

Kanata Seniors Council

Seniors News

March 2026

President's Corner



Hello everyone,

Welcome March, which means there is new hope for Spring! Looking forward to those longer days and a little warmer weather outside for walking.

We certainly have been busy with Travel and Lifestyles trips, Health Seminars, and Bingo to fill the less friendly days. Our Café has been very busy with lots of happy meals, socializing, and laughter happening every day.

Kay Dubie

There are plans coming together for our Annual General Meeting, which is scheduled for Wednesday, May 20th, 2026. If you think you have an interest in being a Director on our board, the nomination forms will be available in the next few weeks, along with the information on what types of positions are needed. Watch the bulletin boards/E-Flash/Facebook/Newsletter for more information.

This is also a celebration year for our organization. 2026 is the 30th anniversary of the formation of the Kanata Seniors Council. We are planning to include this important benchmark in some of our activities throughout the year, which will include a huge birthday party in September. Keep watch for information posters coming soon. We hope that many of our members will be able to join our party to celebrate the many years of successfully serving the Seniors of our community.

Farewell 'til April. Enjoy each day and share some kindness, it's good for your heart.



Seniors' Marketplace
Hosted by Kanata Seniors Council

Saturday, April 18th 2026
Noon to 3:30pm

35+ Exhibitors with products and services of interest to older guests
Free admission — All Are Welcome

Please bring a food donation for the Kanata Food Cupboard
Located at the John G. Miacak Centre
2500 Campeau Drive, Kanata

Our Café will be open for refreshments.





Save the Date

The Kanata Seniors Council will be celebrating 30 years of "Seniors Helping Seniors" the evening of Saturday, September 26th, 2026.

More information to come on venue, entertainment, and ticket prices - so please save the date.

We hope you can join us!

CONTACT US

Phone: 613-254-7164

Website: kanataseniors.ca

email: council@kanataseniors.ca

Facebook: [Facebook Link](#)

Salsa Line Dancing and Lunch at Zola’s

On January 27th, 2026, 16 intrepid dance enthusiasts braved the dodgy roads and sallied forth to SlavaTalent Ballroom dance studio at 2194 Robertson Road in Bells Corners. There, we met with Slavic, the owner, and learned the important foundational steps for many of the Latin dances (including salsa). It was an excellent way to warm up the hips and knees!

Afterwards, we boogied our way a few doors down the plaza to Zola’s Restaurant, where we had our choice of delicious items from both the breakfast and lunch menus. We enjoyed a convivial luncheon together before departing once more into the falling snow.



The Health Team Needs Your Cooperation

A few years ago, we circulated a questionnaire asking what you would like to learn regarding health issues.

We are going to take another survey to help us arrange what you want to hear about in the coming year at our seminars.

It will be presented in a simple format that you can complete in 5 minutes, but will be such a useful tool for us to work with.

The survey form will be made available in several places, so if you find one or are handed one, please take the time to complete it.

The survey can be returned at the Kanata Seniors’ Centre either at the front desk, the Travel and Lifestyles table in the lobby, or at our office.

Thanks for your cooperation!

Health Seminar in March



Please join us on Thursday, March 19th, at 1:30 pm for a presentation on **Women's Heart Health** by Amber Bean, an Advanced Care Paramedic with the Canadian Women’s Heart Health Alliance.

Every 20 minutes, a Canadian woman dies of heart disease.

Come learn how heart disease affects women and how you can reduce your risk.





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Café Chatter

Hello everyone!

I am pleased to report that we had a busy month of January despite the very cold weather we have been having in our region. Our chefs continue to serve delicious meals which are enjoyed by many.

A price increase will become effective on April 1st; the list of items to be increased will be posted in the Café in early March. I am sure you can appreciate we have no option but to increase some of our prices due to the high cost of groceries.

Our next special lunch will be on March 19th to celebrate St. Patrick's day. Join us for some delicious Irish stew and trimmings.

A reminder! The weather is at times unpredictable. Our guide as to whether or not the Café will be closed is determined by the running of school buses. If the buses are cancelled, the Café is closed as we do not expect our volunteers to drive in bad weather. I suggest you check the news or use Google to see if buses are cancelled.

That's it for this month! See you at the Café!

Doreen, Café Director



Far West Fun Fest - Mark your calendars!

The calendar of activities for this year's Far West Fun Fest is filling in nicely.

While some activities are still being arranged, we will once again have a good mix of the perennial favorites, such as square dancing, bingo, cribbage and euchre; plus some new activities expected to include NIA, Boxing 4 Health, Cider tasting and dancing lessons.

Can't tell you much more than that right now - to find out more, you will have to attend!

So mark your calendars for **June 4th to 18th, 2026**, for 2 weeks of fun activities. Watch this space as well as the bulletin boards in the Kanata Seniors' Center. For more information, check the Council website at <https://kanataseniors.ca>.

MARCH MADNESS HOT MEALS

MENUS SUBJECT TO CHANGE

MONDAY

Mar 2 - Tex Mex Lasagna
Mar 9 - Ham Pot Pie
Mar 16 - Ham & Colcannon
Mar 23 - Baked Ziti
Mar 30 - Turkey Loaf w/Mashed Potatoes & Veggies

TUESDAY

Mar 3 - Mango & Chicken Stir Fry w/Rice
Mar 10 - Italian Stew w/Salad & Bun
Mar 17 - Philly Pasta Rosa w/Salad & Bun
Mar 24 - Texas Hash w/Salad
Mar 31 - Lasagna w/Salad & Bun

THURSDAY

Mar 5 - Vegetarian Chili w/Cornbread
Mar 12 - Salmon Pasta Casserole w/Salad
Mar 19 - ST. PAT'S SPECIAL LUNCH
Mar 26 - Chicken Burrito Casserole w/Salad

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Café Valentine’s Day Luncheon
February 12th, 2026



Bonnie, Kathy, Roy, Doreen, Linda, and Jay Dee

Another great turnout for the Café’s annual Valentine’s Day luncheon that was held Thursday, February 12th. Without the help of volunteers who do the cooking, serving, and cleaning, these luncheons would not be such a success. Thank you for your support!



Buying Canadian in the Ottawa Area

Buying Canadian in Ottawa is best achieved by shopping at local farmers' markets, specialized boutiques, and supporting regional food producers.



Farmers' Markets:

For fresh, local produce, dairy, and meat visit one of the following:

- Carp Farmers' Market
 (<https://www.carpfarmersmarket.ca/>)
- ByWard Market
 (<https://www.byward-market.com/>),
- Parkdale Market
 (<https://parkdalepublicmarket.ca/>)

Local Meats:

- The Piggy Market (Wellington West)
<https://thepiggymarket.com/>
- Mariposa Farm (Plantagenet)
<https://mariposa-duck.on.ca/>

Specialty Foods:

- Mrs. McGarrigle's Fine Foods (Merrickville) for mustard - <https://mustard.ca/>
- Hummingbird Chocolate Factory (Almonte)
<https://hummingbirdchocolate.com/>

Handmade and Artisan Goods:

- Flock Boutique for clothing/jewelry
<https://workshopandflock.com/>
- Riverguild Fine Crafts (Perth)
<https://www.riverguild.com/>
- Valley Artisans' Co-op (Deep River).
<https://valleyartisans.ca/>
- Hintonburg Pottery
<https://www.hintonburgpottery.ca/>
- Luna Glass Studio
 299 Crichton St, Ottawa, ON K1M 1W3
- Maker House
<https://makerhouse.com/>



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LOOK!

Frank Valentine Volunteer Award

Do you know someone who is a dedicated volunteer in the West Ottawa area?

This person has focused their volunteer time on seniors' needs in the community by taking on a leadership role.

If you know this person, please nominate them for the award.

The nomination form is available at the front desk of the Kanata Seniors' Centre, 2500 Campeau Drive, Kanata or from the Kanata Seniors Council office at the Centre, weekday mornings.



HEALTH SEMINAR - PLANNING AHEAD FOR PEACE OF MIND



On February 12th, a small group of seniors attended a presentation by Conal Deegan - the co-founder of KindFlare - on planning ahead for peace of mind. Conal developed a guide to provide clarity when dealing with the loss of a loved one and it was designed as a result of his personal experience when his grandfather passed away.

The presentation outlined a handy tool that can be used in planning your digital legacy, sharing wishes with loved ones securely, and reducing the burden of planning for those left behind.

This was indeed a very informative session whereby additional information can be found at kindflare.ca. Feel free to check it out and to share with others.

VOLUNTEER SPOTLIGHT: This new section features information about one of the many volunteers helping the Council in delivering its programs and services. If you know someone who should be highlighted, please send us a note at council@kanataseniors.ca.

This month we feature Beth Montgomery, a shy and reserved individual who has been a volunteer with the Kanata Seniors Council since May 2023. It didn't take much time after joining that she became an active member of the Travel and Lifestyles Team, where she has dedicated and demonstrated many of her skills through her ideas in identifying enriching activities for seniors, and through her creativity in developing many of the advertising (flyers and tickets) and marketing tools (ticket sales) used to promote Council events.



With the recent integration of Eventbrite as the registration tool for our events, Beth has taken on managing most of the tasks for the listings in this application. She has helped organize many of our popular events such as International Dining, the Murder Mysteries, Mental Health and Wellness Seminar featuring therapy dogs, the Christmas gift exchange and lunch, and High Tea (coming soon), to name a few.

To add to that, Beth is also a member of the Far West Fun Fest team where she takes minutes for all the meetings, designs the flyers, creates the maps for participants, puts together the video presentation for the opening breakfast and the slideshow for the closing lunch, drives attendees to events, and much more.

Thank you Beth for your contributions towards helping the Council make a difference in seniors lives. You are a wonderful person and teammate, a gem to have in the organization.



The Council wishes to thank the sponsors and contributors whose financial support helps us make things happen for seniors in the West end of Ottawa.

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- Ideal Caregivers 4u
- Kanata Ridge Retirement
- Kanata Theatre
- Solva Senior Living
- Stittsville Villa
- The Bradley
- Waterford Grand
- Wellings of Stittsville

Travel and Lifestyles Events

Fish 'n Chips at the Kanata Legion

Branch 638

70 Hines Road, Kanata

March 13th, 2026

11:30 am - 1:00 pm

\$5 (does not include cost of meal)

Kanata Theatre - The Watsons

Sunday, March 29th

Lunch at Buster's Bar & Grill at 12:00 pm

420 Hazeldean Rd., Kanata

Theatre performance at 2:30

1 Ron Maslin Way, Kanata

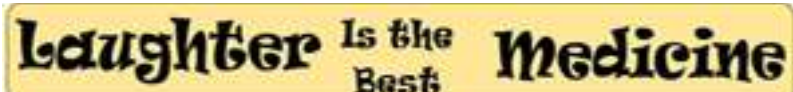
\$25 (does not include your meal)

Sugar Shack in Vanier

Coming in April

Event Registration Details

Tickets can be purchased at the Travel and Lifestyles table in the Kanata Seniors' Centre lobby, 2500 Campeau Drive, Kanata, weekdays from 11:30 am to 1:00 pm. Payment by cash, debit, or credit cards.



OLD FRIENDS

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

Kanata Seniors Council Inc. CELEBRATING 30 YEARS OF SENIORS HELPING SENIORS

ANNUAL GENERAL MEETING

WEDNESDAY, MAY 20, 2026
10:00 AM - 1:00 PM
KANATA SENIORS' CENTRE
2500 CAMPEAU DR.
KANATA

The purpose of the meeting is to:

- Receive the financial statements for 2025
- Elect members of the Board of Directors
- Review highlights of 2025
- Present the Frank Valentine Award
- Provide feedback



FOR MORE INFORMATION OR TO JOIN THE COUNCIL NOW

613-254-7164

[HTTPS://KANATASENIORS.CA/](https://kanataseniors.ca/)

All are welcome to attend but only members of the Council are entitled to vote

A light lunch will be served following the meeting

ADDITIONAL INFORMATION AND DOCUMENTATION WILL BE MADE AVAILABLE UPON REQUEST

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Drumming Circle - February 6th, 2026

On this cold February morning, a group of 19 seniors gathered in a circle to beat the drums and use percussions to make rhythms and cool sounds under the direction of our instructor, Heather Lance.

Together, we discovered the magic of drumming and layering simple rhythms on the djembe (African drum), shakers, wooden blocks and more.

A great time was had by all even when the coordination of brain activity, hand movements, and different beats to cute tunes (I love peanut butter and jam) were put together.



BINGO DATES FOR MARCH

Electronic Bingo continues to be a favorite activity for seniors with over 30 players in attendance most weeks. Please join us on March 6th and 27th for a few hours of Bingo fun.

Bingo Players Remember Virgie (Virginia Gerrior)



On Friday, February 6th, the Bingo players who assembled in the hall at the Mlacak Centre took a moment to remember Virgie, a beloved Bingo player who supported the Council Bingo since it started a few years ago.

Virgie didn't just play the game; she ruled the table where she sat with many cards in front of her and a welcoming and infectious smile for everyone.

Her bingo card is fully dabbed now, and we hope she gets the bingo wings she so deserves.



March 25th - April 4th, 2026

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