



# KANATA SENIORS COUNCIL **Seniors news**

October 2025

"Seniors Helping Seniors"

Vol:19 No: 2

**Saturday, 18 October**

## Health Fair returns for second year

The Seniors Council Health Team is excited to let you know that their 2nd Annual Health Fair is ready to share with you lots of information and things to learn about your well-being.

A health fair is an event that brings together people, healthcare providers, and organizations to provide educational information and resources on various health and wellness topics, such as nutrition, fitness, and disease prevention. Join us at this free event to discover health and wellness resources available for seniors.

There will be a full range of clinics, sessions and displays. It's all set for Saturday, 18 October. Doors open at 9:30 and activities continue throughout the day.

A complimentary lunch will be provided for all attendees, as well as a couple of door prizes. A very full day learning and sharing with new

friends and old.

Clinics include Balance, Diabetic and Foot Care. These will require pre-registration. This can be done at the travel table in the lobby or at the front desk. Registration can also be done by phone at 613-580-2980.

### **Seminars:**

10:15 am – Diabetes

11:00 am – AIM Fitness

12:00 pm – Gardening 4 Seniors

1:00 pm – Lung Association

2:00 pm – Council of the Blind



**OpenHouse.** The Council Open House was a huge success with participation by nearly 200 seniors for breakfast and visits to the various Council displays on computer training, travel and lifestyle, and more. The Craft Group was also there displaying their work.

## Neighborhood Watch to include dementia

A "neighbourhood watch" for people with dementia means creating a supportive, dementia-friendly environment where neighbours look out for individuals with the condition, helping them stay safe and engaged in their community.

Council Director Moe Saleh took the initiative to expand on this concept to the Seniors Council and received its full support.

As a result of their efforts, the Ottawa Neighbourhood Watch program has now implemented a Dementia

awareness training program for their watch program coordinators.

Moe has been working on this for several years and the program has the full support of the police and fire departments, as well as our local councillors.

Even if you are not in a Neighbourhood Watch community, you can still take part in the awareness training. After all, it is all about looking after our fellow seniors.

The training program can be accessed [here](#).

## Thanksgiving lunch set for Thursday, 9 October

Join us for A Home-cooked Lunch for Thanksgiving with all the trimmings on Thursday 9 Oct.

**Ham**

**Scalloped Potatoes**

**Vegies, Bun and Dessert**

Tickets are now on sale for only \$ 15.00 per person and can be purchased in the Council Cafe.



### **Contact us**

Phone: **613-254-7164**

Email: [Council@KanataSeniors.ca](mailto:Council@KanataSeniors.ca)

Web: [www.KanataSeniors.ca](http://www.KanataSeniors.ca)

Facebook: [Facebook](https://www.facebook.com/KanataSeniors)

# President's Corner



Wow, September has left us already! Let's welcome beautiful, crisp and cool October painted with a palette of stunning colours. One of the nicest times of the year to walk around our amazing country.

It's a busy time of the year for us. Most of us are back in a routine of activities that we enjoy. The Senior Centre is buzzing with folks coming and going from shared passions to shared time in our Café catching up on the latest new activities and happenings in our lives, while enjoying the fantastic creations from our cooks.

Your Council has been busy as well. Our new board of Directors has been planning and working to make your time with us more interesting, valuable, and practical. We hope that you will enjoy our new efforts and will take the time to try out something new.

Our Pancake Breakfast and Open House was a new adventure for the Council. We have never presented this event alone before, but I believe it was very successful with 200+

members enjoying a scrumptious breakfast and a chance to chat with the Council Directors who plan and execute our various activities. Thanks to all who attended.

Our computer team continues to be very busy with lessons and maybe has some new plans in the offing. The Travel and Lifestyle team has been working hard, coming up with ideas. I hear their first bird walk was very successful. The health team is ready for our 2nd annual Health Fair. Our membership list is growing and many, many thanks to all our new volunteers.

Our Council world certainly is "alive and well" and looking forward to a wonderful, productive, fun year ahead.

**Kay**



**Anne Gravel was on pancake duty at our October Open House.**

## Council welcomes your charitable donation

The Kanata Seniors Council has qualified for tax-exempt status as a registered charity under the *Income Tax Act*. Registered status allows the Council to issue tax receipts.

The Council has set up a **DONATIONS** tab at the top of the home page of our website [www.kanataseniors.ca](http://www.kanataseniors.ca). From there the procedure is simple and 100% secure. Donations can be made via credit card and a printable Official Charitable Receipt is issued right away via return e-mail.



**Save the Date:**  
**Thursday June 4<sup>th</sup> to**  
**Thursday, June 18<sup>th</sup>,**  
**2026**



**The Council Café** is a popular spot for a hot meal, a snack or just a coffee with friends. We look forward to serving you.

## Health Canada advises

# Age is risk factor for Falls

Anyone can fall, but the risk of falling becomes greater with age. There are a number of simple steps you can take in and around your home to help prevent falls and the injuries caused by falling.

Every year, one in three Canadian seniors will fall at least once. Hip fractures are the most common type of fall injury among seniors, and about 20 percent of injury-related deaths among seniors can be traced back to a fall.

Staying safe on your feet is a matter of taking some steps to protect yourself.

Factors that can increase your risk of falling include the following:

- Poor balance
- Decreased muscle and bone strength
- Reduced vision or hearing
- Unsafe conditions in and around your home

Nearly half of all injuries among seniors happen at home. The bathroom and stairs are particularly dangerous areas. However, you can prevent falls by making adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use devices you may need to help keep you safe.

Further details are available at:

[www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/fp-pc-eng.php](http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/fp-pc-eng.php)

## THE KANATA SENIORS COUNCIL INC.

The Kanata Seniors Council Inc. was formed by a number of concerned citizens in 1996 to advocate for and plan this Seniors' Centre

To help implement the plan, the Council raised \$240,000

## Plaque in the lobby of the Kanata Seniors' Centre

## Café Chatter

We reopened on September 2nd after a 3-month shutdown, and we are all happy to be back. According to our sales and comments from our clientele, so was everyone else!. The "welcome back" comments welcoming us were great!

We now continue with delicious hot meals prepared in the cafe on Mondays, Tuesdays and Thursdays. We have a new Tuesday chef, Gina, and a few new volunteers. Sandwiches, cookies, muffins and homemade soup are available every day, prepared in the cafe.

Tickets are now on sale for our Thanksgiving lunch on Thursday, October 9th. The menu includes ham, scalloped potatoes, vegetables, and a delicious fall dessert. Limited number of tickets available, so get your tickets soon.

That's it for now! See you in the Cafe!

**Doreen**

## Oct. Café hot meal menus

(Menus subject to change)

### MONDAY

Oct 6 – Chicken Butternut Chili  
Oct 13 – Thanksgiving – CAFÉ CLOSED  
Oct 20 – Turkey Shepherds Pie  
Oct 27 – Meatball Stew

### TUESDAY

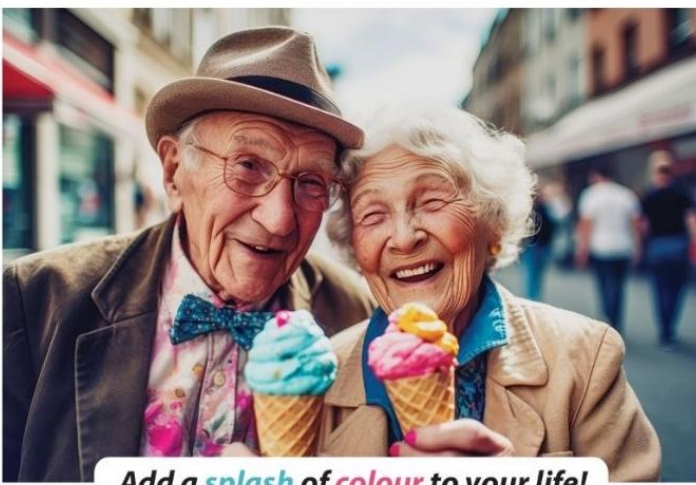
Oct 7 – Pasta Bolognese Sauce w/salad  
Oct 14 – Pasta Chicken peas, carrots, Alfredo Sauce w/salad  
Oct 21 – Pasta w/garlic shrimp, tomato sauce, salad  
Oct 28 – Pasta Puttanesca w/salad

### THURSDAY

Oct 2 – TBA  
Oct 9 – CAFÉ CLOSED  
**THANKSGIVING SPECIAL LUNCH**  
Oct 16 – Sweet & Sour Pork w/Bun  
Oct 23 – Beef & Squash Bake w/salad  
Oct 30 – Chicken Gnocchi Pot Pie w/salad

## Waterford Grand

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# Volunteer Appreciation Day was appreciated



The contributions of more than 200 volunteers were recognized at an appreciation day last month. Although not all could attend, there was still a good turnout. The Council and the Centre could not run without volunteers. It truly is seniors helping seniors.



Seniors' Centre Supervisor Silvana Edwards and Seniors Council President Kay Dubie shared hosting duties as they thanked all the volunteers for their contribution.

## Call out for volunteers – Help us to help you

The Seniors Council relies on volunteers to provide programs and activities.

If you can pour a coffee, help at the garage sale, make a phone call, sell tickets, teach computers, run a program, escort a group and much more, we could sure use your help. Those are just a few of the jobs where a few hours a week can make all the difference for your fellow seniors

If you are interested in giving us a hand, please get in touch with us at [council@kanataseniors.ca](mailto:council@kanataseniors.ca)



At the Volunteer Appreciation function, lunch for the volunteers was catered so that our kitchen/cafe volunteers could also participate.

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## October 1<sup>st</sup> is Seniors Day

International Seniors Day, also known as the International Day of Older Persons, will be on Wednesday, 1 October 2025.

This annual United Nations event recognizes the contributions of older people and raises awareness about the issues they face globally.

In Canada, this aligns with National Seniors Day, celebrated on the same day to honor Canadian seniors and promote a society where everyone can age with dignity.

What is the purpose of International Seniors Day?

- **Honor contributions:** It's a day to celebrate the value older adults bring to their communities and society.
- **Raise awareness:** It aims to bring attention to the challenges seniors face.
- **Promote inclusion:** It encourages creating an "age-friendly world" where people of all ages are treated with respect.

## An evening at Pumpkinferno

Join us for a bus trip to Morrisburg to participate in Pumpkinferno. The evening begins with a buffet supper at the McIntosh Country Inn and follows with the opportunity to explore the stunning lighted displays.

**Thursday, 9 October**

**Tickets \$35**

(excludes cost of meal)

Sign up at the travel desk, weekdays 11:30 to 1:00pm



**Come join us for Bingo on 10 and 24 Oct**

**Doors open at 12:30 Game starts at 1:30**

**Play all games for as little as \$5 and win up to \$650**

**All proceeds go to support the Kanata Seniors Council**

### ALL SENIORS MOVING

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 613-878-1746



**Council Directors Moe Saleh and Frank Boisvenue pose with the new Council pop-up sign at the Open House last month.**



Computer instructors Bert Drenth and Al Durocher at our Open House last month. They look forward to helping you with your computer questions.

## Computer training available

Learn computers, email, and internet access skills from experienced volunteer instructors in a relaxed environment. Use either our PC's, your laptop, tablet or phone. We can help.

Lessons are only \$25 for a bundle of 3 one-hour sessions or \$10 for a single lesson.

Sign up at the front desk.



## Computer-Savvy volunteers needed!

Are you passionate about technology and eager to share your skills with others? Join our team as a volunteer computer trainer.

### What You'll Do

- Lead one-on-one or small-group sessions teaching Android phones and tablets operation
- Diagnose and repair software issues on PCs and Apple devices
- Troubleshoot and perform hardware maintenance (PC builds, upgrades, repairs)
- Create easy-to-follow guides

### Experiences

- Comfortable with Android smartphones and tablets
- Good at both PC and macOS software troubleshooting
- Experienced in hardware tasks: diagnostics, upgrades, repairs
- Great communicator with patience and empathy

### Why Volunteer

- Hours are 100% flexible—commit as little as an hour or as much as you like
- Sharpen your tech and teaching skills
- Build connections and make a real difference in people's lives
- Be part of a supportive, fun-loving team

Email me at [dc88ksc@gmail.com](mailto:dc88ksc@gmail.com) to get started today!

Still curious about volunteering? We also have roles in finance and technologies.

David



## The Spitfire Grill

November 5 – 15, 2025

A heartwarming and uplifting musical, *The Spitfire Grill* tells the story of a young woman who starts fresh in a small town and finds friendship, redemption, and the healing power of community along the way. Filled with moving songs and an inspiring story, it is sure to touch your heart.

Tickets can be purchased on-line at

[www.kanatatheatre.ca](http://www.kanatatheatre.ca),

or by calling our box office at 613-831-4435.



A large senior contingent enjoyed a great meal at The Wellings for our international dining outing in October with a Greek menu.

## Join us on Facebook



Any of you already on Facebook? Then look us up! Search Kanata Seniors Council. There are daily happenings, information about events, quizzes, and other stuff too. Just click on the symbol on the left and it will get you there.

Ottawa

**Kanata Expo 55+**

Health, Social and  
Community Agencies

**Tuesday 14 Oct.  
1:00 to 4:00 p.m.**

**Mlacak Centre Halls**

**Refreshments  
Door Prizes**

**Hosted by Cathy Curry  
Kanata North Councillor**



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**The Kanata Seniors Council would like to  
thank the following sponsors and  
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- My Place Home Care
- Stittsville Villa
- Waterford Community
- The Wellings of Stittsville
- The Courtyards on Eagleson
- The Bradley
- Kanata Theatre

# Laughter Is the Best Medicine

## 50th High School Reunion

He was a widower and she a widow. They had known each other for a number of years, having attended class reunions in the last 20 years without fail. At this 50<sup>th</sup> anniversary of their class, the widower and the widow made a foursome with two other singles. They had a wonderful evening, their spirits were high, the widower throwing admiring glances at her, the widow smiling coyly back at him.

Finally, he picked up the courage to ask her, "Will you marry me?" After about six seconds of careful consideration, she answered, "Yes..... Yes, I will!"

But the next morning the widower was troubled. Did she say "Yes" or did she say "No?" He couldn't remember. With fear and trepidation, he picked up the phone and called her.

First, he explained that he couldn't remember as well as he used to. Then he talked about the past evening. As he gained a little more courage, he inquired of her: "When I asked if you would marry me, did you say "Yes" or did you say "No?"

"Why, you silly man I said, 'Yes. Yes I will.' And I meant it with all my heart."

But then she continued. "And I am so glad you called because I couldn't remember who asked me!"

## A glimpse at Seniors Council upcoming events

**Murder Mystery: Caribbean Murder (2nd Run)**  
**Thursday 16 Oct**

**International Dining: A Taste of Scotland at The Glen**  
**Monday 27 Oct**

**Beauty Makeover**  
**Wednesday 29 Oct**

## Sign up for Council activities

The Council has a table in the Centre lobby on weekdays from 11:30 to 1:00 pm to sign up for events. Payment can be made with debit, credit card or cash.

### SPONSORED CONTENT

## Say Goodbye to Loneliness:

### Allow yourself to live your new Life Chapter!

As we get older, life slows down—and sometimes, so does our social circle. While a little quiet time can be nice, too much can lead to feelings of loneliness. And loneliness isn't just about feeling sad—it can affect your health, mood, and even memory.

### You Deserve More Than Just "Getting by"

Feeling connected is just as important as eating well or staying active. People who enjoy daily social interaction tend to feel happier, sleep better, and stay sharper mentally.

### A Place Where You Belong

That's where **Wildpine Residence by Aspira** comes in. At Wildpine, you're never alone unless you want to be. Whether it's enjoying a delicious meal with new friends, taking part in a fitness class, or joining a painting group, every day is filled with opportunities to connect, laugh, and feel part of something special. With friendly staff, beautiful surroundings, and daily programs to keep your mind and body active, loneliness doesn't stand a chance.

### Come See for Yourself

Thinking about making a change? **Come for a tour and enjoy a delicious lunch** with us? **Contact Shari at 613-914-1214** to book your visit. We'd love to meet you.



## Spring into retirement living

Embrace a refreshed lifestyle that maintains your independence and freedom while offering convenience and care when you need them. Experience the warmth of our vibrant community and live every day your way.

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