



Seniors news

KANATA SENIORS COUNCIL

"Seniors Helping Seniors"

FEBRUARY 2012

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Seniors Council: Phone: 613-254-7164 E-Mail: council@kanataseniors.ca



ANNOUNCEMENTS

KANATA SENIORS COUNCIL 'WRAPS' UP 2011 IN FINE STYLE

Thanks to the energy, organizational and networking abilities of KSC Director Gail Jones who assembled a team of volunteers whose ages ranged from the teens on up, the Council's Christmas Wrapping program at Hazeldean Mall raised close to \$1,800 over just nine days – from December 16th to 24th.

"Business ranged from fairly quiet to total chaos when we wondered if we'd ever get caught up," said Jones who expressed her thanks and appreciation "to every single one of our volunteer wrappers – and to all of our clients who defied all the black economic prophecies and were so generous with their donations.

"We'll maybe do it again next year!"

ON YOUR MARKS FOR 2012 ...

On Thursday, February 9th, why not come and join the discussion when, from 1.30 to 3.00 p.m. Dr. Winkle from the Queensway Carlton will be on hand to learn about some of the problems people may have encountered when visiting the Hospital's Emergency Department and look at ways they could have been avoided.

This is a chance not just to air horror stories but rather to come up with suggestions as to how to make the Queensway Carlton more senior friendly.

This is a unique opportunity so make sure to call ahead to reserve *your* place.

FAR WEST FUN FEST BACK BY POPULAR REQUEST.

Building on last year's successful model, the organizing committee headed up by KSC President Kay Dubie, and VP Liz Tucker are hard at work putting together the second edition of Far West Fun Fest - two weeks of activities guaranteed to include *something* to appeal to everyone. Plans are afoot to provide an exciting, fun-filled program of events from May 3rd to 17th.

Have ideas? Special interests? Don't wait! Get in touch with either Kay (kay.dubie@sympatico.ca) or Liz (tuckere@bell.net) – the sooner the better!



TRAVEL

The Travel Team has arranged a number of exciting Trips for Feb and Mar

They include:

- New trips are being offered at **NO COST** to area Seniors Residences. One Seniors Residence will be featured each month. The trip will give you a chance to see and experience what the various Residences have to offer in terms of accommodation and services. The trip will include: transportation to/from the Mlacak Centre (Library Entrance), tour of Residence and a complimentary lunch. February's featured destination is **Stonehaven Manor and Apartments on Fri February 17, 2012**. Please see flyer at the Seniors' Centre in late January

- Rideau Carleton Slots trip on Sat Feb 11, 2012
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- A production of the Pirates of Penzance on Sat Mar 3, 2012 performed by the Mississippi Mudd Theatre Group in Carleton Place with a lunch at the Waterside Retirement Residence.

Rideau Carleton Slots trip on Sat Mar 17, 2012. As it is St Pat's Day, come and wear green and try and win some of the Slots Green money.



COUNCIL CAFE:

- The Cafe is still looking for volunteers for a number of shifts as well as cooks. If you are interested please contact Kay Dubie at: Telephone: 613- 254-7164 or E mail: council@kanataseniors.ca
- The Cafe is looking for guest soup makers in the Cafe. If you are interested in showing off your soup making skills, please contact John Kern in the Council Cafe.
- The Cafe is offering take out service for our hot entrees (while supplies last)
- The following is one of our clients requested meal recipe prepared by Polly one of our Cooks is:

SHEPHERD'S PIE RECIPE

This is for one 9 X 12 pan

Ingredients

- 1 kilo lean hamburger meat
- 1 lge onion diced
- 1 head of garlic all crushed
- 1 tspn of basil
- 1 tspn of Italian spice
- 2 tspn of all spice
- Pinch of salt and pepper
- 1 pckg of frozen corn
- 12 potatoes boiled and mashed with milk and 1/4 cup of cream Philadelphia Cream Cheese

Instructions

- 1 Brown the meat in a pot in 2 glass of water and all the spices on the stove until meat gets brown then drained the meat
- 2 Put the meat in the 9 X 12 pan
- 3 Add the corn on top of the meat
- 4 Add the potatoes on the top of the corn then sprinkle seasoned salt on top of the potatoes
- 5 Put in the oven at 350 degrees and cook until potatoes are golden brown approx. 45 min.



COMPUTERS

Free Wi-Fi is available at the Kanata Seniors Center. With your Wireless laptop surf the Internet, check your email and much more from the comfort of the KSC rooms – Lounge, Coffee Shoppe, Activity Rooms, Computer Room and Lobby. It's easy, free, and convenient and provided by the Kanata Seniors Council. Sign up for password at Front Desk.

Best deal in the City - Book a series of One-on-One tailored computer lesson from one of our instructors for Windows 7, WinXp, Vista and now Apple OS if you have your own MAC laptop. **New- We are now offering instruction on your Playbook, Tablets and iPhone/iPad/iPod's.**

Learn how to make best use of your new laptop, learn a specific computer application skill, or just how to use the internet and email. Visit the KSC front desk for more details.

SEMINAR

On **Wednesday March 1st 1:30 p.m.** the Kanata Seniors Council Computer Training Team will be providing another **FREE** seminar on "**Basic maintenance and care for your new laptop or PC**". The 1 Hour seminar will consist of a presentation followed by Q&A. Please see the KSC Front Desk for details and to register now as spaces are limited. Look for details on the web site and posters at the KSC.

COMPUTER TIPS FOR THE MONTH – BASIC PC AND LAPTOP MAINTENANCE

Remove programs you no longer use or knew about:

Over time, you may have installed games or utilities that you forgot about or no longer use. Go to your control panel, Add\Remove programs (Programs and Features in Vista, Programs in Windows 7) and uninstall anything you no longer use.

Cleaning your hard drive of unneeded files:

One of the biggest problems is hard drive usage. Your hard drive has more moving parts than any other in your computer and is constantly adding, deleting and reorganizing files. You want to clean your computers hard drive.

Remove invalid registry entries:

Come to our seminar and learn how with free easy to use tools.

Startup items:

Here is a Major culprit on many PC's. Notice all those icons in the lower right corner of your screen? Those and more are all being loaded on startup. If you're wondering why you have to wait to use your computer after startup, it is because all of those items are loading after Windows has started. They also use up memory just sitting there. Come to our seminar and learn how with free easy to use tools.

Defragment your hard drive

Sometimes you have fragmented files all over your hard drive. Reading and writing data on a heavily fragmented hard drive is slower because of the time for the heads to move between fragments on the disk surface. Defragmenting your hard drive makes everything run smoother and faster.

Come to our seminar on Wednesday March 1st to learn more.



THE SENIORS COUNCIL WOULD LIKE TO THANK THE FOLLOWING CORPORATE SPONSORS FOR THEIR SUPPORT

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CARLETON PLACE MANOR RETIREMENT RESIDENCE
CHARTWELL KANATA RETIREMENT RESIDENCE
EMPRESS KANATA RETIREMENT RESIDENCE
KINGSWAY ARMS AT WALDEN VILLAGE RETIREMENT RESIDENCE
LYNWOOD PARK RETIREMENT RESIDENCE

REDWOODS RETIREMENT RESIDENCE
PALISADES RETIREMENT RESIDENCE
STONEHAVENHAVEN MANOR AND APARTMENTS RETIREMENT RESIDENCE
WATERSIDE RETIREMENT RESIDENCE
KELLY FUNERAL HOME
RICK & ASSOCIATES