



## Kanata Seniors Flash

### November 3 to 17, 2024

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

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### Hot off the Press

- **Update on COVID-19 vaccines** (KP.2 variant) - Now available for the general public. Make an appointment at your local Pharmacy in order to avoid wait times. [Learn more.](#)
- **Keep Walking:** Enjoy the numerous neighbourhood trails, parks, and malls in the area or across the city. We recommend trying **Nordic Walking** for the following reasons:
  - Nordic walking is a safe and efficient form of exercise that uses poles during walking and involves actions from the arm and upper back muscles.
  - There is evidence showing that Nordic walking provides better total fitness results relative to regular walking and resistance training in older adults, and health benefits in people with chronic diseases. [Click here for more info.](#)
  - **Ottawa's Heart Institute** encourages people 65 years of age and older with no known heart issues to participate in a **FREE** mobile heart valve screening program to detect "**Valvular Heart Diseases**" - which are dysfunctions of the "doors" that direct blood flow within the heart. These diseases affect hundreds of thousands of people and are often undetected; late detection may have severe consequences. [Click for more details.](#) A mobile screening program offers early detection, diagnosis, and treatment. To schedule an appointment: call [613-696-7412](tel:613-696-7412) or email [cvhd-msp@ottawaheart.ca](mailto:cvhd-msp@ottawaheart.ca).
- **Western Ottawa Community Resource Centre (WOCRC):**

[https://coaottawa.ca/community\\_event/seniors-active-living-fair-open-house-2024/](https://coaottawa.ca/community_event/seniors-active-living-fair-open-house-2024/)

Community respite through "**Neighbours Helping Neighbours**" is a three-hour workshop that will help you make a difference in your community. Come learn the skills and basic knowledge to help support and care for people in need. November 7, 2024, from 1:00 pm to 4:00 pm at 2 MacNeil Court, Kanata. **FREE** Please register with Angela Lorusso at [lorusso@wocrc.ca](mailto:lorusso@wocrc.ca)

- **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](mailto:council@kanataseniors.ca)

### Happenings:

**Our Café's sample:** soup \$2.50, hot meal \$8.00. For a complete price list please [Click here.](#)

**Monday:** Nov 4 - Pork tenderloin in mustard sauce

Nov 11 - Turkey meatballs in lentil tomato sauce

Nov 18 - Ground beef stroganoff

**Tuesday:** Nov 5 - Pork stroganoff w/garlic mashed potatoes, glazed carrots, side salad

Nov 12 - Oriental chili in a tortilla shell w/coleslaw

Nov 19 - Chicken cordon bleu quiche w/side salad

**Thursday:** Nov 7 - Tuna casserole w/salad

Nov 14 - Baked spaghetti w/garlic bread & salad

**Friday:** Nov 1 - Dominos Pizza from 11:30 am to 1:00 pm followed by Bingo at 1:30 pm

Nov 8 - Dominos Pizza from 11:30 am to 1:00 pm

Nov 15 - Dominos Pizza from 11:30 am to 1:00 pm

**\$3.50 for a slice. \$5.00 for a slice and drink of your choice.**

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

### Seniors Council Events:

- **Kanata Theatre - Dangerous Liaisons:** Sunday, November 10<sup>th</sup> - starts at 12 pm with lunch at Busters Bar & Grill and 2:30 pm for the play, which is a thrilling drama filled with intrigue, passion, and deception. Cost \$25 (does not include lunch)
- **International Dining - Chez Lionel Brasserie Française:** Wednesday, November 20<sup>th</sup>, starting at 12:00 noon. Located at 101 Kanata Ave. suite 100. Cost: \$5 plus your meal. [www.chezlionel.ca/kanata](http://www.chezlionel.ca/kanata),
- **Seminar with CAA Travel:** Thursday, November 21<sup>st</sup>, starting at 1:30 pm at the Kanata Seniors Centre. Learn about exclusive travel packages designed for seniors, including solo travel options. **FREE**

For more information or to register for all events organized by the Council, visit the Travel and Lifestyles table at the Kanata Seniors Centre - Monday to Friday from 11:30 am to 1:00 pm. **Please note that we are now accepting payments by cash, cheque, debit or credit cards.**

### Kanata Area Events

#### Kanata Seniors Centre Activities:

- **Aging In Place:** Friday, November 29<sup>th</sup> from 9:00 am to 11:00 am. A health seminar on how to stay independent. Register at the front desk at the Kanata Seniors Centre or at the Kanata Seniors Council Travel and Lifestyles table in the lobby. **FREE**
- For more events at the John Mlacak Community Centre, [please visit](#).

#### The Kanata Legion – Branch 638:

70 Hines Road, Kanata, Ontario, [rclbr638@gmail.com](mailto: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.
- **Trivia Night:** will be held on November 8, from 7:00 pm - 9:00 pm, \$10 per person, pay at the door.
- **Remembrance Day Ceremony:** will be held on November 11, 2024, at 10:40 am at Village Green Memorial Park. Donation for Wreath, participation or more: [kanatalegion.ca/events/](http://kanatalegion.ca/events/)
- **Annual Kanata Legion's Remembrance Dinner:** will be held on November 16, 2024, at 5:00 pm, \$25 / person. Reserve with Sylvia Monette at: [s\\_monette@hotmail.com](mailto:s_monette@hotmail.com) or [613-986-3520](tel:6139863520)

#### Kanata Hazeldean Lions Club

**Diabetes Awareness Day:** Thursday, November 7<sup>th</sup>. 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@khliions.com](mailto:diabetes@khliions.com). For more details please [visit us here](#).

#### Western Ottawa Probus:

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

[probustwesternottawa.ca](http://probustwesternottawa.ca)

- **Meetings** are held every second Tuesday of each month starting at 10:00 am. The next meeting is on November 12<sup>th</sup>.
- **Golden Hawk, RCAF - 100 years,** Dr. Richard Mayne. Tuesday, November 12<sup>th</sup>, starting at 10:00 am. [Speaker Page](#) Please sign up via email to [lunches@probustwesternottawa.ca](mailto:lunches@probustwesternottawa.ca)

**St. John's, Kanata North Anglican Church:** 325 Sandhill Rd,

[stjohnskanata.ca/events](http://stjohnskanata.ca/events)

**Lunch Bunch:** soup, sandwiches, dessert, tea, and coffee for seniors on the first Monday of each month with post-meal entertainment. Bring your friends! **Free Will Offering**, which is donated to community causes. RSVP by [filling out this form](#) or by calling the office at [613-592-4747](tel:6135924747).

#### Our Sponsors and Contributors

Sincere thanks to all our Sponsors and Contributors for helping us help you with your future decision making. **SPONSORS:** 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., Lifeline

Canada, Carp Commons, and Timberwalk. **CONTRIBUTORS:** Ideal Caregivers 4U, Crystal View Lodge, and Kanata Theatre. For more information, please visit [kanataseniors.ca](http://kanataseniors.ca).

**Ideal Caregivers 4u** understands that transitions can often be challenging for individuals and their loved ones who are in the hospital or being discharged. We are dedicated to providing high-quality care and support during life's most important moments, ensuring everyone is treated with dignity and respect. Our compassionate team is here to help you navigate these transitions and provide the necessary assistance to make this process as smooth as possible. Contact us at [613-769-1669](tel:613-769-1669) or visit [www.idealcaregivers4u.com](http://www.idealcaregivers4u.com) to learn more.

## Around Ottawa

- **Ride the Bus** in Ottawa on Sundays and Wednesdays **FREE** for seniors 65 years and older.
- **The Ottawa Art Gallery:** Home to art and artists of our region - where connections happen between art and our city. Located at 50 Mackenzie King Bridge, the gallery is open Tuesday to Sunday from 10:00 am. Closing time varies depending on the day so visit [oaggao.ca](http://oaggao.ca) for more information. **FREE – donations welcome.**
- **The National Arts Centre (NAC)** - 1 Elgin Street, Ottawa, where 15 events will be held between now and November 10<sup>th</sup> - 4 of which are **FREE**. For more information, visit [nac-cna.ca](http://nac-cna.ca) or call [613-947-7000](tel:613-947-7000).
- **Magic of Lights at Wesley Clover Parks:** A dazzling drive-through holiday lights experience featuring favorite holiday scenes and characters of the season and using the latest LED technology and digital animations. Located at 411 Corkstown Rd, Nepean, this seasonal event begins on November 22<sup>nd</sup>, 2024, and goes until January 4<sup>th</sup>, 2025, from 5:00 pm until 9:00 pm every night of the week. For more information and to buy your tickets online, visit: <https://magicoflights.com/locations/ottawa-on/>
- **Ottawa 67's Hockey:** Enjoy an affordable night out of exciting hockey from now until March 16th, 2025. For schedule and ticket information: <https://chl.ca/ohl-67s/schedule/0/79/>
- **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)

## Our Representatives

- **The Honourable, Jenna Sudds, M.P.**

Web: [jennasuddsmp.ca](http://jennasuddsmp.ca) / Email: [jenna.sudds@parl.gc.ca](mailto:jenna.sudds@parl.gc.ca) / Phone: [\(613\) 592-3469](tel:613-592-3469)

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

Web: [mppkarenmccrimmon.ca](http://mppkarenmccrimmon.ca) / Email: [kmccrimmon.mpp.co@liberal.ola.org](mailto:kmccrimmon.mpp.co@liberal.ola.org)

Phone: [\(613\) 599-3000](tel:613-599-3000)

- **Mayor Mark Sutcliffe** – Many fun events such as Festivals, Markets, Fairs, Food, Music, and more in Ottawa, are [listed here](#)
- **Allan Hubley** – City Councillor for Kanata South

Web: [councillorallanhubley.ca](http://councillorallanhubley.ca) / Email: [allan.hubley@ottawa.ca](mailto:allan.hubley@ottawa.ca) / Phone: [\(613\) 580-2752](tel:613-580-2752)

- **Cathy Curry** - City Councillor for Kanata North

Web: [kanatanorth.ca](http://kanatanorth.ca) / Email: [cathy.curry@ottawa.ca](mailto:cathy.curry@ottawa.ca) / Phone: [\(613\) 580-2474](tel:613-580-2474)

- **Glen Gower** – City Councillor for Stittsville

Web: [glengower.ca](http://glengower.ca) / Email: [glen.gower@ottawa.ca](mailto:glen.gower@ottawa.ca) / Phone: [\(613\)580-2476](tel:613-580-2476)

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

## Important Phone Numbers:

**Medical, Fire, or Police Emergency: 911**

**Health Connect (replaces Telehealth) 811**

**Ottawa City Services: 311**

**Community Services Information: 211**

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

**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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