

# KANATA SENIORS COUNCIL

# Seniors news

MARCH 2019

Vol. 15 No: 3

## FROM THE PRESIDENT



Well Top O' the Mornin' to all!

Welcome to our Green Month, when everyone is Irish for at least one day. It's something positive to enjoy after getting through the last two brutally cold and snowy months.

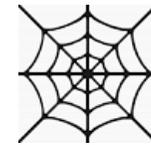
Green is my favourite colour and usually is connected with the outdoors, but during this month, I connect it with all things Shamrocky, little green elves, green beer, and Irish stew. We all like to celebrate the enthusiasm and fun of St. Patrick's Day. It is an excuse for many people to gather with family and friends to sing, dance, eat, drink and generally just have a good time. I hope you have some plans to celebrate this greenish of days.

Our Council is also celebrating the rebirth of our website. One of our new Directors, Brian Jeffrey, has taken on rebuilding our old website to bring it into a more modern look. Make sure you take the time to have a look. Let us know what you think.

We are also celebrating the fact that we applied for a New Horizon's Grant, and have been awarded the grant. The purpose is to help with our expenses related to the organization and managing the Far West Fun Fest. Producing this event takes a toll on our office equipment and the purpose of the Grant is to replace some of this equipment. We are so thankful to receive this kind of support for our programs.

Happy St. Paddy's Day

KAY



## ANNOUNCING LAUNCH OF NEW WEBSITE

Just because we're seniors doesn't mean our website has to look old.

The Kanata Senior's Council website was past due for a facelift. In addition to a modern new look, with larger type for easier viewing, our new website at [www.KanataSeniors.ca](http://www.KanataSeniors.ca) is viewable on computers, tablets, and cell phones.

Information of the Kanata Seniors' Centre activities and events are updated monthly along with what's being offered at the Council Café and upcoming special and travel events. Both the Council and Centre's monthly newsletters are available for downloading.

The Council's website is your hub for information on things to do in Kanata. Stay active, get involved: try it out today, tomorrow and for all things Council.

Brian Jeffrey

*Brian Jeffrey joined the Council this year and has been working away to update the Council's website and make it much easier to navigate. "This couldn't have happened without the input of a lot of people but I'm particularly grateful to Kay Dubie and Janet Baigent whose advice was invaluable," says Jeffrey.)*

[Council@KanataSeniors.ca](mailto:Council@KanataSeniors.ca)

# TRAVEL

## LOOKOUT FOR UPCOMING FLYERS IN THE NEAR FUTURE FOR THE FOLLOWING TRIPS:

- ◆ Possible Centrepointe Theatre Trip on March 17
- ◆ Colette Travel presentation on Tues Apr 16 featuring Germany, Costa Rica and the Maritimes
- ◆ Earl of March Theatre in April
- ◆ Mystery Trip on April 18

## TRAVEL TEAM ACTIVITIES IN 2018

Total number of trips operated: 17  
 Total number of presentations: 4  
 Total number of people on trips or presentations: 466  
 Total number of volunteer hours worked: 771

## TRIP TICKETS ARE ON SALE:

Tuesdays starting at 11:30 am until 1:00 pm  
 Wednesdays starting at 11:00 am until 1:10 pm

## COUNCIL SPECIAL EVENTS:

- Council Fund Raising Event on April 24:
- Far West Fun Fest from May 9<sup>th</sup> to 23<sup>rd</sup>

## REPORT ON TRAVEL SURVEY

The return rate for the travel survey that was sent out to all Council and Seniors Centre' members was very low.

From the few responses received. The respondents have made some valuable suggestions for future excursions. They have also indicated that they would be willing to pay more for better transportation, but all those who took the time to respond thought the value of our trips to be excellent.

There was also an indication that members would like the travel team to include some multi-day trips. Due to our liability insurance this will not be possible. However, the Travel team will be organizing a travel exposition and inviting travel agencies to exhibit these types of excursions. We would hope to coordinate with these agencies so that members would be able to explore options. When arrangements have been finalized watch out for news of the event!



# WHAT'S COOKING

I guess if we've got this far we've all successfully graduated from Arctic Survival 101.

The Kitchen Krew have been working hard and managed to keep our clients fed and happy despite being a little short of help as our snow birds take off for warmer climes and others have been hit by 'flu.

Some copyright issues with one or two recipes are being addressed and hopefully we're getting closer to printing.

Meantime we're going all out for St. Paddy's! Check out the notice and roll up to make sure you've got your ticket. It looks like being a blast!



Happy St. Patrick's Day

**ENJOY A SPECIAL  
 ST. PATRICK'S DAY MEAL  
 ON  
 FRIDAY MARCH 15, 2019  
 IN  
 THE COUNCIL CAFÉ  
 COST IS \$ 10.00**

**TRADITIONAL IRISH ENTRÉE  
 DESSERT! ENTERTAINMENT!  
 CASH BAR!**

**TICKETS ON SALE NOW  
 IN THE CAFÉ.**



*Seniors are you getting ready for 2018 taxes? Below are some benefits and credits that have been known to have been overlooked by some when filing their income tax and benefits return.*

**Pension income splitting** – As a pensioner, you may be eligible to split up to 50% of your eligible pension income with your spouse or common-law partner to reduce the amount of income tax you may have to pay, if your spouse or common-law partner is in a lower tax bracket. (i.e. lower income). This may save you tax as a couple.

**Disability tax credit** – If you, your spouse or common-law partner, or your dependant have a severe and prolonged impairment in physical or mental functions, you may be eligible for the disability tax credit. To apply for this credit, you must have Form T2201, Disability Tax Credit Certificate filled out and certified by a medical practitioner. Once the CRA approves your form, you can claim the disability amount on your return.

**Medical expenses** – You may be able to claim eligible medical expenses you or your spouse or common-law partner paid in any 12-month period ending in 2017. Eligible medical expenses include private health and dental insurance premiums and the health portion of travel insurance premiums

**CANADA CAREGIVER CREDIT** – This credit replaces the family caregiver credit, the credit for infirm dependants age 18 or older, and the caregiver credit. If you have a spouse or common-law partner or a dependant with an impairment in physical or mental functions, you may be able to claim this non-refundable tax credit.

**ONTARIO ENERGY AND PROPERTY TAX CREDIT (OEPTC)** - If you were a resident of Ontario on December 31, 2018 and in 2018 rent or property tax was paid by you or on your behalf for your principle residence in Ontario you may be eligible for the 2019 OEPTC.

**ONTARIO SENIORS HOMEOWNERS' PROPERTY TAX GRANT (OSHPTG)** - If on December 31, 2018, you were 64 years of age or over and you owned or occupied a principle residence in Ontario, for which you or someone on your behalf paid property tax for 2018, you may be eligible for the for the 2019 OSHPTG.

**OEPTC AND OSHPTG APPLICATION** – You must apply for the 2019 OEPTC and OSHPTG by filing a completed “Form ON-BEN, Application for the 2019 Ontario Trillium Benefit and the Ontario Senior Homeowners' Property Tax Grant” with your 2018 income tax and benefits return.

**THE GUARANTEED INCOME SUPPLEMENT, GOODS AND SERVICES TAX / HARMONIZED SALES TAX (GST/HST) CREDIT, THE ONTARIO SALES TAX CREDIT** – Even if you do not have to pay income tax, filing an income tax and benefits return is required to gain access to these benefits and do not forget to apply for the OEPTC and the OSHPTG.

*Questions? Give me a call at 613 595 1263*

*Ken Major  
Corporate Secretary  
Kanata Seniors Council*

**On WEDNESDAY APRIL 24<sup>TH</sup>, the Kanata Seniors Council will be hosting a Fund Raiser at the Kanata Recreation Complex at 6.30.**

Plans are well advanced to make this an evening worth remembering. All corporate tables have been accounted for and only a few single tickets remain to be sold. The evening features hot hors d'oeuvres, cool jazz, an international buffet and a Silent Auction.

“We’re doing our best to raise funds the council needs so that it can better serve the expanding interests of our growing older adult population” says KSC Director Peter Fedirchuk, Chief Architect of the event.

“What we need now are items for our Silent Auction,” he continues, “If you have items out there that have never been used and are taking up space, this is a good time to think of re-gifting. It couldn’t be in a better cause!”

*Vitality*



# FAR WEST FUNFEST '19

It's claimed that spring is just around the corner. Let's hope so. One thing is certain and that is that the 9<sup>th</sup> version of Far West Fun Fest is fast approaching.

The Council's own 'Dynamic Duo' of Liz Tucker and Kay Dubie have been working hard to fill this year's program with what promises to be a wide range of fun activities.

Several new locations are on this year's ambitious program: Hazeldean Gardens, City View Retirement Residence (which will be hosting a lunch following the traditional trip to the Tulip Festival) and possibly something at Kanata's brand new Timberwalk Residence (opposite the Holiday Inn).

There will be the usual mixture of indoor and outdoor activities – card games and trivia tournaments, mini putt, a campfire singalong and frof, zumba, square dancing and a return of the popular "drums alive".

Every activity is an opportunity to meet old friends, make new ones and enjoy a fun-filled morning or afternoon.

Registration packages will be available in April. Watch for the dates in the April newsletter and, since some of the activities have limitations of space, be sure to get YOUR selection in as fast as possible to avoid disappointment.

## Thank You

The world is full of unsung heroes. The same can be said of the Council. A lot happens behind the scenes as we do our best to live up to our mandate of "Seniors Helping Seniors".

However there is a time when some heroes should *not* remain unsung!

Due to months of hard work, determination, seasoned with a great deal of patience, Brian Jeffrey has authored the Council's new website. If you haven't already done so, please check it out. It contains everything you might want to know about the Council ... and more!

Similarly, Kay Dubie has been involved in completing an application for a grant of \$3000 which will go a long way to supporting the Council's programs. Applying, adjusting, providing more clarification is a time-consuming, frustrating exercise which, in this case, paid off.

**On behalf of all of us: THANK YOU.**

# OUT AND ABOUT



**CITY VIEW**  
RETIREMENT COMMUNITY

Recently refurbished, City View on Meadowlands Drive puts an emphasis on family and community. It offers a continuum of high-quality care from Independent to Memory Living, a menu where meals are prepared 'from scratch' and activities that engage every resident in their particular area of interest.

- ▮ **Open House** - March 6<sup>th</sup> & 10<sup>th</sup>, 1 PM – 4 PM
- ▮ **St. Patrick's Day Celebration** –Monday, March 18<sup>th</sup>, 2:00 PM – 3:30 PM (Snacks & entertainment)
- ▮ **Spring Craft Show** – Tuesday, March 26<sup>th</sup>, 10:00 am – 2:00 PM

**For more information contact:**

**Margaret Dennis:**  
**Office (613) 518-4627**  
**Cell (613) 857-3879**



### MARCH 5<sup>th</sup>: 1-3pm.

There will be a presentation when a professional, certified jewelry appraiser will give a presentation/talk about professional jewelry appraisers' training, work, and importance. For those interested, the appraisers will meet individuals privately and give a rough estimate on up to 3 items per person. Full appraisals can then be arranged by appointment.

### MARCH 28<sup>th</sup>: 12 noon to 2pm: Downsizing Lunch and Learn.

There's a warm welcome to anyone looking for tips, tricks or more information on how to downsize and rightsize their smaller spaces! A light lunch will be provided.

