



KANATA SENIORS COUNCIL **Seniors news**

April 2024

Vol:17 No: 7



Artists presentation. In March artists From the Kanata Civic Art Gallery spoke to us and showed some of their work. (Story on page 6)

A busy few months for the Seniors Council

A lot of things are coming together in the near future. These major Council activities will allow many seniors to participate and get more involved. Mark your calendars.

On now

The Seniors Council membership survey at kanataseniors.ca/survey

Saturday April 13

Seniors Marketplace with 35 exhibitors

Monday April 22

Registration starts for the Far West Fun Fest

Saturday May 4

Our annual Awesome Garage Sale. Participate, volunteer and also donate your used stuff

Saturday April 13

Seniors marketplace to feature 35 vendors

The Seniors Council is hosting the Kanata Seniors Marketplace, taking place at the Mlacak Centre. It is a one-of-a-kind local event that caters

to the unique needs and interests of seniors. This is the perfect opportunity to explore a wide range of products and services that are specifically designed to enhance the lives of older adults.

With over 35 exhibitors participating in the event, you can expect to find a diverse array of offerings. From health and wellness products to home care services, retirement options, financial planning to travel packages, there's something for everyone at the Seniors Marketplace. Each exhibitor is senior oriented to ensure that they provide products and services that meet the needs of seniors.

Admission to the Seniors

Marketplace is completely free, making it accessible to all. However, in the spirit of giving back to the community, we kindly ask all attendees to bring food donations for the Kanata Food Cupboard. By doing so, you'll not only explore the marketplace, but also contribute to a worthy cause and help those in need in Kanata.

Mark your calendars for Saturday April 13th from Noon to 3:30 pm and join us for a day filled with valuable resources, enjoyable experiences, and the opportunity to connect with others in our senior community.

Don't miss out on this unique event that celebrates and supports the well-being of seniors.



KANATA SENIORS COUNCIL
"Seniors Helping Seniors"

Contact us

Phone: **613-254-7164**

Email: Council@KanataSeniors.ca

Web: www.KanataSeniors.ca

Facebook: [Facebook link](#)

Far West Fun Fest registration starts Monday April 22

Far West Fun Fest (or Senior Games), is a 2-week series of activities organized by the Kanata Seniors Council Inc. It is designed to get seniors (50+) in western Ottawa out enjoying friends and food, and having fun.

We begin with an opening continental breakfast on Thursday, May 23, and conclude with a catered lunch with entertainment (and usually dancing!) on Thursday, June 6. In between, you will be able to enjoy such varied activities as Bingo, square dancing, a barbecue, carpet bowling, darts and fish and chips at the Legion, cribbage, a cooking demo, wreath-making, or a Tai Chi session.

Refreshments are served at most activities; meeting new friends and learning something new are added benefits at no charge! Just \$40 includes your opening breakfast and closing lunch and entertainment, plus access to all the planned activities. A few activities may require a small additional cost.

Registration booklets will be available starting Monday, April 22, and registration will take place from Monday, April 29 to Friday, May 3. If you have any questions, do not

hesitate to contact us or drop into the office.

The Council is very grateful to the many seniors residences in the area for their generosity in agreeing to host an activity this year.

Support our Sponsors

- Brookside Senior Living
- Ottawa Hears
- Solva Senior Living
- The Bradley Retirement Living
- Waterford Grand Retirement Community
- Wellings of Stittsville
- Wildpine Retirement Residence
- All Seniors Moving
- Carp Commons Retirement Village
- Freiheit Home Care
- Lifeline Canada
- Red Oak Retirement Residence
- Robertson House Retirement by Spring Living

Membership Survey

- Fill it out
- Get a free coffee

kanataseniors.ca/survey

Help the Seniors Council to improve our service to you

Thursday April 18

Diabetes clinic

Join us on Thursday April 18 to learn more about this disease. The Council health team is partnering with the Champlain Community Chronic Disease Risk Assessment Program.

Please watch for information as to registration and time.

Lifeline



I was busy at work one cold February day when I received a call from Lifeline Canada. I was a responder for a neighbor, and I was told he had a fall and they asked me if I could check up on him. This neighbor lives alone in the country without close contacts but wears a mobile On the Go personal help button so he would always have access to help.

I arrived at his home 10 minutes later and he was laying on the dirt floor of his basement. He had fallen while trying to turn his furnace back on and he could not get up on his own. I pressed his Lifeline button to advise the Lifeline Response Centre that this was a real emergency and that we needed an ambulance. They assured me that help was on their way.

Soon EMS arrived, assessed him, and helped him up. Since that incident, this subscriber calls me the angel that saved his life, but I know that Lifeline had his back right from the beginning.

Knowing you have an amazing team who will always be there when you need help is the best feeling.



Thank you for being there! - Chantal D.

Tel: 1-450-210-0580

www.lifeline.ca



Time to put you first

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May Awesome Garage Sale needs donations/volunteers

The Awesome Garage Sale is back and coming soon.

Save your items as you start your

Spring cleanup. We are happy to take items such as clothing, jewelry, kitchenware including small appliances, linens, books, DVDs and almost anything else.

Drop off of items at the Kanata Seniors Centre daily Apr 29 to May 3, 9am to 3pm.

We are also looking for volunteers

for setup on May 3 from noon to 4, the sale on May 4 (various shifts from 7:30 to 1) and cleanup afterwards.

To volunteer or if you have donation questions please email us at council@kanataseniors.ca or call us Monday through Friday 9am to Noon at 613-254-7164.

**Awesome
GARAGE
SALE**

Kanata Seniors Council
Donation Dropoffs Start April 29
Info: council@kanataseniors.ca



Saturday May 4 2024

THANK YOU TO OUR GENEROUS SPONSORS



International Dining. My Thai Village Restaurant was the venue for our February rotating International Dining series.



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Cafe Chatter

The Cafe has been busy, serving up delicious meals and providing faster efficient service with our new cash register. We thank our customers for their patience as we continue to improve on service.

An excellent lunch consisting of Pork Wellington was served to 40 guests in February, along with red velvet cupcakes.

Our Easter lunch on March 28th has now been sold out.

May Spring Lunch

We will be hosting a "Welcome Spring Lunch" on May 1st provided by The Bradley Residence and prepared by their Chef David. Tickets are \$20.00 and will be available in the Cafe on April 2nd. Get your tickets early as there is a limited number of tickets to be sold.

Pizza, trivia, dining and travel events

Even more Council events. Sign up at the Council desk in the lobby.

Friday April 19: Pizza and Trivia at the Brookside Senior Living (2pm)
Cost: \$10

Join us for a Pizza and Trivia event at Brookside Senior Living.

Wednesday April 24: International Dining: Indian @ Masakali Indian Cuisine (12pm-2pm)
Cost: \$5 (excludes cost of meal)
Come experience the taste of India

Friday April 26: Seminar on CAA Travel (1:30pm-3pm) Cost: Free
Christine Corrigan, Manager CAA North & East Ontario, will be presenting information about exciting group travel for which CAA currently has fresh and exciting itineraries. This is a great way to travel with people who live nearby. Also provided, will be information about Canada/US tours and travel insurance.

March Volunteer of the Month Sandra Freeman

Our volunteer of the month for March is Sandra Freeman. As a member of the Board of Directors, over the past 18 months, Sandra has single-handedly generated income for the Seniors Council by securing over a dozen sponsors, both seniors residences and organizations that provide services for seniors. In the last 2 months, she has lined up a number of activities hosted by residences for Far West Fun Fest, and she has also sold many tables for the Seniors Marketplace in April.

She has cultivated a great relationship of cooperation between the Kanata Seniors Council and these organizations, and the income generated has greatly contributed to the Council's ability to deliver programs and activities for seniors.

Thank you Sandra!

If you know of a volunteer who has gone "above and beyond" that you would like to nominate as volunteer of the month, please reach out to us.



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ReImagine Senior Living



Facebook seminar featured safety

Facebook Seminar. The March Facebook seminar saw a good turnout with seniors coming out to learn how to get started with Facebook, but most importantly learn how to do it safely. From the feedback, they left with not only a reference handout, but a better understanding of how to approach their use of Facebook. The technology team is considering another Tech seminar in the May/June timeframe. If you have any topic suggestions, please email them at computers@kanataseniors.ca.

Theatre, makeover, and trivia events

The Council's Travel & Lifestyle team has lots of seminars and events planned for you in March & April. Here are three. Drop by our table at the Kanata Seniors Centre and secure your spot before the events sell out!

Sunday March 31: Kanata Theatre: Neil Simon's Brighton Beach Memoirs with lunch at Busters (12:00pm-4:30pm) Cost: \$25 (excludes cost of meal. Busters is giving us a 20% discount)

Wednesday April 17: Spring Makeover (10:30am-12pm) Cost: \$5 Join us on April 17th for a delightful "Spring Makeover" event where a makeup expert will share tips to look your best this spring and summer.

Friday April 19: Pizza and Trivia at the Brookside Senior Living (2pm-3:30pm) Cost: \$10 Join us for a Pizza and Trivia event at Brookside Senior Living. We'll enjoy some pizza and then be treated with a little Canadiana Trivia game.

SENIORS HOUSING AND RETIREMENT HOME SEARCH

Not sure where to start? Overwhelmed with the options, language and trying to identify needs? Let us help you.

You're probably not surprised to hear that in Ottawa alone, there are more than 100 retirement homes and seniors living buildings, all offering different services, inclusions and levels of care, and all at different prices! That's a tremendous amount of information to plough through, if you're considering retirement living for you or a loved one.

At Solva Senior Living, we offer an **entirely free** service to you, where you can meet with one of our fully independent and experienced advisors. We can explain what things mean, what you're looking at in terms of costs, how to consider care planning, as well as provide detailed breakdowns on options.

Call us at 613-421-6073 or email info@solvaseniorliving.ca to book your no obligation appointment and get your questions answered.

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'Stay or Go' seminar provided advice on factors to consider

Fifty-five people attended an informative seminar in February on deciding to stay in place or move to a residence. It was presented by Christine Forget of Solva Senior Living,

Christine reviewed some of the factors seniors should consider. She advised us of the multitude of options available — from aging in place at our current abode to retirement communities to long-term care

Christine encouraged us to maintain social connectedness and a sense of purpose to our day, as these things help to keep us engaged and active, well into our later years. Her final thought for us was that by planning what we would like for ourselves early on, we remain in the driver's seat when the time comes to alter our living arrangements.

Kanata Civic Art Gallery artists show their artwork

In March seniors attended a fascinating and informative presentation by 3 members of the Kanata Civic Art Gallery, which is located within the Mlacak Centre on Campeau Drive. The Kanata Civic Art Gallery was founded in 1992 by Susan Goold, Beth Mlacak and Cathy Edmonds. They approached the City of Ottawa with a proposal that the City provide the location, and the 3 ladies would run the art gallery. The City consented, and the art gallery has been running ever since.

Janice Hall is a painter who has been with the art gallery from the beginning. Although she was accepted into the gallery at that time for her watercolours, her current passion is oils, and she brought along three of her oil paintings that she created from fabulous photographs

Judy Miller is a textile artist, who likes to capture "a moment of time" with her work. She loves nature and has done "artist residencies" in such varied locations as Portugal, Gros Morne and Wales.

Karen Bell has traveled extensively, with and without her family, and she brought some beautiful photographs of Monet's garden, Sherlock Holmes' pub at night and wild ponies in Iceland to show us.

The Kanata Civic Art Gallery is open from Wednesday to Sunday, and the public is welcome to drop in at any time to view the art and chat with one of the artists. Many of their works are also on display at the Kanata Theatre in the Ron Maslin Playhouse.



Spring



into Action!

Let us do the heavy lifting!
 Move in by *May 31* and your
 move is on us!

10 Wildpine Court, Stittsville
 613-914-1214

Laughter Is the Best Medicine

The Famous Man

One day a famous man went to a nursing home to see all of his friends again and see how they were doing.

When he got there EVERYBODY greeted him [because, of course, everybody knows him].

One man he noticed didn't come up to him or say anything to him, so later he walked up to the man and asked him "Do you know who I am?"

And the old man replied "No, but you can go to the front desk, and they'll tell you."



"Brighton Beach Memoirs"

March 27- April 6

"Baskerville: A Sherlock Holmes Mystery"

May 15-25

Purchase your tickets or subscriptions on-line at www.kanatatheatre.ca or call the box office at 613-831-4435. \$26 per single ticket.