



KANATA SENIORS FLASH

March 2nd to March 16th, 2025

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

HEALTH CONCERNS

Quit Smoking Program: Offered by the Ottawa Heart Institute **FREE**. [Register here](#)

Thelma Post - Scam Call Clip: A comedy Inspired by a real-life experience [Watch it here](#)

BUY CANADIAN

Tariff wars continue to heat up. Please consider where a purchase item is made before you buy. Made in Canada, Product of Canada, Blue Cow Logo are all good. Help about the origins of grocery and other products is available [here](#). **Beware**, grocers are busy slapping Canadian labels on many shelves and products, often in error. Got a BUY CANADIAN tip or resource that can help us in our efforts? Send it along to gocdn@kanata-seniors.ca

HOT OFF THE PRESS

New Council Website: Same address, <https://kanataseniors.ca/>, but new look and features. Visit and tell us what you think of it, good, bad, or meh at feedback@kanataseniors.ca

KSC Survey: The Kanata Seniors' Centre needs your help! Please help by filling out a Survey either at the Centre (front desk) or by completing [this electronic survey](#) by March 31st, 2025.

Seniors Advocating for Seniors: The Kanata Seniors Council is happy to advocate for seniors. Please share your thoughts and ideas about matters in our city or if you have suggestions about this bi-weekly Flash: council@kanataseniors.ca

HAPPENINGS

OUR CAFÉ:

The Valentine's luncheon was a sellout, the food was very good. Our next special luncheon is on March 13th, 2025, to celebrate **St. Patrick's Day**. The meal includes a delicious Irish beef stew, kale salad, buns, and dessert. Tickets are \$15.00 and are now on sale in the Café, so hurry and get your ticket(s)!

Bingo: Join in on the fun, mark your calendars for the next Bingo dates, which are March 7th and 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.

Please note that due to low demand, the Café will be closed again every second and fourth Wednesday of every month to accommodate the Diners' Club.

Sample prices: soups \$2.50 - hot meals \$8.00.

Café Menu:

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 – Shepards 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

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

Mental Health and Wellness Seminar: Thursday, March 6th, 2025, from 11:00 am to 12:30 pm in the Kanata Seniors' Centre. This Health and Wellness Seminar is presented by Susan Hempinstall, PhD., who will talk about ways to expand your social networks for a healthier future. PLUS learn, connect, and enjoy a visit from Sam, Apollo, Daisy and Panda of the St. John Ambulance Therapy Dog Program. Registration required. **FREE**

Improve Your Balance and Confidence: Balance Assessment Clinic where a Personal Trainer from AIM Fitness will meet individually with you for 15 minutes to do a Balance Assessment, give you tips to improve your balance, and leave you with exercises to help you build leg strength. Wednesday, March 19th, 2025, at the Kanata Seniors' Centre. Call or email to book your Appointment between 1:00 - 3:00 pm. Cost is \$20 (tax included) per assessment. Contact Meg at [613-869-3246](tel:613-869-3246) or email Info@ActivitiesInMotion.ca

International Dining: at The Glen Scottish Restaurant, 6081 Hazeldean Rd., Unit 1010, Stittsville. Thursday, March 20th, 2025, from 12:00 – 2:00 pm. Cost \$5 – does not include the price of your meal. Participants must arrange their own transportation.

Neighbours Helping Neighbours: 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. March 20th, 2025, from 1:30 to 3:00 pm at the Kanata Seniors' Centre. Registration required. **FREE**

Wheeler's Sugar Bush: March 28th, 8:45 AM-2:15 PM. Pickup/Drop-off Location: Mlacak Centre (library entrance) Cost: \$15 (meal not included). Transportation included!

Home I'm Darling: Kanata Theatre, March 30th, 2025. Meet for lunch at 12:00 pm. at East Side Mario's, 651 Terry Fox Drive, Kanata - across from the theatre. Performance at 2:30 pm. \$25 plus cost of meal.

Ottawa Valley Tours: Plan your 2025 Vacation April 2, 1:00 PM - 2:30 PM Kanata Seniors Centre FREE. Explore motorcoach packages with Ottawa Valley Tours, featuring trips to Eastern Canada, the USA, and local destinations. Seminar space limited to 30 attendees.

Registration and Ticket Sales: Weekdays from 8:30 – 3:30 at the front desk for free Seminars or events between 11:30 am and 1:00 pm at the Travel and Lifestyles table in the front lobby of the Kanata Seniors' Centre, 2500 Campeau Drive, Kanata.

THE KANATA LEGION:

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

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**

St. Patrick's Day Dinner and Dance: March 15th, 2025, starting at 5:30 pm at the Legion. Entertainment and Prizes. \$20 per person in advance. For more information call 613-831-8319 or e-mail: lmlapensee@sympatico.ca.

THE KANATA THEATRE:

Home, I'm Darling: Starting March 26th, 2025. 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. For more information and to see the schedule of future plays, visit the [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.

Arctic Ice: Speaker Tom Zagon will demonstrate the role that our modern understanding of sea ice patterns played in shaping the search for Franklin's ship. March 11th, 2025.

Temples Sugar Bush: March 20th, 2025. Meet at 11:00 am; 1700 Ferguson's Falls Rd (Regional Rd 15), Lanark. (Located between Carleton Place and Perth)

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

Lunch Bunch: March 3rd, 2025, from 11:30 am to 1:30 pm. Entry is by a free will offering. Please RSVP by [filling out this form](#) or by calling the office at 613-592-4747.

KANATA DANCE CLUB: Enjoy a fun evening of dancing and socializing for singles and couples on March 8th, 2025, from 7:30 to 11:30 pm at the Mlacak Centre, 2500 Campeau Dr., Kanata. [Details and Tickets](#)

OUR SPONSORS AND CONTRIBUTORS:

The Kanata Seniors Council Inc. would like to take this opportunity to thank the residences and private sector companies for their ongoing support, and in particular, seniors in our ever-growing community.

Sponsors: Aim Fitness, All Seniors Moving, Amica Westboro, Bradley Retirement Living, Brookside Senior Living, Freiheit Home Care, Ideal Caregivers 4u, My Place Home Care, Red Oak Retirement Living, Solva Senior Living, Stittsville Villa, Wellings of Stittsville, Wildpine Residence, and Waterford Retirement Community. **Contributors:** Crystal View Lodge and Kanata Theatre. For more information, please visit kanataseniors.ca

Aim Fitness

AIM Fitness has been helping older adults improve their strength, mobility, and overall health for over 10 years! To know more [please click here](#) For the upcoming Balance Assessment event, please [click here](#)

Amica Westboro Park

Join us on Thursday, March 20th, 2025, from 2:00 to 3:30 p.m. for a special **Senior Art Exhibition**. "Celebrating Creativity" will showcase the diverse talents of our residents, proving that learning and creativity thrive at any age. Meet the artists, learn about their inspirations, and enjoy the warm, welcoming atmosphere of Amica Westboro Park. This event highlights how Amica supports residents' overall well-being. Enjoy wine and cheese while viewing art from our residents and local Westboro artists.

Crystal View Lodge

Veggie and Fruit Kabob Party on March 8th, 2025, from 2:00 - 3:00 pm. Get ready for a colorful and healthy treat with our Veggie and Fruit Kabob Party! Skewer a variety of fresh, seasonal fruits and vegetables to create your own custom kabobs. It's a fun, hands-on way to enjoy fresh snacks while socializing with friends.

March 15th, 2025 - **Open House** with live entertainment from 2:00 - 4:00 pm. Step into our Open House and enjoy live entertainment by "The Neighbours" who will be performing a lively set full of music and fun, providing the perfect soundtrack for this social afternoon. Meet new people, explore our space, and groove to the tunes of local talent.

Ideal Caregivers 4u

24-Hour Around-the-Clock Service: Discover peace of mind with Ideal Caregivers 4u, where we offer personalized 24-hour care tailored to your family's specific needs. Our dedicated team of on-call case managers ensures that your loved one receives comprehensive support and individualized attention. Book a consultation today by calling toll-free at 1-866-372-0603 to make a positive impact on your loved one's quality of life.

Stittsville Villa and Manor:

Enjoy Worry-Free living at the beautiful Stittsville Villa! Feel the warmth and support of the Stittsville Villa community the moment that you arrive. Enjoy exceptional care and service, lovely

accommodations, and lots of enrichment activities. Come find out why everyone's talking about Stittsville Villa! Join us for some fun events celebrating:

Mardi Gras/Fat Tuesday: March 4th, 2025, at 2:00 pm for Music with Marco Zarco

St. Patrick's Day Party: Monday, March 17th, 2025, at 2:00 pm with music by "The Good Enuffs".

To register, contact Karen Gilbert at 613-316-4070 or email at karen.gilbert@stittsvillevilla.ca

KANATA SENIORS CENTRE ACTIVITIES:

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

THE PUBLIC LIBRARY

The Memory Café: Plan to participate in fun and stimulating mental activities for persons with dementia, their care partners, and families. Stittsville Branch, 1637 Stittsville Main: March 6th, 2025, and the first Thursday of each month from 1:00 – 3:00 pm. Light snacks and warm drinks are served alongside items that aim to spark conversations and reminiscing. **FREE.** [more details](#).

AROUND OTTAWA:

The NCC and Parkbus, are providing a **FREE** ride service to Gatineau Park on Saturdays this winter to March 8th, 2025. Bus leaves Ottawa at 9:00 am and the return from Camp Fortune is at 2:30 pm. **FREE.** [rides to the Gatineau Park](#).

NAC Orchestra:

Sibelius: Music of Fire and Ice: Southam Hall, March 5th and 6th, 2025, starting at 8:00 pm. [Tickets](#)

Music for a Sunday Afternoon: Winter Edition, at the Carleton Dominion-Chalmers Centre. Featuring violinist Karen Gomyo. March 9th, 2025, at 3:00 pm. [Tickets](#)

Vancouver Symphony Orchestra and Stewart Goodyear: Southam Hall. March 17th, 2025, at 8:00 pm. Great Performers Series. [Tickets](#)

Nobu: Southam Hall. March 25th, 2025, at 8:00 pm. Presented by the Janice and Earle O'Born Fund for Artistic Excellence, in recital. [Tickets](#)

E.T. the Extra-Terrestrial, Movie in Concert: Southam Hall. March 27th to 29th, 2025, at 8:00 pm, Saturday Matinee is at 2:00 pm. Pops Series. [Tickets](#)

The Ottawa Art Gallery (OAG):

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**

Orpheus Musical Theatre: Beautiful, The Carole King Musical: to March 9th, 2025. Meridian Theatres 101 CentrepoinTE Dr., Ottawa. [Tickets](#)

Gladstone Presents: A Wintertime Music Festival, Several Genres, 910 Gladstone Ave., Ottawa from March 9th to 15th, 2025, at 7:00 pm with weekend matinee at 2:00 pm. [Tickets](#)

Janina Fialkowska, Lyric Songs and Dances: Classical and Romantic repertoire, Janina performs a solo piano recital filled with romance and charm. You will also hear the music of Grieg, Schumann, and of course, Chopin. Friday, March 21st, 2025, at 7:00 pm. [Tickets](#)

St. Patrick's Sunday Stomp at the Rainbow Bistro: Live Irish and Maritime Pub music to celebrate St. Paddy's Day on March 16th, 2025, from 3:00 to 6:30 pm, 76 Murray St., Ottawa. [Tickets](#).

Ottawa 67's Hockey: Enjoy an affordable night out of exciting hockey until March 16th, 2025. For schedule and ticket information: <https://chl.ca/ohl-67s/schedule/0/79/>

Ottawa's National Museums: [Click here](#) if you are interested in any of

- 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

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: Council [News](#)

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