



Become a Member of the Kanata Seniors Council

In our last two issues of the newsletter, we described the differences between the Kanata Seniors Council Inc. and the Kanata Seniors' Centre, and identified how the Council is partially funded by sponsorships from community organizations. Now that you know a bit more about how things work, why not consider becoming a member and getting a bit more involved in this active seniors community?

By joining the Council, you'll gain access to a wealth of information about relevant issues, events, news, activities, and resources in the community. You could become a volunteer and participate on one of the many teams (such as Travel and Lifestyles, Health, Café, Technology/Website, to name a few), where you can offer ideas and suggestions for many of the activities and events organized by the Council, and know that your involvement will likely lend a helping hand to other seniors. You'll also have the opportunity to form new friendships, engage with the community, and sit in on some interesting meetings.

And the best part? Membership is absolutely **FREE**, making it easy for you to join our vibrant community. If you're over 50 and ready to become a part of the Kanata Seniors Council, please fill out the Membership Form available on the website at kanataseniors.ca. For more information, call **613-254-7164** or drop into the Council office in the Kanata Seniors' Centre, Monday to Thursday from 9:00 am - 12:00 pm or Fridays from 10:00 am - 1:00 pm.



April 12th, 2025: Seniors Marketplace
May 10th, 2025: Awesome Garage Sale
May 15th - 29th, 2025: Far West Fun Fest
June 16th, 2025: Kanata Seniors Council Inc. - Annual General Meeting

Watch for more information on these events in upcoming issues of the newsletter or on one of the bulletin boards at the Kanata Seniors' Centre

CONTACT US

Phone: 613-254-7164

email: council@kanataseniors.ca

Website: kanataseniors.ca

Facebook: [Facebook Link](#)

For twice monthly updates on
"Happenings, Alerts, and Information"
for seniors, become a member of the
Kanata Seniors Council and get the
Kanata Senior's Flash direct to your
email box.



The Far West Fun Fest is a yearly event that will provide seniors with the opportunity to participate in planned new and recurring fun activities from Thursday, May 15th to Thursday, May 29th, 2025.

Some of the events that have been booked include favorites like Cribbage, Bingo, Euchre, and Line Dancing, and the team is working on adding a few surprises.

Registration will be \$40 again this year and begins Wednesday, April 23rd. Save the dates now so you can attend lots of fun events.

Health Seminars in March and April



March 20th, 2025
 Kanata Seniors' Centre
 2500 Campeau Dr., Kanata
 1:30 - 3:30 pm
FREE

What is burnout? What is respite care? What are Caregivers rights and responsibilities?

Get answers to these questions and learn more about the skills and basic knowledge to help support and care for people in need.

And also find out what you can do if you, as a caregiver, need help.



Let's Talk About Dementia

This informative and interactive presentation will address several important subjects and will be held in April.

For additional information about these two seminars, watch for the posters at the Centre.

No charge for either of these events, but registration will be required at the Kanata Seniors' Centre, 2500 Campeau Drive, Kanata

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Looking for ways to buy more Canadian products during the tariff wars?

Here is a website that lists many grocery products (plus other categories) and if they are Canadian or not, click [Canadian Grocery Items](#)

Also a scanning app for your iPhone (only Apple) that will allow you to scan items right in the store to see if they are Canadian-made. Click [O-SCanada](#). For Android cell phones try the [Shop Canadian](#) app.

New Website Coming
 New Website Coming
 New Website Coming

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- Engaging daily activities and vibrant social programs

Fall into cozy moments this season, wrapped in the warmth of new friendships, the scent of pumpkin spice, the beauty of colorful leaves, and all the love and care that only a family-run retirement community can offer.

"The best part of Brookside Retirement Living is how friendly the staff, residents and other families are. I feel like we fit in here and everyone is looking out for each other. The staff always go above and beyond for mom. With ownership onsite any issues we have get addressed immediately".

Schedule a Tour Today!
Jessica@brooksideliving.ca



Kanata Seniors Council Bingo
March 7th and 21st, 2025



You may not win a pot of gold but what a great way to socialize with friends and to meet new people in a warm and friendly environment!

Food for Thought!!!



So let me get this straight ... I go to the grocery store and buy a lb. of sliced ham wrapped in plastic, a loaf of bread in a plastic bag, a gallon of milk in a plastic jug, a pack of napkins wrapped in plastic, a Greek salad in a plastic container, a plastic bottle of mustard and a plastic bottle of ketchup, and they won't give me a plastic bag to carry it home because the plastic bag is bad for the environment? There's something wrong with this picture!!!

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The Kanata Seniors Council would like to thank its 2025 sponsors and contributors:

- Solva Senior Living
- The Bradley Retirement Living
- Waterford Grand Retirement Community
- Wilpine Retirement Residence
- Brookside Senior Living
- Wellings of Stittsville
- My Place Home Care Inc.
- All Seniors Moving
- Aspira Red Oak Retirement Residence
- Freiheit Care Inc.
- Kanata Theatre
- Amica Westboro Park
- Aim Fitness
- Ideal Caregivers 4U
- Crystal View Lodge



Café Chatter



Paddy, Anne, Roy, Cheryl, and Nancy

Greetings from our Café! Continuing with the introduction of our fabulous volunteers, you will find a photo of our team serving up delicious meals every Monday. They are Anne, Cheryl, Nancy, Paddy, and Roy.

On Friday, February 14th, 2025, the dining hall was decked out in red and white hearts to celebrate our annual Valentine's Day luncheon. Fifty seniors enjoyed some fine cooking that was served by 8 friendly volunteers. Three door prizes of free meals in the Café as well as a 50% voucher towards the registration fee for the Far West Fun Fest were awarded to four lucky winners.

Our special meal this month will be served on Thursday, March 13th, to celebrate St. Patrick's day from 11:00 a.m. to 1:30 p.m. The menu includes Irish Beef Stew, Costco kale salad, buns and dessert. Tickets are now available at the Café for \$15.00 each. Buy your tickets early as there is a limited number of tickets available.

See you in the Café!



Café

March Menu

Here are entrées that will stimulate your taste buds

MONDAY

March 3 – Chicken in Mustard sauce w/Rice & Corn
 March 10 – Rigatoni w/Sausage, Eggplant & Peppers
 March 17 – Chili
 March 24 – Scalloped Potatoes, Mushrooms w/Ham Casserole
 March 31 – Bacon Cheeseburger Casserole

TUESDAY

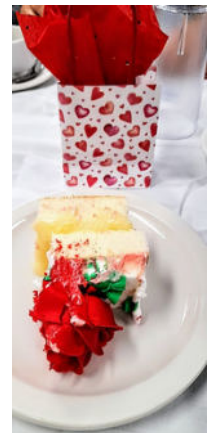
March 4 – Shepherds Pie w/Garlic Bread
 March 11 – Butter Chicken w/Rice & Salad
 March 18 – Beef Stew w/Rice & Salad
 March 25 – Vegetable Pulau w/Tandoori Chicken

THURSDAY

March 6 – Sausage Corn Bake w/Salad
 March 13 – ST. PATRICK'S DAY LUNCHEON
 March 20- Chicken in BBQ Sauce w/Salad
 March 27 – Black Bean Casserole w/Salad

MENUS SUBJECT TO CHANGE





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Fabulous Fiesta - January 29th, 2025

Thirty-six people attended the Council’s Fabulous Fiesta event on Wednesday, January 29th, 2025. Azalea Arellano, a member of the Mexican Embassy also attended and brought with her many decorations and mementos of Mexico, including the beautiful traditional Mexican dress she wore.

Several of the Travel and Lifestyles Team members provided home made treats, such as chili, salsa, and dip, which were enjoyed by all.

Kat, one of the Centre’s instructors, taught the group how to do traditional dances, such as salsa, bachata, and kumbiya. A fun time was had by all but the best part was watching Kat and Azalea put some flavour and sparkle into it. They could really move!




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At Solva Senior Living, we've been helping seniors and families navigate seniors housing options for 12 years. We're experts in finding the best options for each client, and can very quickly narrow down choices for you, based on your unique needs.

Our focus for 2025 is on our **free Rapid Response Program**, helping those who are looking to commit to a residence and/or move within 120 days. People who need this support are often:

- in hospital and can't return home;
- failing to cope at home and finding it hard to cook, clean, manage meds or are feeling isolated and missing being socially active;
- a caregiver for a loved one who can no longer manage their care needs and are burning out - one or both would benefit from a move; or
- have been considering a move for a while and are finally ready to do it.

We can provide as much assistance as needed, including an in person or virtual meeting, full research, advocacy, tour accompaniment, liaison with hospitals, social workers, and other stakeholders.

For a no obligation chat about how working with us will save you time, effort, money and stress, and how we'll support you in making informed decisions, call 613-421-6073 or e-mail us today at info@solvaseniorliving.ca.

Proudly supporting seniors and families for more than 11 years!

TRAVEL AND LIFESTYLES EVENTS IN MARCH

Mental Health and Wellness Seminar featuring Therapy Dogs

March 6th, 2025, from 11:00 am to 12:30 pm at the Kanata Seniors' Centre - FREE

Topic: The role of social connections in mental wellness

Speaker: Dr. Susan Hempinstall

Discussion: How to build and strengthen social networks for a healthier future
 Learn, connect, and enjoy the company of friendly therapy dogs from the
 St. John Ambulance Therapy Dog Program

**International Dining: The Glen -
 Scottish Pub & Restaurant**

March 20th, 2025 from 12:00 - 2:00 pm
 6081 Hazeldean Rd., Unit 1010, Stittsville
 Cost: \$5 (plus cost of meal)

Experience the warm hospitality and rich flavors of Scotland at The Glen! This cozy and authentic Scottish pub brings the charm of the Highlands to Canada, offering a menu filled with traditional dishes made from the finest local ingredients.

**Lunch and Kanata Theatre - 'Home, I'm
 Darling'**

March 30th, 2025
 Kanata Theatre

1 Ron Maslin Way, Kanata

Imagine getting so fed up with the 'same old same old' that an all-out venture to a time when life was simpler is the only solace you can find.

\$25 plus cost of your meal
 Meet for lunch at 12:00 pm at a good local restaurant (to be announced)
 Performance at 2:30 pm

For more information or to register for these events, visit the Travel and Lifestyles table at the Kanata Seniors' Centre - weekdays from 11:30 am to 1:00 pm. Payments by cash, cheque, debit or credit cards.

Lunch and Kanata Theatre

On February 9th, 2025, a dramatic and suspenseful afternoon was experienced by the group attending the matinee performance of **“The Girl on the Train”**. This play is one of a series of plays offered during the 2024-25 season for which the Kanata Seniors Council partners with the Kanata Theatre to organize lunch and theatre events. This time, prior to attending the theatre the group met at the nearby Swiss Chalet, where they enjoyed good conversation and great food.

These matinee outings are popular with seniors who enjoy live events and eating out with a group of like-minded people, but who do not want to drive at night. By organizing these events and offering tickets and lunch at a small discount, the Kanata Seniors Council is making live theatre more easily available to seniors. The next scheduled play is a comedy, **“Home, I’m Darling”** on March 30th, 2025. Come and join us!




Book a tour. Stay for lunch on us!

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**Women's Heart Health Seminar
January 23rd, 2025**

Thirty-seven people attended the presentation on women's heart health given by Advanced Practice Nurse Zandra Koopman from the Ottawa Heart Institute.

Ms. Koopman advised us that the incidence of heart disease is on the rise, and that it is the leading cause of death for women worldwide. Symptoms of heart attack can vary between women and men so she advised us on the importance of not ignoring symptoms such as chest pain, shortness of breath, sudden fatigue, nausea or "indigestion".

She reviewed risk factors for heart disease and gave us tips on how to reduce the preventable risk factors through diet, exercise, emotional wellbeing and stress management. We should be active, eat a variety of healthy foods, manage stress, avoid smoking and vaping, limit alcohol and have regular checkups with our doctors.



**Lunch at the Turkish Kebab House -
January 24th, 2025**



Laughter Is the Best Medicine

When is an Irish potato no longer Irish?
When its a French fry!



I Hate Hamlet
A comedy by Paul Rudnick
May 7th - 17th, 2025
613-831-4435
kanatatheatre.ca

