



KANATA SENIORS FLASH

January 5th to January 19th, 2025

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

On behalf of the Council, we wish you all the best for a happy and healthy 2025!

- **Thriving in 2025:** Five ways to stick with your health. Set a few goals ... [Learn more](#)
- **Healing Power of Nature:** In an era where pharmaceutical solutions often dominate health care, a growing movement is advocating for a simpler, natural approach to healing: prescribing time in nature. [Please click here for details.](#)
- **Preventing falls:** Practical tips to reduce your risk. This 56 minute webinar video explains the key causes of falls and offers practical tips to improve your balance, strengthen your body, and make your environment safer. [Please click here to view](#)
- If you haven't done this already, please consider getting the **current COVID-19** (KP.2 variant) **and flu vaccines** as there is often a surge of illness after the holiday season. [Learn more.](#)

HOT OFF THE PRESS

Seniors Advocating for Seniors: The Kanata Seniors Council is happy to advocate for seniors - so share your thoughts and ideas if you have concerns that affect you as a senior. Connect with us about matters in our city or **if you have suggestions about the look and content of this by-weekly Flash.** Send us an e-mail at: council@kanataseniors.ca

HAPPENINGS

OUR CAFÉ:

- **Bingo:** Join the fun and try your luck at Bingo on January 17th, February 7th, and February 21st, 2025. Doors open at 1:00 pm and games start at 1:30 pm. Cost is \$5 per card and the prize pool goes up to \$650.
- **Dominos Pizza** every Friday between 11:30 am and 1:00 p.m. \$3.50 per slice, \$5.00 a slice with a drink.
- **Sample prices:** soups \$2.50 - hot meals \$8.00. For a complete price list please [Click here.](#)

Monday: January 6th – Tamale Pie with Vegetables

January 13th – Creamy Chicken Quinoa & Broccoli Bake

January 20th – Tomato Macaroni & Cheese

TUESDAY: January 7th – Sweet & Sour Meatballs w/Noodles & Salad

January 14th – Orange Chicken w/Garlic Rice & Salad

January 21st – Baked Pasta & salad

THURSDAY: January 9th – Kielbasa and Sauerkraut w/Salad

January 16th – Spaghetti w/Garlic Bread & Salad

January 23rd – Vegetarian Chili w/Cornbread

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

UPCOMING KANATA SENIORS COUNCIL EVENTS:

- **Footcare Clinics** are now offered at the Kanata Seniors Centre. The Community Nursing Registry of Ottawa (CNRO) is running a footcare clinic on the 3rd and 4th Wednesday of each month, from 12:00 to 4:00 pm. Appointments are 30 minutes, which include nail trimming, callous reduction and corn removal. To register call 613-236-3639. Walk-ins are welcomed. For more information, please visit www.cnro.ca
- **Canadian Women's Heart Health Alliance on Thursday, January 23rd, 2025**, from 1:30 to 3:00 pm at the Kanata Seniors' Centre. Important information on keeping your heart healthy and strong as we age. Learn about various heart diseases in women, prevention and how to lower your risk. Find out the difference between symptoms for men and women. Registration at the front desk at the Kanata Seniors' Centre or at the Travel and Lifestyles table. **FREE**
- **International Dining on Friday, January 24th, 2025:** Turkish Kebab House from 12:00 - 2:00 pm. Cost: \$5 (excludes meal cost). Join us for our return visit to the Turkish Kebab House. Last time, the event sold out quickly, so don't miss out this time. Get your tickets soon!
- **Fabulous Fiesta on Wednesday, January 29th, 2025:** From 2:00 - 3:30 pm at the Kanata Senior's Centre. Cost: \$5 (food included). Escape the January chill and join us for a vibrant Mexican-inspired celebration. Immerse yourself in the rich culture of Mexico with music, colorful decorations, delectable snacks, and a little chili competition. Don't miss the opportunity to learn some salsa moves from one of the Centre's favorite instructors.
- **Ottawa Valley Tours with Special Guest Globus on Tuesday, February 13th, 2025:** From 1:00 - 2:30 pm at the Kanata Seniors' Centre. Plan your 2025 vacation by exploring exciting motorcoach packages with Ottawa Valley Tours, featuring trips to Eastern Canada, the USA, and local destinations. Spaces are limited to 30 attendees—register now! **FREE**

Registration and Ticket Sales: Weekdays from 11:30 am to 1:00 pm in the front lobby of the Kanata Seniors' Centre, 2500 Campeau Drive, Kanata. Payments by cash, cheque, credit or debit cards!

THE KANATA LEGION:

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

- **Robert Burns Supper:** January 18th, 2025, at 5:00 pm. Live pipe music, poetry reading, and a Scottish dancing lesson. Advance ticket bookings only at \$30.00. Please contact: Ann Ervin by calling (613) 592-9289 or a60ervin@yahoo.com.
- **Friday Fish and Chips:** from 11:30 am – 1:00 pm, open to all. Contact (613) 965 6589.
- **Coffee Club:** Every Wednesday from 9:00 to 11:30 am. **FREE**

THE KANATA THEATRE:

The Girl on the Train: February 5th - 8th, 11th - 15th (evening 7:30 pm) and February 9th (matinee at 2:30 pm). A thrilling story of mystery and suspense: [Kanata Theatre Shows – Kanata Theatre](#)

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.
- This month's meeting is on Tuesday, January 14th, 2025: **Who Knew!** Understanding and training your brain is one answer to managing your stress response and aging well. The guest speaker is Dr. Andra Smith.
- This month's outing is to **Lee Valley Tools**, Veritas Manufacturing Plant, 1080 Morrison Drive, Mississippi Mills Business Park off Ottawa Street, at 11:00 am.

ST. JOHN'S, KANATA NORTH ANGLICAN CHURCH: 325 Sandhill Rd, stjohnskanata.ca/events

- **Lunch Bunch:** January 19th, 2:30 to 3:30 pm. Post meal concert titled **"Winter Warm Embraces: A Day of Serene Piano Music"**. Entry is by cash donation. All are welcome.
- **Trivia over Zoom:** January 18th, 2025, from 7:00 to 8:00 pm. To register please contact Marianne at marianne@rogers.com Cost is \$10.

THE COUNCIL ON AGING OF OTTAWA (COA)

Many events are offered relating to **Smart Aging** and other topics that may interest you, such as:

- **Understanding the Recipe for Healthy Aging**, January 10th, 2025, from 10:00 am - 12:00 pm.
- **Snow Storming:** Promoting safe and accessible winter walking, January 20th, 2025, from 10:00 - 11:00 am.
- **Aging in Place** with Services and Supports, February 25th, 2025, from 1:00 - 3:00 pm.

For more details and registration [please visit here](#)

OUR SPONSORS AND CONTRIBUTORS:

We wish to thank the residences and private sector companies who support the Kanata Seniors Council, and in particular, seniors in our ever-growing community.

SPONSORS: Brookside Senior Living, Ideal Caregivers 4U, My Place Home Care, Ottawa Hears, Solva Seniors' Living, The Bradley Retirement Living, Waterford Retirement Community, Wellings of Stittsville, Wildpine Residence Stittsville, All Seniors Moving, Carp Commons Retirement Village, Freiheit Home Care and Red Oak Retirement Living.

CONTRIBUTORS: Crystal View Lodge, Kanata Theatre, and Dominos Pizza. For more information, please visit kanataseniors.ca

Ideal Caregivers 4u understand 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.

For more information, visit our website here <https://bit.ly/3xu2aBZ> or call us at 613-769-1669.

KANATA SENIORS CENTRE ACTIVITIES:

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

AROUND OTTAWA:

- **Ride the Bus** in Ottawa on Wednesdays and Sundays **FREE** for seniors 65 years and older.
- **The Ottawa Art Gallery (OAG): Spinning with Saivani**, a **FREE**, drop-in event will take place at 50 Mackenzie King Bridge, in the lobby area on January 11th, 18th, and 25th, 2025, from 10 am to 12:00 pm. Get ready for an exciting **Knit-a-Thon** on February 1st, 2025. Materials are **FREE** while supplies last. No registration required, [more details](#).

The OAG is home to the art and artists of our region where connections happen between art and our city. It Opens Tuesday to Sunday starting at 10:00 am. Please visit oaggao.ca for more information on events and shows. **FREE**

- NAC Orchestra, **Violin Masterclass with Randall Goosby**, on Thursday, January 16th, 2025, at 1:00 pm, at the University of Ottawa, Perez Building, Freiman Hall. **FREE** [more details here](#)
- NAC English Theatre, **Salesman in China**: An East-West collaboration that forged a daring international alliance on the stage. Babs Asper Theatre from January 16th - 25th, 2025. [for show times and tickets please click](#).
- **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/>

- **Winterlude:** The 47th edition of Winterlude runs from January 31st to February 17th, 2025.
FREE
- [Click here](#) if you are interested in any of **Ottawa's National Museums:**
 - Canadian Museum of History
 - National Gallery of Canada
 - Canada Science and Technology Museum
 - Canada Aviation and Space Museum
 - Canada Agriculture and Food Museum
 - Canadian Museum of Nature
 - Canadian War Museum
 - Special exhibits
- 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](#)

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: Festivals, Markets, Fairs, Food, Music, and more in Ottawa, are [listed here](#):
- **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
- **Glen Gower** – City Councillor for Stittsville:
Web: [glengower.ca](#) Email: Glen.Gower@ottawa.ca Phone: (613)580-2476
Upcoming events in Stittsville, [please visit](#)

IMPORTANT PHONE NUMBERS:

Medical, Fire, or Police Emergency: 911

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| Health Connect (replaces Telehealth) | 811 |
| Ottawa City Services: | 311 |
| Community Services Information: | 211 |
| Ontario Health at Home (LHIN): | (613) 310-2222 |
| Meals on Wheels: | (613) 233-2424 |
| Mental Health (The Royal): | (613) 722-6521 ext. 6637 |
| Ottawa Police, Elder Abuse: | (613) 236-1222 ext. 2400 |
| Ottawa Public Health: | (613) 580-7644 |
| Para/OC Transpo: | (613) 560-5000 |
| Queensway Carleton Hospital: | (613) 721-2000 |

OTHER LINKS:

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

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