



KANATA SENIORS FLASH

September 21st to October 5th, 2025

Welcome to this 29th issue of the **Kanata Seniors Council** twice-monthly email that lists happenings around us.

The Kanata Seniors Council will advocate for you so please forward your thoughts, ideas, and concerns about what matters most to you and share your suggestions about this bi-weekly Flash at council@kanataseniors.ca

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HEALTH CONCERNS

McMaster University:

- **Staying safe behind the wheel:** What to watch for as we age – [6-minute video](#).
- **Move more with less pain:** A physical activity for hip and knee osteoarthritis. [4-minute video](#). 🕒
- **Prostate Cancer Awareness Month:** Key facts, symptoms, and prevention: prostate cancer is the most diagnosed cancer in Canadian men. Early detection and healthy lifestyle choices can improve outcomes. [Details](#).
- **Osteoarthritis and Exercise:** Discover how to best manage osteoarthritis of the hip and knee. [A 15-minute lesson](#).
- Technology for seniors: **How older adults can benefit from digital tools:** [5 Benefits of Technology](#). You may consider clicking on some of the **Featured Resources** provided at the end of the article.

The National Institute on Aging

- **Tips for Getting and Staying Active as You Age:** Deciding to be physically active is a positive choice that has many important health benefits. [More info here](#).
- **How Much Should I Eat? Quantity and Quality:** Getting the nutrients you need within a recommended daily number of calories is [offered here](#).

The Council on Aging

- **Smart Aging - Thriving Solo:** A workshop on benefits, challenges, joys, and concerns of navigating life as a single older adult. Wednesday, October 1st from 10:00 am to 12:00 pm, Room 235 - 815 St. Laurent Blvd., Ottawa. [Tickets](#).
- **Mind Your Brain Health - Southwinds Café:** Difference between aging, memory loss, and dementia. Friday, October 24th, 10:00 am to noon. Room 235 - 815 St. Laurent Blvd., Ottawa. [Register here](#)

- **Aging in Place with Home Modifications** - Wednesday, October 29th, 1:00 to 3:00 pm, 235 – 815 St. Laurent Blvd., Ottawa [Tickets](#).

The Dementia Society:

- [The Dementia Learning Hub](#): A 4-minute online clip for understanding dementia and promoting brain health. **FREE**
- **Dementia Inclusive Training**: Approaching and communicating with a person living with dementia offered through 6 topics, less than 40 minutes to complete. [Register here](#). **FREE**.
- **In-Person Support Group in September in Kanata**: Caregiver peer support group to connect with others who truly understand your journey, every second Friday, 10:00 am - 12:00 pm. Kanata Senior's Centre, 2500 Campeau Dr., Kanata **FREE**
- **Let's Get Moving with Bea Alt** - Virtual, Tuesdays from 1:00 - 2:00 pm. [Register here](#). **FREE**
- **Musical Connections** - with Anne and the Joyful Sound Ottawa Choir - experience the joy of music! Community choir for people with memory loss and their caregivers, as well as family and friends. Weekly rehearsals. No training or musical background is required. Tuesdays from September 16th to December 9th, 10:30 am – 12:00 pm, 2821 St. Stephen's St., Ottawa **FREE**. [Register here](#).
- **Music and Movement Series**: In-Person every Monday from 10:30 to 11:30 am at the Hub 2327 St. Laurent Blvd, Suite 500, Ottawa. [Register here](#). **FREE**

Google AI

When a Google enquiry was made on the ***Secrets of Longevity and Vitality***, [we got this answer](#):
Nourishment, Movement, Rest

Buy Canadian:

Motley has been making Merino wool socks in Okotoks, Alberta for the past 20 years. Are you ready for the cooler seasons ahead? 82% Merino wool for breathable, moisture-wicking, temperature-regulating, and odour-resistant comfort. Reinforced heel & toe + arch support for a performance fit. RWS Certified (Responsible Wool Standard). [Motley Wollens](#)

Hot off the Press

Alert - Measles Exposure Locations: Ottawa Public Health (OPH) is investigating the City's fifth confirmed case of measles recently acquired in western Canada. Individuals who visited several locations in Ottawa, may have been exposed to the measles virus and are asked to monitor for symptoms for 21 days. Read more here.

If you have extra time on your hands, here is a list of 75 possible hobbies you might want to explore. [Senior Hobbies](#).

Happenings

Council Café:

Sample prices - soups \$2.50 – hot meals \$8.00. (Menus subject to change)

Monday

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

Tuesday

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

Thursday

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

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

Upcoming Kanata Seniors Council Events:

- **KSCI Bingo:** Join in on the fun! Mark your calendars for the next Bingo on September 26th. Doors open at 12:30 pm and games start at 1:30 pm. Cost is \$5 per card, and the prize pool goes up to \$650.
- **Health Fair:** Highly successful event of clinics, presentations, and vendors on Saturday, October 18th. Registration is available Monday to Friday, 2500 Campeau Dr., Kanata in the Council office, at the Travel and Lifestyles table, or at the front desk.

Kanata Seniors Council Travel and Lifestyles Team - Upcoming Events (Click underlined event for more details). **Events on sale now:**

[International Dining: Pakistan at Karahi Point:](#) Karahi Point Ottawa. Monday, September 22nd, at 12:00 pm.

[Guided Bird Walk with Wild Birds Unlimited:](#) Old Quarry Trail, Kanata on Wednesday, September 24th, at 8:45 am.

[Bus Trip to Pumpkinferno:](#) Kanata Seniors Council on Thursday, October 9th, at 3:30 pm (**Wait List**).

[Murder Mystery: Caribbean Murder \(2nd Run\):](#) Kanata Seniors Council. Thursday, October 16th, at 12:30 pm (**Wait List**).

Coming soon

[International Dining: A Taste of Scotland at The Glen:](#) The Glen Scottish Pub & Restaurant. Monday, October 27th, at 12:00 pm.

[Beauty Makeover:](#) Kanata Seniors Council. Wednesday, October 29th, at 10:00 am.

Event Registration Details

Tickets can be purchased at the Travel Table in the Kanata Seniors' Centre lobby, weekdays from 11:30 am to 1:00 pm.

Kanata Seniors' Centre Activities: 2500 Campeau Drive, Kanata

- **Fall Recreation Programs** are now open for [registration here](#)
- **For Kanata Seniors' Centre Membership Programs**, [please visit](#).

Other Programs & Services - offered by rentals at the Kanata Seniors' Centre:

- **Footcare Clinics:** Starting on September 25th and will run on the 3rd and 4th Thursday of each month from 10:00 am to 4:00 pm. Appointments are 30 minutes long starting at 10:15 am with the last appointment at 3:15 pm. Cost is \$45. In-home footcare also available. [Please click here for details](#).
- **English Country Dance:** No experience necessary. [Click here for more info](#).
 - **Afternoon Dance:** 2nd and 4th Wednesdays of the month from 3:00 to 5:00 pm. **FREE**.
 - **Regular Dance:** Fridays from 7:00 to 10:00 pm. **FREE** first time
- **KANATA DANCE CLUB:** Enjoy an evening of dancing and socializing on Saturday, October 18th, Hallowed Dance, from 7:30 to 11:30 pm. [Details and Tickets](#)
- **Carleton University Lab** is seeking your help to determine seniors' attitudes and experiences towards a sociable voice-based virtual agent. [Please click here for more details](#).

The Kanata Legion: 70 Hines Road, Kanata rclbr638@gmail.com, (613) 591-5570

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| Mondays: | Veterans Only Coffee Club: 10:30 am to 12:00 pm - FREE Walking Club: resumed September 15th at 10:00 am - FREE Functional Fitness: 2:30 to 3:30 pm. Drop in for \$2 per session |
| Tuesdays: | Euchre - Every Tuesday - 7:00 to 9:00 pm - FREE |
| Wednesdays: | Coffee Club: Every Wednesday from 9:00 to 11:30 am. FREE |
| Thursdays: | Functional Fitness: from 10:00 to 11:00 am. Drop in for \$2 per session. Cornhole: 2:00 to 4:00 pm - FREE Darts: 7:00 to 9:30 pm - \$5 |
| Fridays | Fish and Chips: every Friday - 11:30 to 1:00 pm Book Sale: 11:30 to 1:00 pm Catch the Ace Draw: resumed September 19th - 1:00 pm |
| Saturdays: | Open Lounge: from 12:00 to 4:00 pm. FREE . Open Mic - resumes in October |
| Sundays: | BINGO: Doors open at 11:30 am, starts at 12:45 pm. Win up to \$1,600 weekly |

[Western Ottawa Community Resource Centre](#) - Community Open House: An evening of connection, learning, and fun on Monday, September 29th, from 5:00 to 7:00 pm at 2 MacNeil Court, Ottawa [Click for more](#). **FREE**.

[Western Ottawa Probus](#): Located at the Kanata Baptist Church, 465 Hazeldean Rd., Ottawa

Enabling Aging-in-Place: Supportive Smart Home Solutions, Dr. Bruce Wallace on October 14th, from 10:00 am. **FREE**

Lunch - The Ironstone Grill: Wednesday, September 24th at 320 Terry Fox Drive, Kanata. Sign up: lunches@probuswesternottawa.ca

St. John's, Kanata North Anglican Church: Lunch Bunch on Sandhill Rd, Kanata: Monday, October 6th starting at 10:00 am. RSVP by [filling out this form](#) or by calling 613-592-4747. **Free will offering.**

Music on a Sunday Afternoon: October 19th from 2:30 to 3:30 pm. **Free will cash donation.**

Classic Movie Night – Faust (1926): October 24th from 7:00 to 9:00 pm. Popcorn, drinks, and puns! **FREE.**

Kanata-March Horticultural Society - What's This in My Garden, Friend or Foe? If you're interested in gardening you might find this event informative. Tuesday, October 7th, from 7:30 – 9:00 pm in the Old Town Hall, 821 March Rd., Kanata [Click here for more details](#)

OUR SPONSORS AND CONTRIBUTORS

The Kanata Seniors Council would like to thank the following residences and private sector companies for their ongoing support. We also wish to show our appreciation to seniors in our ever-growing community who support events organized by the Council.

Sponsors: Aim Fitness, All Seniors Moving, Amica Westboro Park, Aspira Red Oak, Aspira Wildpine Retirement, Expedia Cruises, Freiheit Home Care Inc., Ideal Caregivers 4u, My Place Home Care, Stittsville Villa, The Bradley Retirement Living, The Courtyards on Eagleson, Waterford Grand Retirement Community, and Wellings of Stittsville, and our **Contributor:** Kanata Theatre. For more information, please visit kanataseniors.ca

Aim Fitness

Looking for fun, effective, and senior-friendly workouts you can do at home? Be sure to check out the AIM Fitness YouTube Channel to exercise with Meg and Fit Finley! With over 500 exercise videos designed specifically for adults 50+ and seniors, you'll find everything from strength and balance to stretching and cardio—all led by Meg, certified Personal Trainer and Seniors' Fitness Expert, who understands your needs.

Subscribe today and start moving with confidence, energy, and ease—right from your living room - <https://www.youtube.com/@AIMFitnessActivitiesInMotion>

Amica Westboro Park

You're invited to an educational presentation at **Amica Westboro Park**. Discover how to simplify your downsizing journey with Gisele Grenier Miller of Altered Spaces - Altered Lives. This presentation will help minimize the stress of downsizing, providing tips for de-cluttering, packing and more. We hope you'll join us for the most important meal of the day. It will include a full breakfast and chance to tour our premium amenities. Please RSVP to Chris or Michele at 613-728-9274.

Thursday, September 25th - 9:00 am – 10:30 am – **Downsizing with Gisele Grenier Miller**

Aspira Wildpine Retirement Living

Join us for our Artfull Showcase - a celebration of the incredible talent in our retirement community. Whether you've painted a masterpiece, written a heartfelt poem, crafted something unique, play beautiful music or brought beauty to life through knitting or woodworking, we want to showcase your creations. No matter your medium, your art deserves to be seen, heard and appreciated. If you're interested in participating, please contact Lucy at 613-831-8111 for more details. Let's make this showcase a vibrant reflection of you!

Friday, September 26th - **An Artfull by Aspira Signature Program** 2:30 pm - 4:30 pm

The Bradley Retirement Living

We pride ourselves on fun and frequent opportunities for social connections. Why not join us for an event this month. Call 613-790-1552 to RSVP if you would like to come to any events.

- Tuesday, September 23rd from 2:30 pm – 4:30 pm – **Fall Homecoming Dance**
- Thursday, September 25th from 9:00 am to 4:00 pm – **Open House** with The Bradley College at 2:30 pm
- Thursday, October 2nd from 9:00 am – 4:00 pm – **Open House**
- Monday, October 6th at 3:00 pm - **Octoberfest**

Check out Our New Podcast - https://youtu.be/rXnv2LHqqjc?si=vy7mc_LiqDhXtRlv.

Ideal Caregivers 4u

Changing Weather, Changing Routines: Cooler mornings and shorter days can disrupt routines for many seniors especially those living with cognitive or physical challenges. Our caregivers gently guide seniors through transitions in sleep, meals, activity, and medications with consistency and warmth. We also help prepare closets for fall clothing, manage errands, and keep households running smoothly as the seasons shift. Having a familiar caregiver nearby during seasonal transitions can make a big difference. Let us support your loved one's changing routines with care that adapts. (613) 769-1669 | www.idealcaregivers4u.com | info@idealcaregivers4u.com

Stittsville Villa

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!

- Thursday, September 25th at 2:00 pm – fun and educational presentation by **Ottawa Valley Wild Life Centre**. Learn about the history and future goals of the Ottawa Valley Wild Bird Care Centre and how their team of dedicated staff and volunteers can care for over 3,000 injured, ill and orphaned birds every year.
- Saturday, September 27th, from 1:00 pm to 4:00 pm: Fall **TARTELICIOUS OPEN HOUSE** event. Come sample our homemade tarts, Pumpkin Spice Latte and warm mulled Apple Cider while enjoying some live entertainment.

Please RSVP to **Karen Gilbert** at **613-316-4070** or email at karen.gilbert@stittsvillevilla.ca so that they can prepare plenty of tarts for everyone.

The Public Library: Please click an event for registration and information:

Stittsville Branch: 1637 Stittsville Main, Stittsville: **FREE** [Log in Register here](#)

- **Memory Café:** An open house for persons with dementia, their care partners, and families. First Thursday of the month until December 4th, from 1:00 to 3:00 pm. [Register](#). **FREE**
- **Developing Audiobooks:** Audiobooks are an excellent way to present a story for those who prefer the audio versions. Saturday, October 18th from 1:30 to 3:00 pm. **FREE**. [Register here](#).

Hazeldean Branch:

- [Cookbook Book Club](#): Trying new recipes? Then come and meet with others and put a cookbook to the test. Tuesdays to December 9th from 6:30 to 8:00 pm. Drop in. **FREE**
- [Hazeldean Stitches](#): Knitters or Crocheters - share your ideas with other yarn artists. Wednesdays to December 10th, from 6:30 to 8:00 pm. Drop in. **FREE**

Rotary Club of Ottawa-Stittsville: Toronto International Film Festival [four films](#) at Landmark Cinemas, 801 Kanata Ave., Kanata. Screening starts at 4:00 and 7:00 pm on Mondays. First film is **Cyrano** (Dans la peau de Cyrano), 93 minutes on September 29th. French with subtitles. [Tickets](#).

Kanata Farmers Market: 745 Kanata Ave., Kanata. Saturdays until October 25th from 9:00 am to 3:00 pm. **FREE**

Kanata Civic Art Gallery: Now showing [Spectrums and Grandeur](#). To October 19th. Wednesday to Friday 1:00 – 8:00 pm. Saturday 10:00 am to 5:00 pm. Sunday from 1:00 to 5:00 pm., at 2500 Campeau Dr., Kanata

Nepean Night Market: Baseline Rd. and Clyde Ave., Ottawa. Sundays to October 12th from 5:00 to 9:00 pm. Food and Live Music. **FREE**.

Live from the Booth: Outdoor concert series every Saturday evening, offering music enthusiasts an energetic start to their weekends. Every Saturday to October 11th, from 7:00 to 9:00 pm. Near 56 Sparks Street, Ottawa. **FREE**.

Around Ottawa

National Arts Centre (NAC): 1 Elgin St., Ottawa - [The full events calendar is here](#).

- [Things Which Are Per Se Continuous: The Michael Nesbitt Collection, Winnipeg](#): Until December 14th. Gallery C-218. [Tickets](#).
- [Rafael Lozano-Hemmer: Listen to the World, Volute 2](#): Sculpture - Listen to the World, to April 1st, 2026. **FREE** with [admission](#).
- **Rick Mercer's Stand-Up for Canada Comedy Tour:** Mercer is ready to bring Canadians together with his signature wit, political commentary, and unifying voice Friday, September 26th and Saturday, September 27th, starting at 8:00 pm. Southam Hall. [Tickets](#).

National Gallery of Canada (NGC): 380 Sussex Drive., Ottawa. Tickets from the box office, presented by BMO: on Thursdays from 5:00 to 8:00 pm. Refreshments, snacks, and music. **FREE**

- [Piña, Why is the Sky Blue? Stephanie Comilang and Simon Speiser](#): Ancestral wisdom and new technologies merged in this immersive virtual reality experience. To March 29th, 2026. Saturdays and Sundays: 1:30 – 4:00 pm. **FREE** with [admission](#).
- [Pucker Up!](#) The Lipstick Prints of Joyce Wieland – to Sunday, October 26th. [Tickets](#)

The Ottawa Art Gallery (OAG): Home to the art and artists of our region where connections happen between art and our city. Open Tuesday to Sunday from 10:00 am. **FREE**

- [Visions and Views](#): Firestone Collection of Canadian modern period art representing two themes, landscape and abstraction, from across the country. Until Sunday, January 11th, 2026.
- [On the Shoulders of Giants: Commemorating 20 years of SPAO](#): An exhibition showcasing work by 58 artists of the SPAO's (Photographic Arts Centre). To Sunday, October 19th. **FREE**.

Canadian Tire Centre: 1000 Palladium Drive, Kanata

- [Warren Zeiders](#) - Relapse, Lies, and Betrayal Tour: October 5th. [Tickets](#).
- **Pre Season**, Senators vs. the Toronto Maple Leafs. Sunday, September 21st at 3:00 pm [Tickets](#).
- **Home Opener**, Senators vs. the Nashville Predators. Monday, October 13th at 1:00 pm. [Tickets](#).

The Ottawa Little Theatre:

[Jonas and Barry in the Home](#): A roller coaster of emotions, evoking uncontrollable laughter; to October 11th, Wednesday to Saturday at 7:30 pm. Matinee on Sundays at 2:30 p.m. 400 King Edward Ave., Ottawa. [Tickets](#).

The Escape Manor:

- **Dueling Pianos with Jeff Rogers and Mellow Dee**: Wednesdays, October 8th, and November 5th, Manor Lounge, starting at 8:00 pm. 292 Elgin Street, Ottawa. [Tickets](#).
- **Magic At The Manor**: An interactive 90-minute magic and mentalism show; you don't just watch the show - you become a part of it! Wednesday, October 15th starting at 8:00 pm. [Info and Tickets](#).

Europa Super Circus: Thursday to Sunday, September 25th to 28th. Various showtimes, 2525 Carling Ave, Ottawa. [Tickets](#).

Ottawa Valley Live Steamers and Model Engineers: Sunday, September 28th, Cumberland Heritage Village Museum, 2940 Old Montreal Rd., Ottawa. [Tickets](#).

Carp Fair - Experience the Best Little Fair in Canada: Thursday to Sunday, September 25th to 28th. [Tickets](#).

Capital Pop Up Cinemas: The magic of cinema in unexpected places. Starting at 8:30 pm, bring a picnic, chairs, bug spray, and blankets. Saturday, October 4th: [The Phantom of the Opera](#), Beechwood Cemetery, Vanier **FREE**

Oh Canada Eh!? Dinner Theatre : until December 26th and held at the [Royal Canadian Legion - Montgomery Branch, 330 Kent St., Ottawa](#). [Seatings and Tickets](#)

Canadian Museum of History: The Canadian Stamp Collection - Experience Canada in miniature o more than 3,000 Canadian stamps and the fascinating stories behind them. Presentation included. Admission is **free** on Thursdays from 5:00 to 7:00 p.m. [Tickets](#) to the museum.

Other Venues

FREE Shuttle to Gatineau Park until October 26th, every 30 minutes. Daily except Wednesdays. [Click here for dates, routes and schedules.](#)

Ottawa Architecture Week: Festival of Design and Imagination Monday to Friday, September 29th to October 3rd [Various Locations.](#)

Heritage Ottawa – All tours are on Sundays from 2:00 to 3:30 pm. [Click here to book.](#)

- **New Edinburgh:** September 28th, from 5 Rideau Gate (Rideau Hall, Main Gate), Ottawa.
- **Sandy Hill:** History and Housing: October 5th, at Sacré-Coeur Church, 591 Cumberland St.

Parliament Hill

- **Guided Tours:** The Senate, the House, and the East Block. [Book your tour here.](#) **FREE**
- [The Immersive Experience:](#) 45-minute exhibition and a 360° multimedia show of the Centre Block, 211 Sparks Street, Ottawa. [Book your tour here.](#) **FREE.**

Mackenzie King Estate: [45-minute Guided Tours:](#) to Sunday, October 26th on Mackenzie King Rd., Chelsea (QC). [Parking fees apply.](#) **FREE**

Supreme Court of Canada's History: [Explore the Court's early history](#) of 150 years through original documents at the Court's grand entrance hall, until Thursday, October 9th. Also, on display on the Plaza Bridge over the Rideau Canal, east of the National War Memorial.

Ottawa Titans Baseball: Our own Baseball fun at 300 Coventry Rd. [Games](#), [Tickets](#)

Ottawa Redblacks: Our own Football fun at Lansdowne Park. [Tickets.](#)

Ottawa Rapid FC: Our own all Women's Soccer fun at TD Place Stadium. [Home Games and Tickets.](#)

Ottawa BlackJacks - Professional Basketball: TD Place, 1015 Bank St. [Home Games and Tickets.](#)

Atlético Ottawa – [Soccer](#) for all: TD Place at Lansdowne, 1015 Bank St, Ottawa. [Schedule & Tickets.](#)

Ottawa's National Museums:

- [Canadian Museum of History](#)
- [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](#)

More Happening Resources:

[Ottawa Tourism](#) [Ottawa Life](#) [Ottawa Seniors](#) [Facebook Events](#)

Our Representatives:

The Honourable, [Jenna Sudds](#), M.P.: jenna.sudds@parl.gc.ca Phone : (613) 592-3469

The Honourable, [Karen McCrimmon](#), M.P.P.: kmccrimmon.mpp.co@liberal.ola.org

Phone: (613) 599-3000

[Mayor Mark Sutcliffe](#) - Many events are [listed here](#)

[Allan Hubley](#) – City Councillor for Kanata South: allan.hubley@ottawa.ca Phone: (613) 580-2752

[Cathy Curry](#) - City Councillor for Kanata North: Cathy.Curry@ottawa.ca Phone: (613) 580-2474

[Glen Gower](#) – City Councillor for Stittsville: Glen.Gower@ottawa.ca Phone: (613)580-2476

[Laine Johnson](#) – City Councillor – Ward 8, College: Collegeward@ottawa.ca Phone: (613)580-2478

Important Phone Numbers:

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|--------------------------------------|--------------------------|
| 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](#)