

Philosophy Over 50

Philosophy Over 50 is our newest registered program, designed especially for those who want to reflect on life's big questions through the lens of lived experience.

Unlike traditional philosophy classes aimed at younger students, this series recognizes the wisdom that comes from decades of real life—raising families, working, celebrating milestones, and navigating life's challenges. Ancient thinkers believed that meaningful philosophy begins after 50, when people have the time and perspective to reflect more deeply.

Each session is led by a Doctor of Philosophy—Susan Hempinstall and begins with a short introduction to a topic, followed by an open, participant-led discussion that connects ideas to personal experiences.

Possible discussion themes include:

- What makes a life well-lived?
- Wisdom vs. intelligence
- What valuable lessons should we pass on?
- Can computers make moral choices?
- Ethics in modern biotechnology
- Does justice equal fairness?
- Is there an afterlife?

We look forward to thoughtful, engaging conversations that celebrate the insight and wisdom that come with age.

When: Wednesday Evenings: April 1st to May 6th 6:15-8:15pm

Where: Kanata Seniors' Centre Lounge

Cost: \$159.54 /\$143.59(65+) plus applicable taxes

Register: Activity # 169775 register.ottawa.ca

March

LEARNING SERIES

OTTAWA PARAMEDIC SERVICE INFORMATION SESSION

Thursday, March 26th at 1 PM

Presented by Marc Deschamps-
Superintendent of Public Information for the
Ottawa Paramedic Service.

The presentation will cover services offered by paramedics in Ottawa, what to expect when you call 9-1-1 as well as prevention tips about falls, heat, cold and much more!

Mars

SÉRIE D'APPRENTISSAGE SÉANCE D'INFORMATION DU SERVICE PARAMÉDIC D'OTTAWA

Le jeudi 26 mars à 10 h 15

Présenté par Marc Deschamps – Surintendant
de l'Information publique pour le Service
paramédic d'Ottawa.

Lors de la présentation, nous aborderons les services offerts par les paramédics à Ottawa, à quoi s'attendre lorsque vous composez le 9-1-1, des conseils de prévention concernant les chutes, la chaleur, le froid et bien plus encore!

- RSVP at the front desk for each learning series
- included in the Seniors' Centre membership
- Non-members welcome, \$2.49 drop in fee

THURSDAY BOOK CLUB



March 12th @ 1:30 pm
Remarkably Bright Creatures
 by Shelby Van Pelt



April 9th @ 1:30 pm
The Women
 by Kristin Hannah



May 14th @ 1:30 pm
The Lost Bookshop
 by Evi Woods



Interested?
 New book club members are welcome to join.

Spring Programs are Open for Registration

Spring programs will begin the week of March 23rd, and we still have a number of wonderful classes with space available. It's a great time to stay active, learn something new, and connect with others in your community. We offer a wide variety of gentle and enjoyable fitness classes, including: Barre, Chair Exercise, Pilates, Nia, Tai Chi, Yoga, Yoga Chair and Zumba Gold. If you're looking for something creative or social, you may enjoy: line dancing, acrylic painting, drawing or the over 50 philosophy course. We'd be happy to help you find the perfect class. Please stop by the front desk for more information, or visit register.ottawa.ca.



Kanata Diners Club

10 am to 1 pm
 Kanata Seniors' Centre - Halls C & D

The Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with physical disabilities living in our community. Socialize, learn and have some fun!

Contact **Anna-Leigh Hughes 613-591-3686 ext. 322** to register and to ask for transportation if you need it.

\$12 admission includes meal & live entertainment.

- March 11th - **Jumpin Jimmy** register by Mar 4
- March 25th - **Roxy Swan** register by Mar 18

Services / Program delivered by rentals

The Dementia Society-Care Giver Support

- Dementia Society of Ottawa and Renfrew County's monthly caregiver peer group 10 am-12 pm on the 2nd Friday of the month. Call 613-523-4004 ext 2 for info and to register

Foot Care Clinic

- make an appointment by calling the Community Nursing Registry of Ottawa at 613-236-3639

English Country Dancing

- 2nd & 4th Wednesday of the month 3-5 pm. Provided by Ottawa English Country Dance Club. All welcome - free to attend.

Minty Gold & Silver Exchange

- Complimentary evaluations of unwanted gold & silver jewelry, sterling silverware, coins and bullion. Payment on the spot if you choose to sell. No obligation & friendly service. At KSC on March 30th & 31st, Mintygold.ca (416) 788-4334



Heart Valve Screening Clinics at KSC

Questions or to book an appointment: call the Ottawa Heart Institute at 613-696-7000 ext 19172 or scan the QR Code

FRIENDLY REMINDER TO COMPLETE THE KANATA SENIORS' CENTRE PROGRAM SURVEY



The Kanata Seniors' Centre is a recipient of the Seniors Active Living Centre grant. As a grant recipient, we are required to survey our participants annually.

The survey closes on March 31st, 2025.

Please help us by filling out a survey by:

- visiting the front desk next time you are in
- completing it online through the following link:

Une copie française du sondage sera bientôt disponible.

Une fois que nous aurons le sondage en français, nous le distribuerons par courriel aux participants du groupe social francophone.

Survey Link

Meet Our New Fitness Staff

Brenda



Hello everyone! My name is Brenda, and I'm thrilled to be your Thursday Zumba Gold instructor at the Kanata Seniors' Centre. I've been teaching Zumba for 17 years, and it continues to be one of my greatest joys. I love creating a welcoming, energetic space where we can move, laugh, and stay active together. Whether you're brand-new to Zumba or a longtime participant, my goal is to make every class fun, accessible, and full of great music. I look forward to dancing with you each Thursday and helping you stay healthy, confident, and connected through movement!

Kerry



We're excited to introduce Kerry, the newest instructor joining our Kanata Seniors' Centre community. With a strong background in health and fitness, Kerry brings both expertise and heart to everything she does. Kerry is also certified in nutrition coaching, sport conditioning, and yoga, allowing her to support overall wellness in a thoughtful and holistic way. Her approach is welcoming, empowering, and perfect for participants of all experience levels. We invite you to register and join Kerry for our Thursday afternoon Yoga 50+ class—a wonderful opportunity to improve strength, balance, and relaxation while connecting with others.

Merle



Movement has always been a core part of my life, and staying active led me to complete my fitness and yoga certifications in retirement. Movement keeps me energized and grounded, and I love helping others experience those same benefits. My focus is on accessible, practical movement that supports strength, mobility, balance, and overall well-being, whether on the chair, the mat, or in daily life. I'm honoured to be part of the Kanata Seniors' Centre and look forward to moving together and supporting a vibrant, active community. Merle teaches the Yoga Chair class on Thursdays at 10am.