



Seniors news

KANATA SENIORS COUNCIL

"Seniors Helping Seniors"

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



TRAVEL

The Travel Team has arranged a number of exciting Trips both in Nov and Dec

They include:

- Canadian Aviation and Vintage Wings Museums trip on Tues Nov 8th
- Rideau Carleton Slots Trip on Fri Nov 25th
- Christmas Craft Sale and Auction with a performance of The Chordettes on Sat Dec 3rd
- Salvation Army Mass Bands Concert Trip on Sun Dec 11th
- **Christmas Lights Trip on Wed Dec 28th**



COUNCIL CAFE:

The Cafe has a new beverage for sale at the request of our customers. We now sell milk at \$ 1.25 per glass.

We are also in urgent need of volunteers to cover shifts on Fridays from 12:00 noon to 3:15 pm and Saturdays from 9:45 am to 2:15 pm. If you can spare some time join our fun Team of volunteers. Please contact John Kern at: 613-599-4480 (ask for Cafe) or by e mail at: jh.kern@rogers.com



ANNOUNCEMENTS



SPONSORSHIPS

The Sponsorship Team is still looking for additional sponsors to join with us.



HULLOS AND GOODBYES

The 2011/2012 Seniors Centre season saw some comings and goings among the Kanata Seniors' Council Board.

With sadness the Board said goodbye to long-time Directors Joan Sibley and Jane Grant both of whom will be remembered for the valuable contributions they had made to the Council in the past. It surely will be difficult to match Joan's tireless energy in organizing the annual Frank Valentine award, and Jane's dedicated efforts coordinating the Retirement Living Fair. Thank you for your years of service, your loyalty to the Council and the positive attitude you displayed at all those Board Meetings.

'President Ed' is also stepping down but remains on Board as Past President where his energy and experience will be appreciated as will the considerable talents of Renate Harder who has changed her Director's 'hat' from that of Manager of the Council Café to head honcho of Council Events. Now meet three new Board members whose faces will be familiar to many around the centre.

A warm welcome to Lenna Gore, Gerry Henry and Frank Zeithofer who were acclaimed as new Board members at the Annual General Meeting. And an equally warm welcome to Kay Dubie who as Vice President for the last two years now assumes the role (and gets the official gavel that goes with it) of President.

A whole new year lies ahead of the Council. At the moment some consideration is being given to organizing a satellite Seniors' Summit along the lines of the one recently organized by Mayor Watson. The limitations of space at City Hall meant that many members were not able to participate and so it has been decided to organize a similar, Kanata-centred, event.

The focus of the Kanata Seniors Summit will use the same format as that organized by the Mayor however, feedback from the focus sessions will reflect the specific priorities of Kanata and be wrapped up into a report to be presented to City Hall. So watch this space for more news. This is a unique chance for seniors to bring the challenges, concerns, and complications of senior life to the attention of those who wish Ottawa to become, increasingly, a United Nations' recognized "Age Friendly" City



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.

Learn how to make best use of your new laptop, learn a specific computer skill, solve a computer issue, or just how to use the internet and email. Visit the KSC front desk for more details. – **Now instruction is offered on Saturday Mornings.**

On Thursday December 1st , 1.30pm to 3pm the Kanata Seniors Council Computer Training Team will be providing a **FREE** seminar on “**Social Networking**”. The 1.5 Hour seminar will consist of a presentation followed by Q&A. The seminar will explain about Facebook, Twitter with demonstrations and advice on how to safely use these social media tools on your PC. Look for details on the web site and posters at the KSC and at

http://www.kanataseniors.ca/computer_training.html .
Computer Tips –

A different way to book a Hotel is via one of the several websites that allow you to bid a price for a hotel, in the area you wish to stay, at the quality level you desire and see if the Hotel accepts the bid. Usually, a week or so before your expected stay, hotels have several rooms not booked and will often be open to lower offers to fill the hotel. Typically you cannot select an individual hotel but just, for example, a 3 or 4 star hotel in a specific area or areas. However, If the hotel accepts, you are also committed to accept as you have to pre-enter credit card information. Discounts can be large. Some sites to consider are Priceline(www.Priceline.com) – look for link to “Name your own price”. www.Hotwire.com and www.agoda.com. Each site has a different approach and method of highlighting deals.

Windows 7 Desktop – To change screen resolution,

background colours, desktop picture or series of pictures, Text size, add Gadgets and more:

When your mouse pointer is on the Desktop, not over an icon, right click the mouse and select either:

- Screen Resolution – Allows you to change screen resolution, text size , display orientation and also to add a second display(eg. External monitor for a laptop)
- Personalize – Change Desktop picture, or make a series of your favourite family desktop pictures appear periodically (e.g every 30 minutes), change windows colours, and sounds. You can also set up custom screen saver pictures.
- Gadgets – Allows you to add neat gadgets like a clock, Ottawa weather forecast, calendar, news feed and more to your desktop.

As always if you are not sure book a lesson with a Computer instructor and we will be pleased to show you.



FORGET-ME-NOT

(A plea from one with dementia)

Forgive me, I forget your name,
These days most faces seem the same.
Please come to visit, stay with me,
We'll talk of how things used to be.

The past is very clear today,
Don't ask me about yesterday.
My keys got lost, I don't know how,
I'm sure I put them here just now.

Things keep changing day by day.
The folks I knew have gone away.
Now all these strangers seem to know
What I should do, where I should go.

Forgive me, should I seem perplexed.
And don't remember what comes next.
I'm in a world that time forgot,
Remember me, forget-me-not.

Bobby Salvin 2011



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

BRIDLEWOOD DRUG MART
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
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