



Kanata Seniors Flash

October 13 to October 26, 2024

Welcome to this seventh issue of our twice-monthly email that lists happenings around us.

Having trouble **Parking at the Kanata Seniors Center**? A **Parking Petition** is now available to those who wish to support this initiative. You can sign this petition at the **Kanata Seniors Council Office** located at 2500 Campeau Drive.

Update on COVID-19 vaccines (KP.2 variant) - now available for people at high risk. [Learn more.](#)

October Cyber Security Awareness Month - To learn more about how to protect yourself online and for the latest tips on staying cyber safe, check out these links: [GetCyberSafe.ca](#) , [Ontario: Cyber Security](#)

Keep Walking: Enjoy the numerous neighbourhood trails, parks and malls in the area or across the city.

Hot off the Press

- **Seniors Guide:** Finally, a document that bridges the significant information gap between the resources that are available and the seniors who require them. Chandra Pasma, MPP is offering this very useful Senior Guide **FREE** for all. [Get it here](#)
- **Seniors Advocating for Seniors:** The Kanata Seniors Council is still and always will be here for you to share your thoughts and ideas. Connect with us to amplify your voice about matters in our city. Contact us at: council@kanataseniors.ca

Happenings

Our Café:

- **Dominos Pizza** served on Fridays between 11:30 and 1 p.m. \$3.50 for a slice. \$5.00 for a slice and drink of your choice.
- **Sample prices:** soup \$2.50, hot Meal \$8.00. For a complete price list please [Click here](#).

Monday: October 14 - Thanksgiving - Cafe Closed

October 21 - Sheet-Pan Chicken and Vegetables

October 28 - Tex-Mex Casserole

Tuesday: October 15 – Hot Pork Sandwiches w/mashed potatoes and coleslaw

October 22 – Beef Stroganoff w/garlic mashed potatoes and glazed carrots

October 29 – Vegetarian chili w/corn bread

Thursday: October 17 – Sausage Pasta Bake w/salad

October 24 – Moroccan Beef Cornbread w/salad

October 31 – Kielbasa & Sauerkraut w/Bun

Friday: October 18 – Dominos Pizza at 11:30 am followed by Bingo at 1:30 pm

October 25 – Dominos Pizza at 11:30 am to 1:30 pm

Technology: For computer training and other technology offerings, [please click here](#).

Senior Council Events

- **Bingo** at the Center on Friday, October 18 from 1:30- 3:30 pm. Pay as little as \$5 with a chance of winning up to \$650.
- **Visit to the Ottawa Art Gallery and Lunch** on Mackenzie King Bridge via OC Transpo bus and LRT.
Wednesday, October 23rd, 2024. Time: 10:00 am - 3:00 pm. Cost: \$15.00 (plus the cost of your meal) for transportation and entrance to the Art Gallery. Seniors must have a Presto card.
- **Fall Makeover:** Learn about the makeup trends for older adults for Fall 2024 on
Wednesday, October 30th, 2024. Time: 10:30 am - 12:00 pm. Cost: \$5.00. Makeup demonstrations featuring the fall makeup trends and the must haves for your collection.
- **Health Fair:** Offered by the Kanata Seniors Council, the Fair will take place on Saturday, October 19th, 2024, from 9am-3pm. Consult our experts on hot issues that concern most of us, like heart valve disease, how to safely use and handle medications, mental wellness, and strength and balance. Also get to know the wellness benefits of bird watching and enjoy a bird walk at a later date. Participate in clinics for foot care, blood pressure and hearing assessments. Appointments required for the clinics, so sign up at the Kanata Seniors Centre. Refreshments will be served **FREE**.
- **Lunch and Kanata Theater:** Dangerous Liaisons on Sunday, November 10th. Meet for lunch at 12:15 pm at Busters and make

your way to the Kanata Theatre at 2:30 for the 3:00 pm presentation. Cost is \$25 for the ticket plus the cost of your meal.

Registration is available at the Travel and Lifestyles Table at the Kanata Senior Centre, Mon. Tues. Wed. Fri. 11:30 to 1:00 pm.

The Kanata Legion:

70 Hines Road, Kanata, Ontario, rclbr638@gmail.com, (613) 591-5570

- **Friday Fish and Chips:** from 11:30 am – 1:00 pm, open to all, contact [\(613\) 965 6589](tel:6139656589).
- **Coffee Club:** Every Wednesday from 9:00 am to 11:30 am.
- **Oktoberfest:** October 26, 2024 - starting at 5:00 pm to 9:30 pm. Buffet menu and entertainment by the International Set Duo. \$25. For reservations, please contact Lorraine at: lm lapensee@sympatico.ca or by calling [613-831-8319](tel:6138318319).
- Members and seniors in the community are invited to the Lounge for a hot cup of coffee and a treat, cards, darts, board games, read a magazine, meet friends or relax. **FREE**

Kanata Hazeldean Lions Club:

- **Family Fall Frolic:** Sunday, October 27th, 2024, starting at noon in the Dick Brule Community Centre, 170 Castlefrank Rd, Kanata. One pumpkin to the first 100 families. **FREE**
- **Diabetes Awareness Day:** Thursday, November 7th, 2024. Starting at 11:00 am to 4:00 pm in the St. Paul's Presbyterian Church, 971 Woodroffe Ave. **FREE** lunch for the first 100 registrants. Register today: diabetes@khlions.com. For more details please [visit us here](#).

Western Ottawa Probus:

Located at the Kanata Baptist Church, 465 Hazeldean Road, Kanata. probuswesternottawa.ca

Meetings are held every second Tuesday of each month starting at 10:00 am, and the next meeting is on November 12th, 2024.

The following outings have been planned for October:

- **Upper Canada Cranberries:** Wednesday, October 16th, 2024, at 2283 Stagecoach Road, Greely. Starting at 10:30 am, lunch to follow.
- **Black Dog Bistro**, 5540 Manotick Main Street, Wednesday, October 23rd, 2024 - meet there at noon. Casual dining at its best. Rustic, robust and a tad eclectic. www.blackdogbistro.ca

Please sign up at their October meeting or via email to lunches@probuswesternottawa.ca

Our Representatives:

The Honourable, Jenna Sudds, M.P.

Web: jennasuddsmp.ca Email: jenna.sudds@parl.gc.ca Phone : (613) 592-3469

The Honourable, Karen McCrimmon, M.P.P.

Web: mppkarenmccrimmon.ca Email: kmccrimmon.mpp.co@liberal.ola.org

Phone: (613) 599-3000

Mayor Mark Sutcliffe - Many fun events: Festival, Markets, Fairs, Food, Music, and more in Ottawa, are [listed here](#):

- **Annual Trick or Treat:** October 26th, 2024, from 5:30 to 8:30 pm at Ottawa City Hall, 111 Laurier Avenue West. For more information, please visit, [Trick or Treat with the Mayor](#).
- **Fall Rhapsody:** to October 31st, 2024. Discover the magic of autumn during the annual events in Canada's capital region. Please visit: [Fall Rhapsody](#) **FREE**
- **Les Violons du Roy:** 40th Anniversary Celebration. October 30th, 2024, Carleton Dominion-Chalmers Centre, 355 Cooper Street, Ottawa. [Please click here](#)
- **Pumpkins After Dark:** October 10 - 31, 2024 (Check schedule). Wesley Clover Park, 401 Corkstown Road, Ottawa. Magical pathway of lit pumpkin sculptures and displays, with music, sounds and special effects. <https://ottawa.pumpkinsafterdark.com>

Allan Hubley – City Councillor for Kanata South

Web: councillorallanhubley.ca Email: allan.hubley@ottawa.ca Phone: (613) 580-2752

Cathy Curry - City Councillor for Kanata North:

Web: KanataNorth.ca Email: Cathy.Curry@ottawa.ca Phone: (613) 580-2474

- **St. John's Anglican Halloween Movie Night:** Friday, October 25th, 2024, at 7:00 pm, St. John's Anglican Church at 325 Sandhill Road - will be showing the 1922 horror classic, "Nosferatu". Popcorn, drinks, and puns will be provided – **Free**. [More details](#).
- **Harvest Spooktacular** is coming to you! Get ready for an afternoon filled with fun and festive excitement. Saturday, October 26th, 2024 (rain date: Sunday, October 27th) from 2:00 to 4:00 pm. Brookshire Park, 1035 Klondike Rd., Kanata. [More details here](#). **FREE**
- **Farmers Market:** Saturdays until October 26th, 9 am to 3 pm at 745 Kanata Avenue. Details are available [here](#).
- **Four Films sponsored by The Rotary Club of Ottawa-Stittsville** will be showing at Landmark Cinemas, Kanata this fall. Screenings at 4:00 and 7:00 pm on Mondays. The cost is \$60 for the four-film series. The first film was held in late September. October 28 -

Wicked Little Letters, November 25 - **Perfect Days**, December 16
- **Sing Sing**. Please contact: (charcz@yahoo.com) for 4:00 pm
passes, or Sandra Burt (sburt@uwaterloo.ca) for 7:00 pm passes.

Glen Gower – City Councillor for Stittsville:

Web: glengower.ca Email: Glen.Gower@ottawa.ca Phone: [\(613\)580-2476](tel:(613)580-2476)

Upcoming events in Stittsville, [please visit](#)

- **Sharing Family Heirlooms and Artifacts:** October 19th, 2024 - Goulbourn Township Historical Society brings history that surrounds heirlooms and artifacts. Stittsville branch of the Ottawa Public Library, 1637 Stittsville Main Street, from 1:00 p.m. to 2:00 p.m. Coffee, refreshments and treats are provided. **FREE** For further information. [click here visit](#)
- **Stittsville United Church Annual Fall Dinner:** October 26th, 2024, 2 seatings: 4:00 and 6:30 pm at 6255 Fernbank Road, Cost: \$30.00 per adult and \$15.00 per child. For tickets and information please contact Susan Anderson [\(613\) 836-9057](tel:(613)836-9057)

Our Sponsors:

Thanks to all our Sponsors and Contributors for helping us go further and doing more. They include: Solva Senior Living, The Bradley, Waterford Community, Ottawa Hears, Wildpine Stittsville, Brookside Senior Living, Wellings Stittsville, All Seniors Moving, Aspira Red Oak, Freiheit Care Inc., Robertson House, Lifeline Canada, Carp Commons, Ideal Caregivers 4U, Crystal View Lodge, Timberwalk, and the Kanata Theatre. To reach any of our Sponsors or Contributors please click kanataseniors.ca

The Canadian Seniors Focus Group on Facebook has been launched by **Ideal Caregivers 4u** to empower seniors aged 50 and above in Canada, providing a platform for connection and sharing experiences. The group will host various activities and resources focused on diverse interests, ensuring a respectful and secure environment for all members. Seniors are encouraged to join and contribute to this vibrant community, enhancing the lives of seniors nationwide. To join, click on facebook.com/groups/canadianseniorsfocusgroup

Kanata Seniors Centre Activities:

For events at the John Mlacak Community Centre, [please visit](#).

- **Learning Series 'How the Vikings changed the English Language':** Dr. Ian Mackay's informative talk on the evolution of the English language will be held on October 31st, 2024, at 1:00 pm. For more information: <http://kanataseniors.ca/calendar>

Around Ottawa:

- **Ride the Bus** in Ottawa on Sundays and Wednesdays **FREE** for seniors 65 years and older.
- **NCC Gatineau Park shuttle:** every 30 minutes, six days a week until October 27th, 2024. **FREE.**

On weekends, the shuttle runs from downtown Ottawa to Chelsea starting at 9:10 am, with the last return trip at 4:45 pm. For weekdays and detailed schedules please [click here](#).

- **Interested in local Heritage Museums**, please visit:
- [Billings Estate National Historic Site](#) (or [@billingsestatemuseum](#) on Instagram)
- [Cumberland Heritage Village Museum](#) (or [@cumberlandmuseum](#) on Instagram)
- [Fairfields Heritage House](#)
- [Nepean Museum](#)
- [Pinhey's Point Historic Site](#) (or [@pinheyspoint](#) on Instagram)

Important Phone Numbers:

Medical, Fire, or Police Emergency: 911

Health Connect (replaces Telehealth) 811

Community Services Information: 211

Ottawa City Services: 311

Ontario Health at Home (LHIN): [\(613\) 310-2222](tel:6133102222)

Meals on Wheels: [\(613\) 233-2424](tel:6132332424)

Mental Health (The Royal): [\(613\) 722-6521](tel:6137226521) ext. 6637

Ottawa Police, Elder Abuse: [\(613\) 236-1222](tel:6132361222) ext. 2400

Ottawa Public Health: [\(613\) 580-7644](tel:6135807644)

Para/OC Transpo: [\(613\)560-5000](tel:6135605000)

Queensway Carleton Hospital: [\(613\) 721-2000](tel:6137212000)

Other links:

Kanata Seniors Council Newsletter: Seniors [newS](#)

Kanata Seniors Centre Newsletter: Seniors-[Scoop](#)



Kanata Seniors Council

2500 Campeau Drive
Kanata, Ontario K2K 2W3

[613-254-7164](tel:6132547164)

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