

KANATA SENIORS COUNCIL **Seniors news**

November 2025

"Seniors Helping Seniors"

Vol:19 No: 3



Coffee

Tea

Hot Chocolate

Starting in November

Coffee price reduced to \$1

The Seniors Council has reduced the price for coffee, tea and hot chocolate to \$1. In establishing the Council Café as part of the Seniors Centre it was one of the goals that the Café would be a hub for socialization, meeting friends and sharing stories.

The Seniors Council has always been about providing a service to our seniors community. By lowering the price of hot beverages, we hope that more seniors will use it as a place to get together before or after a fitness class, a bridge session or just as a place to go for a coffee.

Of course, the Council Café also offers many other menu items, including hot meals on Mondays, Tuesdays and Thursdays. Since the Café is largely a volunteer operation, we have been able to keep all prices low in keeping with our motto, "Seniors Helping Seniors".



City Councillors Allan Hubley and Cathy Curry (Left and Right) chat with Seniors Council Director Moe Saleh and President Kay Dubie at last month's Health Fair. More Health Fair on page 4.

President's Corner



October was certainly very kind to us. We had so many beautiful days, I hope you got to enjoy them. November should tell a different story. I hope you have new stories to tell everyone about all the interesting things you are doing with the Council and the Centre. The response to our outings has been wonderful. I hear that Pumpkinferno was something

else ... Our Health Fair was a big event and lots of good comments from participants.

We have been trying to connect with other organizations in the community to see if we can support some of their initiatives, as well bringing together other seniors in our area. One of our Directors has been doing a lot of work with the Neighbourhood Watch group and the Dementia group to see how we can help grow and develop programs with them. Stay posted for more news on these developments.

Our Board of Directors is looking into some restructuring to help us work a little more efficiently. We're looking at what we would like next year to look like and will be doing some serious planning.

Let's hope November is as kind as October was.

Kay



Contact us

Phone: **613-254-7164**

Email: Council@KanataSeniors.ca

Web: www.KanataSeniors.ca

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



Upper Canada Village pumpkin visit was a huge success

It was a dark and stormy night with bats flying and owls hooting ominous cries — Well, it was actually a beautiful sunny afternoon when Bozo the clown invited 37 intrepid travellers to board the yellow school bus for Morrisburg and a visit to Pumpkinferno at Upper Canada Village. You can't face a Pumpkinferno on an empty stomach, so we stopped for a delicious hot turkey and all the fixings buffet at the McIntosh Inn.

At 7 sharp, with the sundown, we started our trek along the lanes of the village to gaze in amazement at the numerous lit themed scenes sculpted from thousands of pumpkins. From the sounds of loud talk on the bus on the way home, it was evident that it was enjoyed by all. BOO



Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST
heartandstroke.ca/FAST



Christmas boxes. The Tuesday afternoon Kanata Senior Centre Craft Group has collected 20 boxes to donate to Operation Christmas Child. The boxes will be dropped off in the 3rd week of November and then sent to children overseas in time for Christmas.



Wednesday 5 November

Diefenbunker tour coming up

The Diefenbunker is a hidden gem, offering a unique day trip experience. Step into history, inside an impressive four-storey underground Cold War communications headquarters, now a one-of-a-kind museum and national historic site.

3929 Carp Road, Carp

Tour: 10 -11:30 am

Lunch: 12 pm

**Lunch at Ridge Rock Brewing Company
421 Donald B Munro Drive, Carp**

Tickets \$25

(includes admission, excludes cost of meal)

Participants to arrange their own transportation.



Café volunteers Deb, Kathy, Jay-Dee and Roy look forward to serving you in the Council Café.

Café Chatter

Hello everyone! Hoping you all had a healthy and enjoyable Thanksgiving!

A few changes in our cafe, our cook, Gina, had to retire for personal reasons, Emily St. Pierre, who is known by many, is taking on the challenge and doing an excellent job. No learning curve for Emily!

Great news for all our customers! The price of coffee, tea and hot chocolate has been reduced from \$1.75 to \$1.00! This is effective as of November 1st!

Our Thanksgiving lunch was a sold-out event again. The food was delicious as usual. Thanks to everyone for their support.

Please note the date for our Christmas lunch will be on Thursday, December 4th. The menu has not yet been confirmed.... please look for our upcoming posters. Tickets will be on sale in mid-November for this event.

See you in the Cafe!

Doreen

November Café hot meals

(Menus subject to change)

MONDAY

Nov 3 – Vegetable Lasagna

Nov 10 – Paprika Chicken w/Crispy Chickpeas,
Tomatoes and Roasted Potatoes

Nov 17 – Italian Sausage Bake

Nov 24 – Tex Mex Casserole

TUESDAY

Tuesday Menus to be confirmed

THURSDAY

Nov 6 – Beef Noodle Casserole w/Salad

Nov 13 – Salmon Casserole w/Salad

Nov 20 – Vegetarian Chilli w/Bun

Nov 27 – Sausage Breakfast Casserole w/Salad



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**Displays****More Displays**

Seniors found Health Fair helpful

Once again, our Health Fair was a huge success. A full day of seminars, clinics, displays, food, and fun.

We had 85 participants, every clinic was full, and our seminars were well attended. Our display area was full of happy vendors. We saw many tote bags leave the building full of paper notes and information concerning a variety of health-related subjects.

Our café provided a delicious lunch of home-made soup, chilli and bun, along with coffee/tea and cookies. Everyone left with a full belly and a happy smile.

We had an amazing array of door prizes, 10 in total, all donated by our various sponsors or area restaurants and stores.

We must thank all who contributed to this event. The Kanata Seniors' Centre staff were right there making sure all was in place for us. The 20+ volunteers who manned the stations, ran to find people, took pictures, cooked, and helped in so many ways. We couldn't do it without you,

Till the next time.

**Opening****Volunteers****Seminars****More Seminars**



Friday Bingo is proving popular. This is a great way to socialize and try your luck for a prize. Upcoming Friday dates are 7 and 21 November. Doors open at 12:30.

Learn all about e-books at library clinic

Mark your calendar for Sunday, 2 November. The Beaverbrook Library is offering a Libby and Cloud Library e-book clinic at 10:30. If you are new to e-books or want to know some of the application capabilities, this one is for you.

Drop-in session to either get you started or enhance your Libby and Cloud Library experience. Bring your device (if possible) and your questions!

We are still looking for computer instructors

The Seniors Council depends on volunteers to run programs and activities. A few hours a week from caring neighbours keeps events, classes, and services running smoothly.

How you can help

- **Teach computers** — basic lessons for seniors learning email, video calls, or apps. Windows, IOS, Android OS

Time commitment

- **Flexible** — from one session or a few hours a month to a regular weekly shift.
- **Short-term options** — single events or seasonal projects available.

Why volunteer

- **Make a direct difference** for local seniors.
- **Share skills** and learn new ones.
- **Feel valued** by people who depend on the programs you support.



Time to put you first

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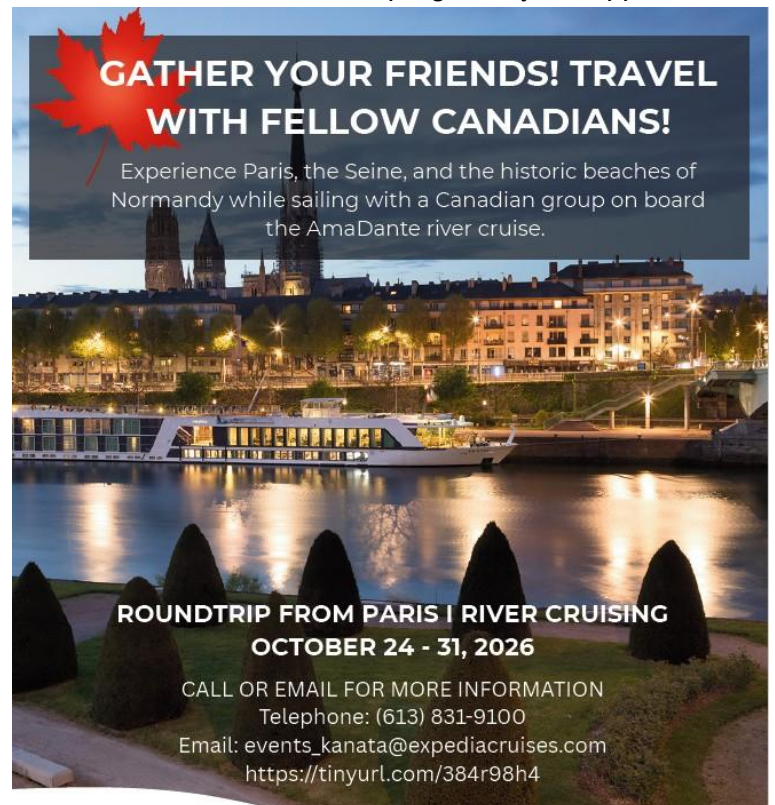
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Cleaning the Capital. John Kern, Moe Saleh and Jeet Wadehra collected lots of garbage in the vicinity of the Seniors Centre and the parking lot.

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.



Wednesday 19 November International Dining: The Turkish Kebab House

Noon to 2 pm

471 Terry Fox Drive

(Near Richardson Side Road)

Cost: Just \$5 (plus the meal)

Amazing service! The staff are very friendly and welcoming, and the food is absolutely delicious. Honestly, this is the best spot in Canada to enjoy authentic Turkish cuisine — it really feels like home. (trip advisor).

<https://www.turkishkebabhouses.com/>



Almonte. During the Almonte tour and visit last month, several participants took the time to have a seat with Basketball founder James Naismith.



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,

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



Caribbean Cruise participants await their boarding instructions

Cruise murder mystery has clues

Twenty-five people enjoyed a Caribbean Cruise whodunnit aboard the 'Achilles Heel' cruise ship at the Kanata Seniors' Centre on Thursday, October 16th. The participants studied clues, took quizzes and shared in laughter as the groups tried to solve the Murder Mystery! (Presented by the Travel & Lifestyles Committee)



Save the Date:
Thursday June 4th to
Thursday, June 18th,
2026

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.

The Kanata Seniors Council would like to thank the following sponsors and contributors:

- Aim Fitness
- All Seniors Moving
- Amica Westboro Park
- Aspira Red Oak
- Aspira Wildpine Retirement
- Expedia Cruises
- Freiheit Care Inc.
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Laughter Is the Best Medicine

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?'

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream – I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

Sunday 9 November Lunch and theatre outing

Join us for a delicious lunch at Busters, followed by the classic thriller "THE SPITFIRE GRILL" at the Kanata Theatre. Lunch at 12:00 sharp followed by the theatre at 2:30.

Ticket cost is \$25 plus the cost of your meal (20% discount, ordered from the menu). Transportation for this event is not provided. Sign up at the Travel and Lifestyle desk in the lobby.

Participants to arrange their own transportation.

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.



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Finding Light Again!

A Gentle Guide Through Grief and Change

Grief doesn't only come from losing someone you love — it can also come from losing a part of yourself. Maybe you've lost a spouse, a dear friend, or maybe you're grieving a change in your own abilities — things you used to do without thinking, and now can't quite manage.

It's okay to feel that sadness. It's okay to miss who or what was.

Whether the loss is recent or sits quietly in the background, healing begins when we honour it — and care for ourselves with a little more tenderness.

Here's a gentle 3-step guide to help you through:

1. Feel It, Name It

Take a moment each day to pause and ask, *What am I feeling today?* Whether it's sadness, frustration, or loneliness — give it a name. Naming the feeling helps you carry it more lightly.

2. Stay Connected

Even one small connection each day — a phone call, a wave to a neighbour, or simply talking with someone who listens — can remind you that you are not alone, and you are still deeply valued.

3. One Gentle Goal

Choose one small thing each week just for you. A short walk. A new book. Reaching out to someone you've been meaning to call. These little joys are quiet steps back toward yourself.

You're not alone in this.

Whether you're grieving a person, a part of your past, or simply feeling the weight of change, we're here for you.

Call Shari at Wildpine Residence at 613-914-1214.

She's kind, understanding, and ready to talk — no pressure, just a conversation, someone that will listen.... Because YES you still matter. You belong. And there's light ahead....