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COA INFO-FLASH Events 2021-09-14

We are happy to announce that the [Smart Aging Core Program](#) will be running again from October to December 2021.

Registration is now open! Be sure to secure your spot now!

Smart Aging encourages people to take charge of their aging and gives them the information and confidence needed to make informed decisions at key transition points in life.

It's a fantastic program, but you don't have to believe us! Take it from this former participant, who loved it!

" This program helped me consider and prepare for many tasks that are a part of the process of aging. In my busy life, I knew I ought to face these tasks, yet I avoided them. This course has helped me begin this necessary preparation. It was a very fine public offering and should be offered regularly."

Smart Aging Core Programs will run online on:

Tuesdays, Oct. 5 to Nov. 30, 10am-12pm [Registration link](#)

Thursdays, Oct. 7 to Dec. 2, 1pm-3pm [Registration link](#)

Les vendredis du 8 octobre au 3 décembre, entre 10h et 12h [Inscription](#)

Cost for the [9-week program](#):

\$75 for members of the COA; \$100 for non-members

**There are complimentary spots for those who find the cost prohibitive.*

Registration will close as soon as capacity is reached.

For further information, please contact Stéphanie Cadieux at s.cadieux@coaottawa.ca or 613-789-3577 ext. 4.

We look forward to seeing you online!

[More about Smart Aging](#)

Parade Day is This Saturday!!

What an amazing group of walkers we have!!
We are just \$1600 shy of our \$20,000 goal!

If you haven't yet laced up your runners, it's not too late!

Join a team and join us on Saturday! or...
Donate to support your favorite walker!

Donate to Support your Favorite Walker!!

<u>Roy Allen</u>	<u>Alex Cullen</u>	<u>Jack Lazarus</u>	<u>Nicole Robert</u>
<u>David Bairois</u>	<u>John Deacon</u>	<u>Yves Leduc</u>	<u>Susan Robertson</u>
<u>Janet Bax</u>	<u>Eileen Desriviere</u>	<u>Alton Legault</u>	<u>Alex Roussakis</u>
<u>Judy Bedell</u>	<u>Maria Ana Francisco</u>	<u>Clara Luck</u>	<u>Gloria Sanchez-Cuevas</u>
<u>Sarah Bercier</u>	<u>Fran Hadley</u>	<u>Patricia Marsden-Dole</u>	<u>Francis Savage</u>
<u>Maria Bonacci</u>	<u>Chandra Hapuarachchi</u>	<u>Kay Marshall</u>	<u>Allison Shields</u>
<u>Michelle Bourdeau</u>	<u>Pauline Houlahan</u>	<u>Trudy Medcalf</u>	<u>Meg Stickl</u>
<u>Dianne Breton</u>	<u>Marlene Hurliey</u>	<u>Sandra Murray</u>	<u>Barbara Thomas</u>
<u>Sandra Chatterton</u>	<u>Ana Ideias</u>	<u>Hugh Nelson</u>	<u>Judie Wheeland</u>
<u>Carol Ciasnocha</u>	<u>John Johnson</u>	<u>Jane Prini</u>	<u>Marianne Wilkinson</u>
<u>Jane Conlin</u>	<u>Pascale Lalonde</u>	<u>Oris Retallack</u>	<u>Kathy Yach</u>
<u>Treva Cousineau</u>	<u>Jacquie Latham</u>	<u>Kathy Riley</u>	

For those joining us in person on Saturday...

- We will be walking at our new home - the Rideau Hub (the former Rideau High School) - 815 St. Laurent Blvd
- We will walk on the track beside the school, any distance of your choosing or ability – each lap is 400m.
- Following the walk, please enjoy lunch on us!! All participants are welcome for the BBQ whether you walked on your own or with the larger group on the track!!
- Lots of parking!

Many Thanks to Our Generous Sponsors!!

For further information contact Sarah Bercier: 613-789-3577 x.2 or s.bercier@coaottawa.ca.

3 things you can do during the 2021 Federal Election

September 20, 2021, will be the day Canadians go to the polls in the next federal election. For many older adults, voting is a way to show support for what matters to them. In fact, voters aged 65 to 74 are more likely to vote than other age groups with a 79% turnout rate in the 2019 federal election.

1. Download the [COA 2021 Federal Election: Priorities for Older Adults](#).

2. Attend a Virtual Information Session with Candidates. These virtual events are being hosted by The Council on Aging of Ottawa, the National Association of Federal Retirees Ottawa Branch, and the Ottawa Chapter of the

Canadian Association of Retired Persons (CARP) with registered candidates who are participating in the upcoming federal election.

Each session will last 60 minutes and be held via Zoom. Local candidates will have five minutes each to speak in their language of choice on these topics:

- National Seniors' Strategy with dedicated funding and accountability goals
- Enforced principles and national standards for long-term care
- Adequate funding for home care to improve health outcomes and reduce costs

To register for the session, click on your electoral district name below.

Tuesday, Sept 14

[Orléans](#) at 10 AM

[Ottawa-Vanier](#) at 1:30 PM

Wednesday, September 15

[Ottawa Centre](#) at 10 AM

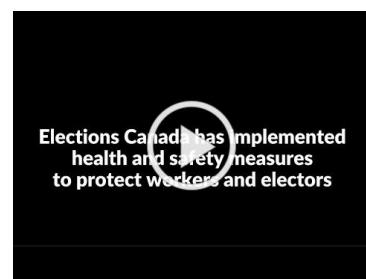
[Ottawa South](#) at 1:30 PM

Not sure about your electoral district? [Click here](#) to learn more.

3. Vote! Your voice matters.

[Ways to vote](#)

[Health and safety measures](#)



Advertisement for [Tea and Toast](#)

Community Events this Week

NOTE: The Community Events listed in the INFO-FLASH are provided as an information service by the COA. We are sharing this information on behalf of other community organizations.

For more event details or how to register, please **check with the organization listed as the event host**.

Featured Community Event

Election 2021: Voters' Rights & Accommodations for People Living with Disabilities

Wednesday, Sep 15, 2021 | 1:00 pm -

Virtual

[View Event Website](#)

Join REACH Canada for an education session on voters' rights, elections, and special considerations for people living with disabilities in light of the upcoming Fall 2021 Election. We will be covering the following topics:

- Elections & voters rights for people with disabilities in Canada
- Voting accommodations for people living with disabilities
- Special considerations for elections during COVID-19
- How to find more information and reach out to local candidates

Our speaker will be Jewelles Smith. Jewelles Smith is the Communications and Government Relations Coordinator with the Council of Canadians with Disabilities (CCD). Ms. Smith is a highly regarded Canadian human rights expert. Ms. Smith has worked extensively on voter engagement for over 15 years, and is a member of the Advisory Group for Disability Issues (AGDI) Committee with Elections Canada. She is a PhD candidate at UBC and focuses on disability rights in her dissertation.

Registration for this event is free, but please consider making a contribution to Reach to support access to justice for people with disabilities.

[Read more](#)

CFUW Nepean – James Powell, Historical Society of Ottawa, The 1930s

Tuesday, Sep 14, 2021 | 1:00 pm - 3:00 pm

CFUW (Canadian Federation of University Women) Nepean is an organization of women with common goals ...

[Learn more](#)

Seniors Centre Without Walls

Wednesday, Sep 15, 2021 | 1:30 pm - 2:30 pm

Seniors Centre Without Walls (Teleconference) Unusual Canadian Attractions Come learn all about these fun ...

[Learn more](#)

Ottawa PC Users' Group monthly meeting and Q&A – Members' favourites

Wednesday, Sep 15, 2021 | 7:30 pm - 9:00 pm

The Ottawa PC Users' Group will be hosting their monthly general meeting through video-conference. The ...

[Learn more](#)

Paint Evening

Wednesday, Sep 15, 2021 | 7:00 pm - 8:00 pm

Want to have some fun and try something new? Join us at our third annual paint night! Follow along as our ...

[Learn more](#)

What You Need To Know About Retirement Living Before You Make The Move

Saturday, Sep 18, 2021 | 1:30 pm - 2:30 pm

There is a lot to consider when choosing a retirement home. Is now the right time? What kind of support ...

[Learn more](#)

Monthly Community Event Calendars

Dementia Society of Ottawa and Renfrew County
[Upcoming Program Schedule](#)

Parkinsons Canada's Dancing with Parkinsons
[Dancing with Parkinsons](#)

Manotick and Area Centre for Arts & Wellness
[Event calendar](#)

Promote your webinars and virtual events:

Fill in the form at the [bottom of the Community Events page](#) and hit "submit".

Please note: All submissions must have either a url link or a poster attached.

Commitment: As a bilingual organization, COA makes every effort to provide complete and well-written information available in both official languages. The information coming from third parties may not be bilingual, but is shared in both languages when available.

COVID-19 Community Information and Services for Seniors & Caregivers



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For all other COA News check the [Updates](#)

Contact Us

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(613) 789-3577

www.coaottawa.ca



The Council on Aging of Ottawa/ Le conseil sur le vieillissement d'Ottawa | 217 - 815 St. Laurent Boulevard, Ottawa, ON K1K 3A7 Canada

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