

KANATA SENIORS COUNCIL Seniors news

May 2024

Vol:17 No: 8

Panoramic View of Seniors' Marketplace April 13



Itching to bring out your creative side? Seniors news needs YOU.

We need an editor/publisher to keep our members up to date each month with News, pictures, happenings, and other items of interest. You wouldn't be alone; we have many contributors to help supply you with content.

What would you do?

- Establish and make known monthly newsletter publication and content submission dates.
- Obtain and create content for the newsletter
- Prepare and produce electronic documents for both electronic and print distribution of the newsletter.
- Facilitate publishing and distributing the newsletter electronically.

Want to know more? Contact us below.

Kanata Seniors Council Inc.

ANNUAL GENERAL MEETING

MONDAY, JUNE 17, 2024
11:00AM-1:00PM
KANATA SENIORS CENTER
2500 CAMPEAU DR.

The purpose of the meeting is to:

- receive the financial statements for 2023
- elect members of the Board of Directors
- review highlights of 2023
- present the Frank Valentine Award

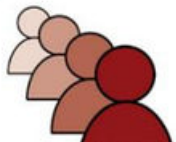
A light lunch will be served following the meeting
All members of Kanata Seniors Council are welcome

JOIN NOW

613 254 7164



COUNCIL@KANATASENIORS.CA



KANATA SENIORS COUNCIL
"Seniors Helping Seniors"

Contact us

Phone: 613-254-7164

Email: Council@KanataSeniors.ca

Web: www.KanataSeniors.ca

Facebook: [Facebook link](#)

The Kanata Seniors Council would like to thank the following 2024 sponsors:
Brookside Senior Living, Ottawa Hears, Solva Senior Living, The Bradley, Waterford Grand, Wellings of Stittsville, Wildpine, All Seniors Moving, Carp Commons, Freiheit Home Care, Lifeline Canada, Red Oak, Robertson House, Timberwalk

Arthritis Seminar

This Arthritis Seminar provided a graphic presentation, given by Gail Paterson, a therapist from the Arthritis Rehabilitation and Education Program, Arthritis Society of Canada. She explained about this debilitating disease how it effects our bodies in many ways, and how we can cope with it. She displayed the several types of arthritis and explained the symptoms each type presented with, and pointed out the risk factors, and what we can do to modify these factors by our behaviour and lifestyles. Gail then showed us the many devices available that will help those already affected, to manage the day to day living a little easier. It was an informative session, and forty-seven attendees went home a good deal better informed about Arthritis.



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



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.

- *Future planning *At need/immediate placements
- *Respite stays *Referrals to home care
- *Education and strategies on Long Term Care



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

Awesome GARAGE SALE

Kanata Seniors Council
Mlacak Centre, 2500 Campeau Dr
Info: council@kanataseniors.ca



Saturday 8-1 May 4 2024

THANK YOU TO OUR GENEROUS SPONSORS



KSC Travel & Living Team

Present: **Front Row:** Jeanette Finkelstein, Marilyn Thomson, Jay-Dee Purdie, John Kern, Arnold Finkelstein **Back Row:** Susan Dawson, Mike McMahon, Doreen McNair, Bonnie Oostlander, Beth Montgomery, **Regrets:** Janet Kaplan, Lianne Dwyer, Mary Pickard, Sharon Leal, Valerie Maier.

Garage Sale Drop Offs

Kanata Seniors Centre

Apr 29 to May 3, 9am to 3pm daily.



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 ReImagine Senior Living

Café Chatter

The café continues to strive to make delicious meals for our customers. Our Easter Lunch was a sold out event and a huge success with a turkey dinner with all the trimmings being served. A big thank you to our chefs, Wilma Boisvenue and Deb Bisailon for cooking the meal and to the other volunteers who served the meal and the tea and coffee.

Our next event is our "Welcome Spring" lunch prepared and served by Chef David from The Bradley Residence on May 1st. Watch for future events planned in the café.

Come join us for some good, healthy meals!

Musts for May: Pancakes / Lunch and Theatre

Tuesday May 7: Spring Maple Pancake Breakfast at the Kanata Legion (10:30am-12:30pm)

Cost: \$15 (includes the price of your meal)

Pancakes, bacon, sausages, hash browns, beans, tea or coffee and maple syrup, made by one of our Kanata Seniors Council members.

Sunday May 19: Kanata Theatre presents Baskerville: A Sherlock Holmes Mystery (12:15pm-4:30pm)

Cost: \$25 (excludes cost of lunch. Busters is giving us a 20% discount)

Join us for a lunch at Busters followed by the show at Kanata Theatre.



Café Chatter
May Menu

Here are the entrees for May that will stimulate your taste buds

MONDAY
 May 6 – Turkey Loaf, mashed potatoes & mixed vegetables
 May 13 – Cheddar Cottage Pie with vegetables
 May 20 – Café Closed
 May 27 – Church Supper Spaghetti

TUESDAY
 May 7 - TBA
 May 14 – Butter Chicken Basmati rice peas, salad & Naan Bread
 May 21 – Fettuccine w/creamy mushroom, chicken sauce & salad
 May 28 – Meatloaf with garlic mash potatoes & glazed carrots
 Cucumber salad

THURSDAY
 May 2 – Macaroni and Cheese w/salad
 May 9 – Chicken Asparagus Bake w/bun
 May 16 – Tuna Casserole w/salad
 May 23 – CAFÉ CLOSED
 May 30 – Beef and Tortellini Bake w/garlic bread



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Diabetic Seminar & Screening

FREE HEARING HEALTH CLINIC

Saturday, May 25th 9am to 4pm

Kanata Seniors Centre

2500 Campeau

Appointments are Limited and Required

Call the Seniors Centre today for yours:

613-580-2980



 **ROBERTSON HOUSE**
retirement community
BY SPRING LIVING



Community BBQ & Live Entertainment!

ROBERTSON HOUSE
Retirement Community

When: June 5, 2024
Where: 1 Mill Hill Road Nepean
Time: 11:00AM to 1:00 PM

Kindly RSVP to catherine.armstrong@springliving.ca
613-222-1968

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FAR WEST FUN FEST 2024

Presented by the Kanata Seniors Council

Thursday, May 23 to Thursday, June 6

Brochures available starting April 22
 Registration from
 Monday April 29 to Friday May 3
 in person at the Kanata Seniors Centre
 2500 Campeau Drive
 Registration is \$40 per person

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Email: Council@KanataSeniors.ca

Phone: 613 254 7164

Out & About

Kanata North Tennis & Pickleball Courts

Park	Location	# of courts
Devonian Park	171 Escarpment Crescent	1
Klondike Road Park	1365 Halton Terrace	2
Walden Park (tennis only)	130 Walden Drive	1
Jim Malone Park	400 Goldridge Drive	1
Beaverbrook Pool Park	1002 Beaverbrook Road	2
First Come, First Served	30 minute sessions please	

16th Annual Grassroots Grannies

Plant Sale and Market Place
 Saturday May 11, 8am till Noon
 65 Knudson Drive, Kanata
 Hardy perennial plants, herbs, and vegetable seedlings
 Hand-crafted garden ornaments
 Gently used garden tools & ornaments

Goulbourn Male Chorus Presents

The Men in Blue sing the Blues
 Sunday May 12 3:00pm
 Trinity Presbyterian Church
 1817 Richardson Side Road, Kanata
 Tickets: \$20; Students \$15
 At the door (cash only)



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400 March Rd, Kanata



Laughter Is the Best Medicine



“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.