

SENIORS COUNCIL

OBJECTIVES:

Advocate for seniors' in Kanata and Western Ottawa

Raise funds for the purpose of enhancing health and well-being of seniors' and older adults in Kanata and Western Ottawa

Promote educational, cultural, travel and recreational programs for seniors

Advise and assist in the operation and programming at the Kanata Seniors Centre

Provide capital items when funds permit for the Kanata Seniors Centre

Work with like-minded agencies to promote the welfare of seniors

If you wish to become a Sponsor of some of the Council activities,

Please go to:

sponsorship@kanataseniors.ca

WHO WE ARE:

The Kanata Seniors Council Inc. is a not-for-profit incorporated body who conducts programs for older adults and seniors in Kanata and the West District of Ottawa, as well providing an advisory function to the City on seniors' issues.

Operates the Council Cafe, sponsors computer instruction, runs a travel program, conducts outreach and sponsors a variety of activities at the Seniors Centre. It also provides funding for amenities and programs for the Kanata Seniors Centre.

WHY JOIN THE COUNCIL?

There is no charge to become a member

Allows the Council to better represent seniors' views on key issues such as health, transportation, taxation, accessibility and the like.

Let's you attend annual and other meetings of the Council and elect members of the Board.



The Kanata Seniors Council is a not-for-profit charitable organization looking after the interests of the older adult and seniors' communities of Kanata and West Ottawa.

**2500 Campeau Drive,
Kanata, Ontario, K2K 2W3**

(Behind the Mlacak Centre and the Beaverbrook Library)

Tel: 613-254-7164

Email: council@kanataseniors.ca

Web Site: www.kanataseniors.ca

Charitable Registration:

867314049

OUR RECENT AND ONGOING ACHEIVEMENTS INCLUDE:

- Advocating for better transportation and health services as well as other seniors' issues.
- Assisting in co-funding the Western Ottawa Community Resource Centre Wednesday Diners' Club.
- Conducting computer instruction for seniors.
- Managing computers for public use.
- Operating The Council Cafe service.
- Operating a Travel Program for members.
- Conducting a successful Sponsorship program.
- Funding speakers and member activity programs.
- Publishing the Council's monthly newsletter "Seniors News".
- Maintaining Council's web site at www.kanataseniors.ca

COMPUTER TRAINING

Volunteers are able to provide lessons from the most basic to the more intermediate. The "one-on-one" instruction allows for freedom to tailor lessons to each individual student.

Topics studied may be surfing the internet, using email, opening attachments, creating documents and protecting the computer from viruses.

Some students request a basic understanding of how the computer and Internet operate, while others want more advanced file management, multi-media, spreadsheets and word processing. It is an ideal learning environment as the student may concentrate on their own needs rather than trying to extract what they want from a structured classroom setting.

So join us to take the mystery out of computing. Our volunteer tutors look forward to making the beginner more comfortable and the advanced more challenged.

Cost is just \$15 for 3 (1 hour) private lessons.

Students must be Council members as well as become a member of the Kanata Seniors' Centre.



Join our trips for lots of fun
and excitement



The Council Café provides hot
meals at a low cost



Free Public Use Computers
and dedicated Training
Computers