

## **MARCH 2016 – PRESIDENT’S NEWSLETTER – LOIS HOLLSTEDT, PRESIDENT**

### **FREE CLASS – HEALTH ISSUES**

**Tuesday 22 March 2016, 10:00 am to Noon**

**Oak Room, North Shore Community Centre**

Join third-year TRU nursing students for a presentation on issues identified by KALS members.

Topics include:

How to Maintain Mental Health

Basic Health Terms

Heart & Stroke Signs & Symptoms and What to Do

**Register by phone 236-421-1199 or email [office@kals.ca](mailto:office@kals.ca)**

### **FREE Invitation to Attend:**

**TRU Undergraduate Research and Innovation Conference**

**Dates:**

**Friday March 18** (posters on 3rd floor of the House of Learning)

**Saturday March 19** (oral presentations in the International Building)

**More info: on the TRU website: <http://ugc.sites.tru.ca/>**

### **VOLUNTEER HELP WANTED**

A team of 2-3 people is needed to create and maintain a KALS Volunteer Recruitment System.

**Tasks include:**

Phoning people who have offered help

Writing short outlines of the positions needed

Advertising work opportunities to members

Keeping lists of names and jobs taken.

A combined joy in talking to people and basic computer skills would make this job doable.

**For more information, contact Lois at 250-377-5258 or [lhollstedt@telus.net](mailto:lhollstedt@telus.net) .**

### **SPRING TEA**

**FRIDAY 13 MAY 2016 - 1:30pm to 3:30pm North Shore Community Centre**

Come and join us to celebrate Spring and the company of your KALS classmates. We will have food, entertainment and door prizes. We always want to offer some interesting learning and would like to hear from you about possible topics at this event.

**Email us at [office@kals.ca](mailto:office@kals.ca)**

### **WINTER CLASSES STILL REGISTERING**

**WS1416 – ETHICAL INVESTING** Is Socially Responsible Investing Profitable? Check website for April date

**WS2716 - CAMEROON BY CAMERA** WE APR 6, 10:00 to NOON

**WS2816 - ADULT GUARDIANSHIP** TU APR 12, 1:30 to 3:30pm

**WS2916 – NUTRITION FOR SENIORS** TH APR 28, 7:00 to 9:00pm

**WF3216 - UKRAINIAN CHURCH TOUR** TH MAY 5, 1:30 to 3:30pm

**WF3316 - DONKEY REFUGE TOUR** TH MAY 12, 10:00 to 3:30pm

**For more info see [www.kals.ca](http://www.kals.ca)**