



Kanata Seniors Flash

November 2nd to 16th, 2025

Welcome to this 32nd 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

Health Concerns

Annual COVID-19 and Flu vaccines: Get your seasonal vaccines. To find out more about who should get these vaccines, when, and where to get them, please [click here](#).

RSV (Respiratory Syncytial Virus) Vaccine: Check with your primary care provider to receive this vaccine. Please [click here](#) for more details.

[McMaster University:](#)

From sunshine to snowfall: [Ways to manage](#) mental health as the seasons change.

How to improve your walking speed: body & brain training. [Watch this 7 minutes video](#)

Exercise alone and prevent fall may lower the risk of falls, [here is how](#).

Making the transition to retirement: [Read the blog post](#).

Antimicrobial resistance: What is it and why should you care? [2-minute video](#)

[The National Institute on Aging](#)

Overcoming Roadblocks to Healthy Eating: Smart & health food choices plus Cooking Techniques and Recipes. [Please click here](#)

What Are Clinical Trials and Studies? Major medical breakthroughs could not happen without the clinical trial participants. [Here is more](#).

Infographic: [5 Ways To Improve](#) Your Bladder Health.

[The Council on Aging](#) (815 St. Laurent Blvd., Ottawa)

Smart Aging: **Nurturing Mental Wellness and Resiliency:** Wednesday, November 12th, from 10:00 am to noon. [Register here](#).

55 Alive Driver Refresher: Get your certificate after this 2-day course. Wednesday, November 19th and 26th, from 1:00 to 4:00 pm. [Register](#).

Southwinds Café: Healthy Living - **Alcohol, Sleep and Stress Reduction.** A presentation by Dr. Ailen Comerton. Friday, November 21st from 10:00 am to noon. [Register here](#).

Workshop - **Promoting Your Mental Wellbeing.** Tuesday, November 25th, from 10:30 am to 1:00 pm. Carlington Community Centre, 900 Merivale Rd., Ottawa. [Info & register here](#)

The Dementia Society: [Please click here for complete listing of November events.](#)

In-Person Support Group in November in Kanata: Friday, November 14th from 10:00 am to 12:00 pm. Kanata Seniors' Centre, 2500 Campeau Dr., Kanata. [Register](#). **FREE**

Let's Get Moving with Bea Alt - Virtual, Tuesdays from 1:00 - 2:00 pm. [Register here](#). **FREE**

Musical Connections Choir: Tuesdays to December 9th, 10:30 am to noon, St. Stephen's Anglican Church, 2821 St. Stephen's St., Ottawa. **FREE** [Register here](#)

Tidbits

Google AI

We asked - Seniors Defrauding in Ottawa!! [Here is the Link to the answer.](#)

Planning Any Trips?

Maybe a road trip to Toronto? [Check for this 11- stop guide!](#)

Happenings

Kanata Seniors Council Activities

Council Café: [Please click here for the full menu.](#)

Great news! The price of coffee, tea, and hot chocolate has been reduced from \$1.75 to \$1.00 effective Monday, November 3rd.

Christmas Lunch: Thursday, December 4th. Tickets will be on sale in mid November.

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

Technology:

For computer training and other technology offerings, please click here.

Upcoming Council Events:

Save the Date - Health Team: You are invited to learn about your eye health and what services are available. Thursday, November 20th, at 1:30 pm at the Kanata Seniors' Centre. **FREE.**

Council's Electronic Bingo: Friday, November 7th. Doors open at 12:30 pm. Cost is \$5 per card. Prize pool up to \$650. It includes "crappy card" and "wrap up" games.

Travel and Lifestyles Team - Upcoming Events

[International Dining: Turkish Kebab House](#) Wednesday, November 19th, at 12:00 pm.

[Trivia and Pizza at Brookside](#) Tuesday, November 25th, starting at 2:30 pm at Brookside Senior Living in Kanata.

Coming soon: [Lunch and Gift Exchange](#): Monday, December 8th, from 12:00 to 2:00 pm. Mandarin Restaurant, Kanata.

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

For Kanata Seniors' Centre Membership Programs, [please visit](#).

Other Programs and Services - offered by rentals:

Footcare Clinics: 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 to 3:15 pm. Cost is \$45. In-home footcare also available. [Please click here for details](#)

English Country Dance - Afternoon: 2nd and 4th Wednesdays, 3:00 - 5:00 pm. [info](#). **FREE**

Regular Dance: Fridays from 7:00 to 10:00 pm. **FREE** first time. [info](#).

Other Activities in Kanata

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

Remembrance Day Ceremony and Parade: Tuesday, November 11th starting at 11:00 am. at the Cenotaph located in Village Green Memorial Park, Kanata. [Click here for more info](#)

Daily interesting events - Music, Food, Games, Bingo, Exercise and more. [Click for details](#)

[Probus](#): Kanata Baptist Church, 465 Hazeldean Road, Kanata

In Their Own Voices - Michael Petrou: Tuesday, November 4th starting at 10:00 am.

[The Gimli Glider](#): Wednesday, November 5th. **Presentation:** Manotick United Church, 5567 Manotick Main St., Manotick. **Lunch** at Heart and Crown Pub, 3161 Strandherd Dr. Barrhaven.

[St. John's, Kanata North Anglican Church](#): Sandhill Rd., Kanata. **Free will offering.**

Lunch Bunch: December 1st at 10:00 am. [RSVP](#) or call 613-592-4747.

Sponsors and Contributors

The Kanata Seniors Council would like to thank the residences, sponsors, contributors, and private sector companies for their ongoing support. For more information, please visit kanataseniors.ca

Aim Fitness - Falls are Preventable - and We're Here to Help!

Did you know that improving your balance, strength, and awareness can significantly reduce your risk of falling? At AIM Fitness, we specialize in helping older adults stay steady and safe through simple, effective exercises and tips. Interested in learning more? Reach out today to book a Fall Prevention Presentation for your group or community. Let's work together to stay strong, confident, and fall-free! Contact us at 613-869-3246 or Info@ActivitiesInMotion.ca.

Amica Westboro Park - Discover Exceptional Senior Living

We could tell you what makes Amica Westboro Park different from other residences. But we'd rather show you. Explore all that we have to offer, from our premium suites and well-appointed amenities to chef-prepared meals, meaningful activities and professional, personalized care. Reserve a complimentary lunch and residence tour at 613-728-9274.

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:

Wednesday, November 5th from 6:30 pm – 8:30 pm: Join us for an evening of **Wine and Paint Night** with Isabel & Andrea as they guide you step-by-step through a beautiful painting.

Tuesday, November 11th from 2:00 pm – 3:00 pm - **Remembrance Day Tribute** - "We Will Remember". Enjoy a heartfelt musical tribute from Bob & Don, followed by light refreshments.

Saturday, November 15th from 9:00 am – 1:00 pm - **Annual Christmas Bazaar and Bake Sale**. Browse our Christmas table, delicious cookies, loaves, and squares, plus treasures from our white elephant table and local vendors. All proceeds support the Stittsville Food Bank.

Please RSVP to **Karen Gilbert** at **613-316-4070** or email at karen.gilbert@stittsvillevilla.ca.

Aspira Wildpine Retirement Living - Do you know anyone thinking about retirement living?

Do you know a senior who might benefit from the convenience and warmth of a vibrant retirement community? Aspira Wildpine Residence is a warm and welcoming retirement residence, where you can age in place in the heart of Stittsville. We offer \$2,000 in appreciation for any person who becomes a resident following your referral. Email Shari.clancy@aspiralife.ca or call 613-914-1214 to find out more.

Bradley Retirement Living

We pride ourselves on fun and frequent opportunities for social connections. Bring your family and friends to sip on something sweet, and soak up the holiday cheer on Saturday, November 15th from 11:00 am – 2:00 pm – **Christmas Market**. Join us for a festive day of fun and get your Christmas shopping done early.

Check Out Our New Podcast - https://youtu.be/rXnv2LHggjc?si=vy7mc_LiqDhXtRlv.

Courtyards on Eagleson

Where memory care doesn't mean giving up your independence. Instead, it means living fully, with the right supports in place. As Ottawa's only residence solely dedicated to those with brain change, we provide an environment designed for safety, comfort, and purpose. To ensure convenience and continuity of care, we bring trusted professionals directly into our home - with mobile X-rays and ultrasounds (when prescribed by a physician), on-site dental hygiene and denture clinics, footcare, routine bloodwork, physiotherapy and mobility-support equipment clinics. A diagnosis of dementia doesn't take away your individuality or sense of purpose. At *The Courtyards*, we make sure that life continues to be rich and rewarding, with many daily opportunities for connection through extensive social programming and meaningful activities. Our six beautiful courtyards also offer an abundance of natural light throughout our bungalow building and safe outside spaces to enjoy fresh air and nature. If you'd like to explore more of our offerings, connect with the Executive Director, Bonnie Lacroix, at 613-878-0273 or blacroix@allseniorscare.com. <http://www.allseniorscare.com/>

Ideal Caregivers 4u - Supporting Seniors Through the Time Change

The end of Daylight-Saving Time can disrupt sleep, mood, and routines — especially for older adults and those living with memory challenges. Ideal Caregivers 4u helps ease the transition by supporting consistent sleep and meal schedules, offering evening companionship, and minimizing confusion as routines shift. A steady, familiar presence makes all the difference. We're here to help seniors stay grounded through seasonal changes. For more information call us at (613) 769-1669 | www.idealcaregivers4u.com | info@idealcaregivers4u.com

Around Us

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

Stittsville Branch -1637 Stittsville Main, Stittsville: **Memory Café**: for dementia sufferers and partners. First Thursdays until December 4th, from 1:00 to 3:00 pm. [Register](#). **FREE**

Hazeldean Branch: [Cookbook Book Club](#): new recipes, so put a cookbook to the test. Tuesdays to December 9th from 6:30 to 8:00 pm. Drop in. **FREE**

Hazeldean Stitches: Wednesdays to December 10th, from 6:30 to 8:00 pm. Drop in. **FREE**

Kanata Civic Art Gallery: **Gift of Art Show** - Saturday and Sunday, November 15th and 16th, 10:00 am to 5:00 pm., 2500 Campeau Dr., Kanata.

Stittsville Haunted Heritage Tour – 90-minute visit of Stittsville's darkest places. Fridays and Saturdays until November 8th, 1523 Stittsville Main St., Stittsville. [Tickets](#)

The Kanata Theatre: 1 Ron Maslin Way, Kanata. [Get Tickets](#).

The Spitfire Grill: Following her dream to a healing community. Starting Wednesday to Saturday, November 5th to 15th. [multiple dates and times](#).

Ken Ludwig's 'Twas The Night Before Christmas: A mouse is stirring because of Santa! Starting Thursday to Tuesday, December 27th to 30th. [Multiple dates and times](#)

Around Ottawa

Other Remembrance Day Events: [Sound of Remembrance](#): Saturday, November 8th at the Canadian War Museum. [Remembrance Day Tour](#): Sunday, November 9th, Confederation Square - the National War Memorial.

Wedding Party: All Fall Down - An Improvised Murder Mystery. November 29th, from 7:00 to 8:30 p.m. Arts Court - Atelier, 2 Daly Ave., Ottawa. [Tickets](#)

Christmas Celebration and Parade Events: [An exhaustive list is provided here](#).

Live from the Booth - [Walking in a Winter Wander-land](#) - starts November 18th.

National Arts Centre (NAC): 1 Elgin St., Ottawa. Many events to your liking are [listed here](#).

National Gallery of Canada (NGC): 380 Sussex Drive, Ottawa. Presented by BMO: Thursdays from 5:00 to 8:00 pm. Refreshments, snacks, and music. **FREE** More interesting events we trust you will like are [listed here](#).

The Ottawa Art Gallery (OAG): Where connections happen between art and our city. Open Tuesday to Sunday from 10:00 am. **FREE**. Other interesting happenings are [listed here](#).

Canadian Tire Centre: 1000 Palladium Drive, Kanata. Some interesting happenings we trust you will like are [listed here](#).

Chamberfest: 355 Cooper St., Ottawa.

Gala Noël - Holiday Kickoff on Saturday, November 22nd. Starting at 7:00pm. [Tickets](#)

The Canadian Stamp Collection - Museum of History: over 3,000 Canadian stamps and presentations. FREE on Thursdays from 5:00 to 7:00 p.m. [Tickets](#)

Meridian Theatres -101 CentrepoinTE, Ottawa

Live Band and Burlesque: Saturday, November 22nd at 8:00 pm. [Tickets](#)

Annie - by Orpheus Theatre: Friday, November 21st to Sunday, November 30th. [Tickets](#)

The Nutcracker- by Les Petits Ballets, Friday to Saturday, December 5th & 6th. [Tickets](#)

Pique, 67 Nicholas St. Forward-thinking, quarterly event series featuring eclectic musical, visual and multimedia artists, Saturday December 13th. [Tickets](#).

The Ottawa Little Theatre: 400 King Edward Ave., Ottawa. [A Sherlock Carol](#) Wednesday Dec. 3rd to Saturday 20th. [Tickets](#)

Parliament Hill: Guided Tours: the Senate, the House and the East Block. [Book here](#). **FREE**

Canada Holiday Train: Wednesday and Thursday, November 28th and 29th. [Stops & Schedule](#)

Ottawa Sporting Clubs: Please [click here](#) to access your favorite club.

Ottawa's Museums: The list is [here](#).

More Resources: [Ottawa Tourism](#) [Ottawa Life](#) [Ottawa Seniors](#) [Facebook Events](#)

Our Representatives

The Honourable **Jenna Sudds**, M.P.: jenna.sudds@parl.gc.ca | (613) 592-3469

The Honourable **Karen McCrimmon**, M.P.P. kmccrimmon.mpp.co@liberal.ola.org | (613) 599-3000

Mayor Mark Sutcliffe - mark.sutcliffe@ottawa.ca | (613)-580-2496. Many events are [here](#).

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

Cathy Curry - City Councillor for Kanata North: | (613) 580-2476

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

Important Phone Numbers and Links

Medical, Fire, or Police Emergency:	911	Ottawa Police, Elder Abuse	(613) 236-1222 ext. 2400
Health Connect/ Telehealth	811	Mental Health, The Royal	(613) 722-6521 ext. 6637
Ottawa City Services:	311	Ottawa Public Health:	(613) 580-7644
Community Services	211	Para/OC Transpo:	(613) 560-5000
Ontario Health at Home	(613) 310- 2222	The Queensway Carleton	(613) 721-2000

Kanata Seniors Council Newsletter: [Council News](#)

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