



FWFF -Timberwalk



FWFF -Wildpine



FWFF -Closing Lunch



FWFF -Wellings

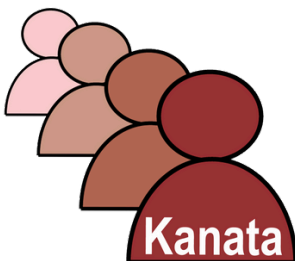
CONTACT US

Phone: 613-254-7164

email: council@kanataseniors.ca

Website: kanataseniors.ca

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Kanata Seniors Council

"Seniors Helping Seniors"

Far West Fun Fest 2024 Wraps Up

(look for pics labelled FWFF throughout this issue)

Far West Fun Fest wrapped up for another year on June 6, with our closing lunch. Thank you to the "2 of Hearts" for the entertainment; the Lions Club for handling the bar; Leatherworks for the great meal; and Doreen McNair and her Café team for setup and cleanup. A great party to cap off a great two weeks! If you missed Far West Fun Fest, don't worry - we will be back next year! See you May 15-29, 2025 (tentative dates).

Volunteers of the Month:

The volunteers of the month for May/June are a whole bunch of people.

As I'm sure you are aware, spring has been a very busy time for the Kanata Seniors Council, with the Seniors Marketplace, the Awesome Garage Sale, and Far West Fun Fest.

All 3 events were smashing successes, due in large part to the wonderful volunteers who helped at each event.

Over \$5,000 was raised for the Council between The Marketplace and the Garage Sale, and while Far West Fun Fest is not really a fundraiser, I think everyone will agree it was a success!

These events would not have been the successes they were without our volunteers: 12 for the Marketplace, about 40 for the Garage Sale, and about 20 for Far West Fun Fest!

Thank you to everyone who helped out at these events.

Travel & Lifestyle Team Presents

Wednesday July 17th: International Dining: Scottish (The Glen)

Cost: \$5 plus the cost of your meal

No, you don't have to wear a kilt, but you can if you want! Come join us at The Glen for some Scottish fare & pub food.

Tuesday July 23rd: Pizza & Trivia @ Brookside Senior Living

Cost: \$10 (includes cost of pizza)

Join us for a Pizza and Trivia event at Brookside Senior Living. We will be arranging trivia teams so join our trivia game without any worries about forming teams in advance. Feel free to sign up solo or with friends and get ready to mingle and team up with new acquaintances.

Wednesday August 14th: International Dining: Mongolian Village

Cost: \$5 (plus the cost of your meal)

They provide fresh ingredients and recipe ideas, but you build the bowl you want to eat. The chef wants to give you all the authentic flavours that will tickle your taste buds.



COMING TO KANATA LEGION,
70 HINES ROAD
FRIDAYS IN JULY AND AUGUST

Doors Open : Noon Game Start : 01:15 pm

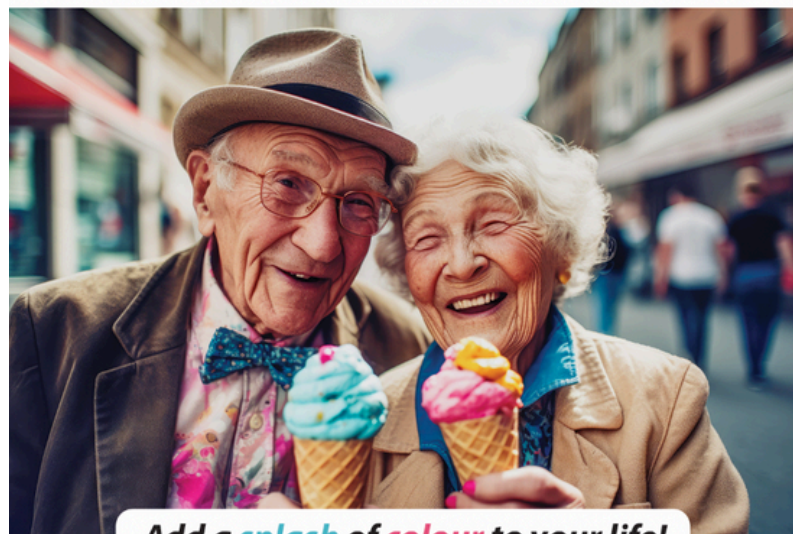
PLAY ALL GAMES FOR AS LITTLE
AS \$5, WIN UP TO \$600

PROCEEDS TO THE KANATA SENIORS COUNCIL

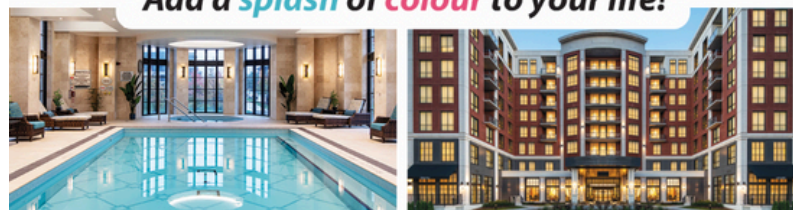
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Seniors Centre Closure

The Centre will have its regular summer maintenance closure (everything closed, no staff, no classes/events) June 24-July 5, and will reopen Monday, July 8.

Kanata Seniors Craft Group

We would like to thank everyone who attended our craft sale at the opening breakfast of the Far West Fun Fest. Your support of our products is much appreciated and makes it possible for us to continue to support various community projects. Thanks, and see you in the fall at the Open House.



Support our Sponsors

- Brookside Senior Living
- Ottawa Hears
- Solva Senior Living
- The Bradley
- Waterford Grand Retirement
- Wellings of Stittsville
- Wildpine Retirement
- All Seniors Moving
- Carp Commons
- Freiheit Home Care
- Lifeline Canada
- Red Oak Retirement
- Robertson House Retirement
- Timberwalk Retirement

Do you have that friend or neighbour who is incredibly knowledgeable about all sorts of things and who is your 'go-to' when you're looking to be pointed in the right direction?

At Solva, we're your professional friend for all things seniors housing, elder care and aging in place and are here to provide guidance, support, strategies and referrals, all at no charge. We believe in offering our information and education for free, and that being properly informed leads to much better decision making!

Solva is a proud Platinum Sponsor of KSC and we believe very much that our philosophies are much aligned; specifically helping each other, forging a sense of community and providing support to each other however we can.

We are here to guide, navigate and support you through understanding options for seniors housing and care, what that looks like and where to start. Reach out to us at any time, with no obligation to learn more.

Caroline M. Inman BA(Hons) PGDip
 Executive Director
www.solvaseniorliving.ca
 (office) 613-421-6073
 Suite 111-301 Moodie Dr, Nepean, K2H 9C4



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Café Chatter

Hot meals as well as salads will be available through the summer months. Please see the menus on this page for some of your favourites.

Too hot to cook? Drop by for our full meal days and beat the heat at home with our tasty food values.

Home baked cookies and hot dogs will continue to be on our menu. Themed luncheons will start again in the fall.



FWFF -Alex @ Wildpine

Café July Menu

Here are the entrees for July that will stimulate your taste buds

MONDAY
 July 8 – Unstuffed Cabbage Casserole
 July 15 – Lentil salad w/feta served with tuna or egg salad
 July 22 Hamburger Salad
 July 29 – Greek pasta w/chicken

TUESDAY
 July 9 – Quiche and salad (ham & Cheese)
 July 16 – Caprese Pasta Salad
 Fresh garden tomatoes, sundried tomatoes, basil, mozzarella & pasta topped with Balsamic glaze
 July 23 – Cobb Salad
 Fresh Lettuce, tomatoes, bacon, chicken salad,
 Hard-cooked eggs topped with blue cheese dressing
 July 30 – Caesar Salad, Romaine, chicken salad,
 Bacon, Parmesan cheese & focaccia croutons

THURSDAY
 July 4 – CLOSED
 July 11 – Kielbassa & Sauerkraut with Salad
 July 18 – Quiche with Salad
 July 25 – TBA
 Salads Now available for summer menus

Café August Menu

Here are the entrees for August that will stimulate your taste buds

MONDAY
 August 5 – CAFÉ CLOSED
 August 12 – Quiche
 August 19 – Nicoise Salad
 August 26 – Chicken and Peach Cobb Salad

TUESDAY
 August 6 – Breakfast Burrito
 Eggs, Sausage, veggies, cheese in a wrap w/coleslaw
 August 13 – Individual Roasted Vegetable Pizza w/salad
 August - 20 – Mediterranean Platter, Hummus, Pita Bread, Tabbouleh,
 Black Olive Tapenade Greek Style Chicken Salad
 August 27 – Vine-ripened tomato Tart, whipped feta on homemade
 pastry w/fresh summer greens

THURSDAY
 August 1 – Sausage Corn Bake with Salad
 August 8 – Chicken in BBQ sauce with Salad
 August 15 – Spaghetti w/Garlic Bread & Salad
 August 22 – Vegetarian Chili w/cornbread
 August 29 – Tuna Casserole w/Salad

Salads Now available for summer menus

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Health Team

We would like you to save the date **October 19, 2024**. We are planning an all day Health Fair to be held at the Kanata Seniors Centre. We are planning a variety of clinics and seminars and displays. Plan to spend the day learning about current methods of maintaining our health. Our café will be open for business with their usual nutritious soup, sandwiches and treats, along with beverages.

We hope to see many of our members and friends attend. There is no charge for this event.

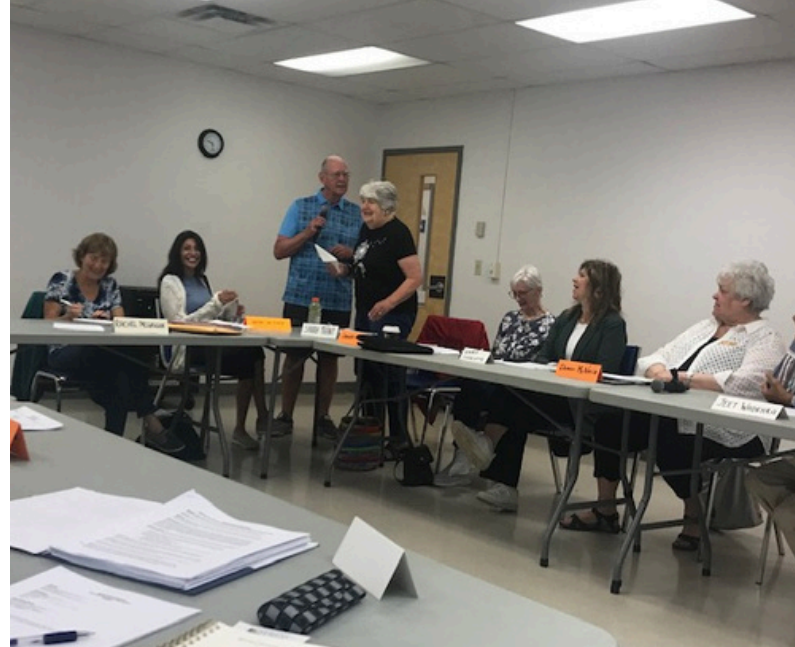
AGM 2024

We held our Annual General Meeting at the Tony Graham Centre on Monday, June 17th. We had an excellent turnout of 65 with 59 being members. Thanks to all who participated. Thanks to our guest, Councillor Glen Gower.

Much appreciation to the Cafe staff who looked after the food, the volunteers who did the registration, and city staff who made sure the facility was configured for us.

Au Revoir Sarah Trant

Thanks for 16 years of service to KSC.



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City Volunteer Event



City Volunteer Event



City Volunteer Event

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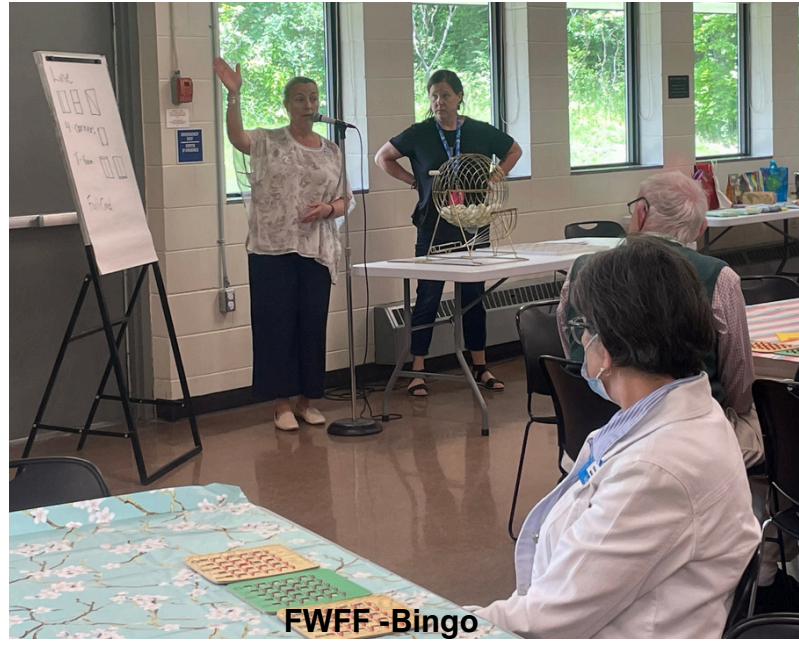
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City Volunteer Event



FWFF -Closing Lunch



FWFF -Bingo



FWFF -Bingo



FWFF -Bradley

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Data Back-Ups

We store so much important data on our devices. Whether they're sensitive documents, sentimental photos or work we don't want to lose, backing up our data often is the easiest way to make sure we never lose the files that matter most to us.

Physics might disagree with us, but when it comes to the security of your data, backing up is the only way to move forward.

Canadians are concerned about their data

- 43% are worried about personal data being erased, altered or lost
- 35% are concerned their personal data will be held for ransom

But we don't always do our best to protect it.

- 23% only back up their files 1 to 2 times per year
- 16% back up their files every few months
- 15% never back up their files, **ever**

Only 8% of Canadians back up their files weekly or more.

You should back up your files at least this often!

Backing up your data keeps it safe in case

- your device malfunctions or breaks
- you're a target of malware or ransomware
- you experience a system failure
- you're hacked or DDoS attacked
- any other disaster happens

Choose a storage method that has your back

(and then back that up with another one)

External hard drives

- can hold large files like videos and software
- great for backing up an entire device

CDs, DVDs or USB sticks

- convenient to carry around
- better for backing up specific files than an entire device

Virtual or cloud servers

- may be included with your device
- can be accessed from anywhere, anytime
- 54% of Canadians store their data on an external hard drive
- 46% of Canadians use a virtual server or the cloud

So be sure to back this up in your brain:

- Back up your data at least once a week
- Set your devices to back up automatically
- Best to back up on more than one storage device

OUT & ABOUT

Canada Day in Kanata - Walter Baker Park

July 1st, 10 am Balloon art, magic time, bouncy castles, Midway

Opening ceremonies – TBD, The Velocitys – TBD

9 pm Throwback 90's music video dance party

10 pm Fireworks presented by Minto

Communities

Ottawa's Creative Marketplace Showcasing Young Entrepreneurs

Get ready for a day of creativity and community at Ottawa's Local Makers Marketplace Showcasing Young Entrepreneurs! Join us on Saturday, July 13th, 2024 at the Bell Sensplex Kanata.

Free parking and entry.

The Beechwood Stroll - July 28 2024

The Beechwood Cemetery Stroll (1.5-2hrs) is a guided historical tour through the National Cemetery of Canada. Tour is free, given rain or shine, and begin at 1:00PM. More info : <https://allevents.in/ottawa/the-beechwood-stroll-july-28-2024/200026462085627>

Laughter Is the Best Medicine

Why do seagulls fly over the sea?

If they flew over the bay, they would be bagels.



Playing Next!

JULY 26 & 27, 2024

4th ANNUAL

10-Minute Play Festival

7 Short Plays by local playwrights