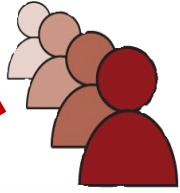


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KANATA SENIORS COUNCIL

Seniors news

SEPTEMBER 2022

Vol. 16 No 5

PRESIDENT'S PIECE

Hullo again!

The past couple of weeks have been very exciting for us. So many of our members have begun turning up at the Centre again. It's been busier at our Café which is a good sign that things are returning to normal. It's been a long journey, but I see the sun on the horizon.

Your Council has been very busy lately getting ready for our Annual General Meeting which takes place on Monday, Sept. 12, 11:00 am at the Centre. Please plan to join us! This is a chance for you to get an idea of who we are, and what we're planning by way of activities for the future. We have several items to present plus a full slate of Board members to introduce – all of which will need to be voted on.

Our computer team is busy providing lessons for those wishing to learn new skills. I'm happy to report that several new instructors have joined the group and are looking forward to providing many hours of service.

The Travel and Lifestyles team has several exciting items in the works. Keep an eye out for notices about upcoming opportunities.

Many of you have noticed the article in the Community Voice in the past couple of weeks which concerned the Council. Regrettably it was inaccurate. Just to clarify: the Centre is *not* going to close. The Reporter confused the Centre with the Council. At that time it looked as if the Council might be in a precarious position since its Board was down to the bare minimum of members required under Federal and Provincial Legislation with whom it is registered as a "Not for Profit" group. I am delighted to report that the response to both the article and its correction two weeks later, was very successful and we are in the process of setting up several new volunteers in positions of their choice, but there's always room for more! Perhaps, if you have some time to spare, you might consider completing an application form? They're available at the front desk or by going online to kanataseniors.ca

Another date for your calendar is the Kanata Seniors' Centre's Open House on Wednesday, September 7th when the Centre will be showcasing a wide selection of its activities. The Council will have three booths there featuring its programmes, and its volunteers will be serving up pancakes to sweeten your experience.

We're looking forward to working hard to provide fun and interesting activities for you to enjoy here in our community in the coming year and beyond. Meantime, stay healthy, stay safe, stay happy! See you on the 12th.



KAY



**Kanata Seniors Council
ANNUAL GENERAL
MEETING
MONDAY,
SEPTEMBER 12, 2022
11:00 am to 1:00 pm
Mlacak Halls,
2500, Campeau Drive,
Kanata**

TRAVEL & LIFESTYLES

The Council Travel and Lifestyles team will be co-hosting a number of free educational seminars in September, October and November on issues that are of major concern to the senior community. Attendance is free and details of the presentations will be posted at the Seniors' Centre.

THURSDAY SEPTEMBER 15th 10.00 am in Hall C

SOLVA SENIORS LIVING CONSULTANTS will be presenting a free seminar on "Ageing At Home"

******* If you plan to attend please contact Margaret at : - 613- 435-0695**

FRIDAY, OCTOBER 21st 10.00 am in HALL C

COMMUNITY DIABETICS EDUCATION OF OTTAWA will be presenting a seminar on the many aspects of diabetes which are on the increase in Ottawa. The program offers free consultation and information courses for those who already have been diagnosed as well as those who might be involved for a variety of reasons.

******* If you plan to attend please contact Ken at: 613- 220-8460**

FRIDAY, NOVEMBER 18TH 10.00 am in HALL C

K. TURNER TRANSITIONS, one of the best established organizations in the field, will be presenting a seminar on what you need to know, either for yourself or for a loved one, before you move into a seniors' residence or long-term care home.

******* If you plan to attend please contact tSarah at : 613 435 2820**



There are also plans for a trip to see the
Christmas Lights.

WATCH FOR THE FLYER.

WHAT'S COOKING



The Council Café is getting busy again! Its team of dedicated and inspired cooks serve its clients with the best home-made soups and sandwiches in town, and its hot meals – served on Tuesdays and Thursdays (at the moment) topped off with a piece of pie and coffee (or tea!) make for a great lunch.

Our café team – the volunteers some of whom have years of experience, other's who are just learning "on the job" - are working hard to provide the best to the best – their clients.

Remember, you can always pick up a sandwich or a slice of pie "to go" or, if you have an early start to the day, the best value in town for a cuppa or a muffin can be found at the Council Café.

Why not drop by and try things out?

See you soon.



COMPUTER CORNER

Back to School, back from the lake. September is here and things are settling down for the fall. What better time to figure out that new technology stuff that is challenging you.

The Kanata Seniors Council restarted our Tech Training sessions after a long Covid-19 shutdown. And now, we have some really good news! More instructors have come on-board, and we are going to be able to offer a full range of instruction on most days of the week.

Our instructors will work with you to identify and help you on your specific needs!

Check in at the reception desk and see what we have to offer. If you have only been able to get a session in the weeks and months to come, rebook with one of our new instructors.



The Punjabi Seniors Association meets every Friday from 12:30 to 3:30 P.M at the Kanata Senior Centre

For further information, contact Charanjit Wadehra at 613-592-2431.

FYI

