



KANATA SENIORS COUNCIL **Seniors news**

December/January 2025/26

Vol:19 No: 4



Christmas Sing-Along

**Thursday Dec. 11
1:30 pm-3:00 pm**

Come one and all!!!

Join us as we sing all the old familiar carols we grew up with.

Doesn't matter if you just hum and smile, give your heart a treat of the joy of music with friends.

Share the music, friends and a little hot apple cider. A wonderful way to celebrate the joy of the holidays.

No charge, but please register at the Travel Table, Front desk or in the Council office.



Diefenbunker Tour. Last month a number of members enjoyed an informative guided tour of the Diefenbunker. After the tour, they stopped for lunch at the Ridge Rock Brewing Co. in Carp.

President's Corner



I hope this message finds all warm and comfortable as we settle into the more challenging time of the year for most Seniors. The shorter, cooler days do not

encourage us to spend a lot of time out of doors.

We are fortunate in this community to have the Council and Centre to keep us occupied, stimulated, and comfortable for the next two or three months. A day with us can be filled with various activities, comfort food, socializing, and a welcoming

environment.

What better way to chase away the winter doldrums. We continue to plan programs, seminars and outings that will encourage all to enjoy our senior years to the fullest. Some very exciting plans are in the offing for 2026 that we will keep you posted about. We are always looking for new ideas, so if you have an idea, please let us know. We're in the office each weekday morning, or just leave a note at the front desk for us.

As we move to the holiday season, we wish each of you the peace and joy of the celebration time, whether with family or friends. And wish each of you the best of health and happiness for the coming year.

Thursday 4 Dec.
Christmas Luncheon
Seniors Council Café
Come join us for a special holiday meal with all the trimmings
11:30 to 1:00
\$15 per person
Deadline
buy is Nov 28

SOLD OUT

Contact us

Phone: **613-254-7164**

Email: Council@KanataSeniors.ca

Web: www.KanataSeniors.ca

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



The Geriatric Jazz Band is a popular and regular feature on Friday afternoons in the Seniors' Centre Lounge. It starts at 1:00 pm and visitors/listeners are most welcome.

5 Great tips to boost memory

Puzzle power: Brain activities like crossword puzzles or Sudoku can help keep your mind clear and focused.

Lifelong learning: Stimulating mental activities like attending a lecture can aid in memory retention.

Breathe out: Don't stress. Some of the most common memory zaps include stress and anxiety. Activities like reading or meditation can help your brain stay clear.

Social butterfly: Maintain strong social ties through social groups to help preserve memory.

Get moving: Daily exercise for half an hour a day, such as walking or jogging, can help improve memory.

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.

Lunch and Gift Exchange

Join us at the Mandarin Restaurant for a holiday season lunch and gift exchange. (Bring a small wrapped gift (value \$5) for exchange.)



Monday, 8 December

Noon- 2:00 pm

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

Kanata Seniors Council Travel Team upcoming events

Dec 8	Lunch and Gift Exchange Mandarin Restaurant Monday, December 8 at 12:00 pm
Dec 11	Christmas Lights Tour KSC- Library entrance Thursday, December 11 at 6:00 pm
Jan 13	Cruise into the New Year with Expedia KSC Tuesday, January 13 at 1:30 pm
Feb 6	"Feel the Beat" at our Drumming Circle KSC Friday, February 6 at 10:00 am

Event Registration Details

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



Diefenbunker guide demonstrated a map feature to our visiting group last month.

Donate on the website

Seniors Council could use your charity

As we near the end of the tax year, seniors may wish to consider making a donation to the Kanata Seniors Council.

The Council has a long history of funding seniors programs and equipment. In the future, these demands will continue. As an example, Café equipment will need to be replaced, there is always the need to expand the centre at some future date, and there are always new programs.

The 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 for donations and bequests.

The Council has now set up a procedure with www.canadahelps.org to make this process easy to use via computer and the internet.

Other local organizations using this same procedure include the Kanata Food Cupboard and the Western Ottawa Community Resource Centre.

The Council has set up a **DONATE** link at the top of the Council web site at <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.



A familiar face in the Café for many years, Linda Barker took over as Café Manager for the past two.

Café Chatter

Hello everyone! It is getting close to the Christmas Season! Decorations will soon be appearing in the Cafe! Our Christmas luncheon is on Thursday, December 4th. Tickets are now on sale in the Café. We have already sold many, so get yours soon if you would like to join us for a delicious meal.

The Cafe will be closed for the Christmas holidays from December 22nd until after the New Year. The Cafe will also be closed for our lunch on December 4th and on Tuesday, December 16th for the City of Ottawa Christmas lunch.

Please note that the Cafe will always be closed on those days when a special lunch is being served, as the kitchen is busy preparing the meal. The cafe will also be closed on snowy days when it is announced that the school buses are cancelled.

This is a combined newsletter for December/January. As such, I would like to wish everyone a Merry Christmas, all the best in 2026 and have a safe holiday season.

Doreen

December Café hot meals

(Menus subject to change)

MONDAY

Dec 1 – Ham & Scalloped Potatoes w/Bun

Dec 8 – Christmas Quiche w/Roasted Veggies

Dec 15 – Turkey Meatballs w/Cranberry Sauce

TUESDAY

Dec 2 – Sticky Chicken

Dec 16 – Unrolled Cabbage Rolls

THURSDAY

Dec 4 – CAFÉ CHRISTMAS LUNCH

Dec 11 – Chicken Black Bean Casserole w/Salad

Dec 18 – Beef Spaghetti w/Bun

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Thursday 11 Dec.

Christmas lights tour

This is your chance to see the Parliament and other Christmas lights without having to drive at night.

The trip includes a tour of the lights at:

- Parliament Hill
- Sparks Street
- Fairmont Chateau Laurier
- Downtown Streets of Ottawa
- Hot chocolate at Zoe's Restaurant

The bus tour will take place on Thursday, 11 December with a 6:00 p.m. departure. Tickets are only \$10 and can be booked at the lobby travel table weekdays 11:30 am to 1:00 pm.

Seniors are at high risk of RSV infection

What is RSV?

Respiratory Syncytial Virus (RSV) is a respiratory virus that infects the nose, throat, and lungs, resulting in cold-like symptoms. It usually starts spreading in the fall and peaks in the winter months. RSV infection can happen at any age but is particularly severe in infants and older adults, often leading to significant lung infections requiring hospitalization, especially in those with underlying health conditions such as asthma, chronic heart or lung disease, and those with weakened immune systems.

The Ontario Ministry of Health is currently publicly funding the [High-Risk Older Adult RSV Vaccine Program](#) for Ontario residents who did not receive a dose in previous RSV seasons and who are:

- 75 years of age and older
- 60-74 years of age and who are
- Residents of long-term care homes, Elder Care Lodges, or retirement homes
- Patients in hospital receiving an alternate level of care;

Do I need the RSV vaccine if I had it already?

Studies show multi-year protection. If you received a dose of RSV vaccine during the 2023-2024 or 2024-2025 season, you do not need to receive another dose this season. Studies are ongoing to determine how long protection lasts.

Reminder that coffee is now \$1

Emphasizing that this was a service for seniors, the Seniors Council last month lowered the price of coffee, tea and hot chocolate to \$1.

This has proved popular with our community and will undoubtedly increase usage of the Council Café.

Do check out the weekly hot meal menus and other menu items available in the Café.

Health Canada advises

Falls are a major risk for seniors

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 whatever devices you may need to help keep you safe.



Bingo: Friday Bingo is growing, so come and join in on the fun. Save December 5th for the last Bingo of the year and the following dates in the new year:

January 9 and 23, February 6 and 20, March 6 and 27, April 10 and 24, and May 8 and 22, 2026.

Who knows, you may just get to call **BINGO** too! Doors Open at 12:30 with games starting at 1:30 pm.

Seniors Council Board of Directors

- **Kay Dubie**
– President
- **Céline Ruest**
– Vice President
- **David Lee**
– Treasurer
- **John Box**
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- **Moe Saleh**
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- **Jeet Wadehra**



Lunch in Carp. After their Diefenbunker tour last month, participants stopped to enjoy a great lunch at the Ridge Rock Brewing Co. in Carp.

Variety of computer training available

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

Want to learn more about Windows, Excel, Chrome, iPads, Android and more? We can do that too.

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

Sign up at the front desk.

Coming in June FAR WEST FUN FEST

Get out your 2026 calendars, and mark off Thursday, June 4, to Thursday, June 18, 2026, for the next edition of Far West Fun Fest. We are planning 2 weeks of fun, social activities, some of which have already been booked. We hope to have a good mixture of new activities as well as old favourites, so plan to attend!

Registration will begin on May 11. Watch this space for more information over the coming months.

Free Wi-Fi at the Seniors Centre

Free Wi-Fi Internet access is available at the Kanata Seniors' Centre. Use your phone or tablet to surf the Internet, check your email and much more throughout the KSC.

It's easy, free, and convenient and provided by the Kanata Seniors Council. Sign up for the password at the Front Desk.

ALL SENIORS MOVING

PROFESSIONAL SENIOR SERVICES

Moving can be stressful.
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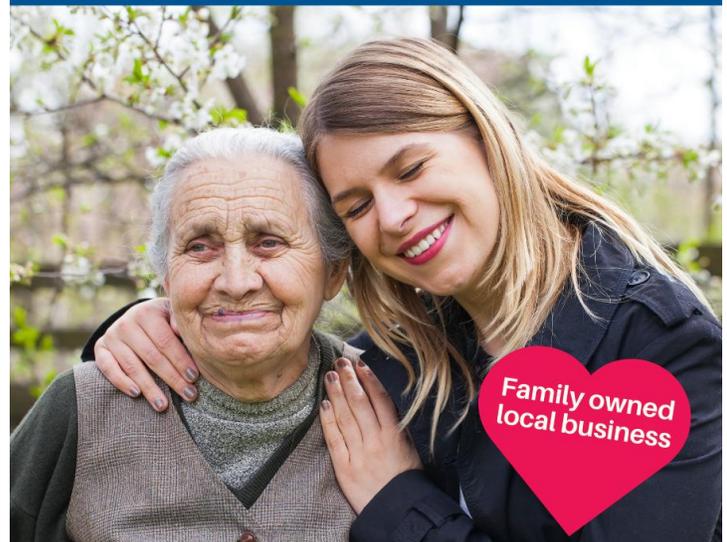


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The Kanata Seniors' Centre Camera Club meets once a month to hear a guest speaker, view members' photos and videos and share the love of photography. Meetings are normally the first Friday of each month and start promptly at 9:15 am. The next meeting will be on 5 December, and the January meeting is delayed by one week to 9 January. More information at www.ksgccc.ca

Awesome Garage sale in May

Spring is coming sooner than later, and the Kanata Seniors Council is getting ready for their Awesome Garage Sale, which is tentatively set for Saturday, May 16th.

We would love it if you would keep us in mind for your surplus

clothing, books, DVDs, and almost anything else you no longer need.

Your generous donation will help fund programs for seniors in the community.

We will also be looking for volunteers to help on this busy day.

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.
- Ideal Caregivers 4u
- My Place Home Care
- Stittsville Villa
- Waterford Community
- The Wellings of Stittsville
- The Courtyards on Eagleson
- The Bradley
- Kanata Theatre



Peter Dykstra

We are sad to acknowledge the passing of Peter Dykstra last month. Peter was an active participant in the Odyssey Investment Club for many years and, more recently, in the Investing Discussion Group. He was also a long-time contributor to the Wednesday Discussion Group. Last June, he was elected as a Director of the Kanata Seniors Council. Peter will most certainly be missed.

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2001: Susan Goad and Phyllis McLean start working on the mural.

Shortly after the Seniors' Centre opened in 2000 Phyllis McLean felt the need to brighten up the bare walls in the Coffee Shoppe area. She came up with the idea of a mural and arm-twisted neighbour Susan Goad to help make it happen.

Eventually, there would be 3 murals – two in the Coffee Shoppe and one on the wall of Hall D. It took them 3 years and a lot of dedicated work. The "Windows" mural is a depiction of "Pinheys Point" and the other murals also represent actual scenes.

While all diners in the Council Café appreciate the scenes and the artwork, many do not know the history of the murals.



2012: Susan Goad with the acknowledgement plaque

The story behind the murals



Hall D mural provides an attractive setting for many Seniors' Centre activities.

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kanata theatre

'Twas the Night Before Christmas'

By Ken Ludwig
Directed by Adam Pelletier

December 27th & 29th (evening 7:30pm)
& 27th-30th (matinee (2:30pm))

Tickets can be purchased online at
www.kanatatheatre.ca,
or by calling our box office at 613-831-4435.



Seniors Council Board of Directors. They meet on the third Friday of every month at 9 am in the Owen Prince Room. Members are welcome to attend. The next meeting is on Friday, 19 December.

Laughter Is the Best Medicine

SOME THOUGHTS

I had amnesia once -- or maybe twice.
 All I ask is a chance to prove that money can't make me happy.
 What is a "free" gift? Aren't all gifts free?
 Teach a child to be polite and courteous in the home and when he grows up, he'll never be able to merge his car onto a freeway.
 Two can live as cheaply as one, for half as long.
 Experience is the thing you have left when everything else is gone.
 I used to be indecisive. Now I'm not sure.
 The cost of living hasn't affected its popularity.
 Aging: Eventually, you will reach a point when you stop lying about your age and start bragging about it.

MERRY CHRISTMAS

from the

Kanata Seniors Council



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.

Book a tour today!
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Healthy Aging: Your Best Years Are Right in Front of You!



Whoever said getting older isn't fun clearly never discovered the secret to *healthy aging*. It's not about trying to be 25 again (frankly, who wants to go back to bad fashion and dial-up internet?). It's about feeling your best, staying active, and enjoying every moment—with energy, clarity, and a great sense of humor.

So, what does healthy aging really mean? Let's break it down:

Nutrition That Works for You

Your body deserves the best fuel—think of it like a classic car. The right foods can boost energy, improve memory, and keep everything running smoothly. At Wildpine, our meals are not only *good* for you, they're downright *delicious*. No cooking, no dishes, just happy taste buds.

Move It or Lose It

Low-impact exercises like stretching, chair yoga, or a fun balance class help you stay strong, prevent falls, and make it easier to do the things you love—whether that's gardening or showing off your dance moves at our Friday socials.

Sweet Dreams

Good sleep is the real fountain of youth. Healthy aging means creating routines that help you relax and rest well—and let's face it, nothing feels better than waking up refreshed, especially when there's a fresh cup of coffee waiting.

Prevention is the Best Medicine

Staying on top of your health means fewer surprises. Regular checkups, vaccinations, and just keeping an eye on the little things can make a big difference. At Wildpine, we're here to support you every step of the way—without the stress of managing it all on your own.

Stop **just getting by** and start **feeling your best**, it's time to check out **Wildpine Residence by Aspira**. Come for a tour, stay for a **delicious lunch**, and see how fun, full, and vibrant life after 60 can be!

Call Shari today at 613-914-1214. Your new, healthier, and happier chapter is waiting—and trust us, it's even better than you imagined.