-amcg@friends-amis.org



KANATA SENIORS COUNCIL
"Seniors Helping Seniors"

Contact us

Phone: **613-254-7164**

Email: Council@KanataSeniors.ca

Web: www.KanataSeniors.ca