



KANATA SENIORS COUNCIL

Seniors news

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PRESIDENT'S PIECE

Surprise!! You weren't supposed to hear from me 'til September. But here I am! Change of schedule.

Here's a quick reminder of all the events we're planning for the fall. This is a very important time for your Council. Our Annual General Meeting is slated for 11.00 a.m. on Monday, September 12, 2022, at the Centre. This is probably the one time of year that all our members have a chance to learn what the Council has been doing, what we're planning, how we're doing financially and, most importantly who you would like to place on our Board to make it all happen.

As well there are several issues that will need your vote, so please make this a red-star priority on your calendar. As usual, refreshments will be served at the end of the meeting.

We'll be looking for additional board members, so if you have some time to spare, consider completing a nomination form, available at the front desk, or on our website. seniors@kanata.ca. We have a great working team in place, and we have some fun to go along with the efforts. Come join us!!

We will also be participating in the Kanata Seniors Centre open house on Sept. 7, 2022. Drop by and see what we have to offer. Your Council will also be cooking up a mass of pancakes for you to enjoy at this event.

Hope everyone finds time to enjoy the sun and great weather for the next few weeks. The flowers and trees can sure lift your spirits.

KAY



Kanata Seniors Council ANNUAL GENERAL MEETING

**MONDAY,
SEPTEMBER 12, 2022
11:00 am to 1:00 pm
Mlacak Halls,
2500, Campeau Drive,
Kanata**

BUSINESS MEETING:
Council Activities
Financial report
Post meeting refreshments

The Kanata Seniors Council Annual General Meeting is open to the public, although only members hold voting privileges. If you're interested in finding out more about who we are and what we do, or are possibly looking for volunteering opportunities, why not drop in? You'll find there are lots of opportunities plus the advantage of working with a great team of like-minded people and a warm welcome waiting

SEE YOU THERE.

TRAVEL & LIFESTYLES



From September through to November The Council Travel and Lifestyles Team is planning a series of free seminars to provide further information and contacts on areas that impact senior LIFESTYLES

These include:

SOLVA SENIORS LIVING CONSULTANTS will be presenting a free seminar on aspects of aging at home. *(date to be confirmed)*

At **10.00 a.m. on Friday, October 21 in Hall C**, The **COMMUNITY DIABETICS EDUCATION PROGRAM OF OTTAWA** will present a seminar on the whole spectrum of diabetes from pre-diabetes to Type 2, as well as providing information on the many free courses and one-on-one aids that are available to those interested or affected,

Everything you need to know about **DOWNSIZING** ... from anticipation to moving and settling in will be presented on Friday, November 18th, at 10 a.m. in Hall C by **Kathy Turner of K TURNER TRANSITIONS**, one of the first companies to offer such valuable services to the senior community in Kanata

The Team is also planning two trips starting late fall to a local winery in November, as well as an excursion to see the Christmas lights in December. Arrangements are at the confirmation stage, As soon as the last “i” has been dotted and “t” crossed, tickets will be on sale, as usual, in the entrance hall.



WHAT'S COOKING

The Council Café is up and running, although not yet up to full speed. But things are moving in the right direction. Our great team of volunteers will continue to serve hot meals every Tuesday and Thursday during the summer and into the Fall, along with our regular services of the *best* sandwiches, muffins and beverages.

Due to the rising cost of ingredients, the Café may be forced to hike our prices. We'll do our best to keep them as low as we can. Stay tuned for more information but be assured that we'll do our best to offer the “best for the least”



COMPUTER CORNER

The Computer team, although on a search for new members, is still very much in the business of offering classes in all aspects of today's increasingly technological world. .

Classes may be booked at the front desk but not before an initial discussion with a team member to make certain that the team is able to meet the client's precise needs.

The aim of team members is to provide custom tutoring, catered precisely to the interests and the level of the individual.

More and more we're living in a www world. There's the whole, widening world of social media, e-mails, photographs, and so on. And phones, computers, laptops are constantly being updated.

The Kanata Seniors Council Computer Team is there to help.



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