



Seniors news

KANATA SENIORS COUNCIL

"Seniors Helping Seniors"

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TRAVEL NEWS:

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

They include:

- Rideau Carleton Slots Trip on Sat Oct 15th
- Canadian Aviation and Vintage Wings Museums trip on Tues Nov 8th
- Rideau Carleton Slots Trip on Fri Nov 25th

A number of exciting trips are being planned for Dec. There will be more on these trips in the Nov newsletter.



COUNCIL CAFE:

Our great team of cooks are busy making tasty meals to please your palette. Come and join us for a mouth watering experience. In addition, our new and returning Cafe Volunteers are there to provide you outstanding service. We all look forward to seeing you in the Council Cafe.



ANNOUNCEMENTS

SPONSORSHIPS

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

CENTRE'S NEW SEASON TAKE-OFF A BLAST!

The start up of the new season of activities is always a busy one. Never more so than this one when the prospect of an early October Provincial Election put the Council into high gear working out opportunities for All Candidates meetings into what was shaping up as a very busy season's kick-off. To start the September ball rolling, The Kanata Seniors' Centre's traditional Open House drew a large crowd with Provincial Liberal candidate Megan Cornell and PC

candidate Jack Maclaren checking out the opportunities that might lie in wait for them 'down the line'. As usual the Council-sponsored pancake breakfast was a popular draw and the kitchen was kept hopping to keep them cakes a 'coming'. An equally good crowd took their seats for the Annual General Meeting and applauded enthusiastically when it was announced that Charanjit Wadehra was the recipient of the prestigious Frank Valentine award.

Outgoing President Ed Gurgurewicz's report only served to underline just how busy the previous year had been. Among other activities he told the audience that the travel team had put in 2100 volunteer hours organizing 19 sell-out trips: the computer training team had installed Wi-Fi internet access throughout the Centre, upgraded the Centre's training computers, replaced the centre's three old PC's with four new ones, generated four new computer seminars for seniors and provided approximately 420 computer training classes. The Council had worked on and completed a new code of conduct and finalised its Harassment Policy which are now being checked by the Council's legal team.

Thanks to the energy and imagination of Liz Tucker (Council Treasurer) and Kay Dubie (its Vice President) Far West Fun Fest - two weeks of entertaining events - was launched and rated such an enthusiastic response that it earned a permanent place on the Council's agenda.

Looking ahead the President pointed out that the Council had decided to organize two All Candidates' Fora. The first, which was held on Thursday, September 15th, took place at the Seniors Centre in Kanata was attended by approximately 57 residents. The second, organized in partnership with the Kinburn Community Association, on Wednesday September 21st at the Kinburn Community Centre from 7.00 to 9.00 pm.

"We felt very strongly that since the riding of Carleton Mississippi Mills is split pretty well evenly between rural and urban/suburban residents we could do no better than to split our venues accordingly," explained Gurgurewicz.

It was a very busy start up to the season and all the signs point to very little let up. Remember to mark your calendars in RED for Sunday, October 2nd's Retirement Living Fair. Something you won't want to miss.



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 Morning.**

On Thursday October 6th the Kanata Seniors Council Computer Training Team will be providing a repeat **FREE** seminar on "**Mobile Computing**". The 1 Hour seminar will consist of a presentation followed by Q&A. It will include information on PC's, IPods and Blackberry PDA's. 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 and at

<http://www.kanataseniors.ca/seminars.html>

Computer Tip –

Email login to popular email programs such as Gmail, Hotmail and Yahoo all require a password to access. Recent changes by these companies and others to tighten security have resulted in stricter rules. These rules may vary by email provider:

- Limited to 3 attempts at inputting a password in any one session. If you get your password wrong more than 3 times then you are locked out of your email and you will then have to go through either:
 - Answer your security question if you have provided one when you set up email.
 - Enter another code and you are given another few chances.
 - Request your password be sent to your backup email.
- Passwords need to be 8 characters or longer, and more and more companies are requesting and checking how strong the password is.
- Inactive email accounts will be automatically deleted after a period of time(months or weeks).

It is most important that you remember your password and have a good security question. It is also a good idea to periodically export your contact or address lists to a file on your computer or USB Memory stick and save important emails and attachments on your PC or Memory stick, separate from the email server.

A Swapped Quatrain

Autumn arrives with forceful gales,
arching the pines, cluttering trails.
From rustling leaves a chipmunk chides.
With forceful gales, autumn arrives

Shingles shine with icy frost as
deer devour all my hostas;
bare branches bend, all crystalline
with icy frost, as shingles shine.

Forests ignite in hues aflame
with russet, gold and tangerine.
Now rolling low, sun's glow is slight;
in hues aflame, forests ignite.

Pat Kilty



THE SENIORS COUNCIL WOULD LIKE TO THANK THE FOLLOWING CORPORATE SPONSORS FOR THEIR SUPPORT: (as of Apr 1/11)

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
RICK & ASSOCIATES

