



Kanata Seniors Flash

The Kanata Seniors Council invites you to visit us at kanataseniors.ca and [Facebook page](#). We encourage you also to read our monthly [Seniors News](#).

February 15th to March 1st, 2026

Welcome to the 39th issue of the Kanata Seniors Council twice-monthly email that lists happenings around our community.

Current Issues

The Kanata Seniors Council will advocate for you. Please forward your thoughts, ideas, and concerns about what matters most to you.

Share your suggestions about this bi-weekly Flash at council@kanataseniors.ca, and feel free to forward this e-mail to friends and family.

Two vacancies. The Kanata Seniors Council needs your support in filling these vacancies. If you have experience in marketing or communications, please [Click here for more information](#).

Save the Date: The Kanata Seniors Council Annual General Meeting on **Wednesday, May 20th** at the Kanata Seniors' Centre, 2500 Campeau Dr., starting at 10:00 am. All are welcome.

Health Concerns

[McMaster University:](#)

[Break the cycle of isolation and stay healthy](#): Get involved in your community! 2 minutes reading. [Addressing the social needs of older adults](#): Health and well-being factors. 2 minutes reading.

[Beyond taboos](#): The sexual life of older adults. 2 minutes reading

[What is frozen shoulder?](#) 2 minutes video with access to a 17 minutes some remedy video.

[Insomnia](#): Non-medication treatment strategies: 3 minutes video.

[The National Institute on Aging](#)

[Social isolation, loneliness in older people pose health risks](#): 3 minutes reading

[Staying Healthy During and After Menopause](#)

[Tips for Healthier Skin as You Age](#)

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

Advocating for and with older adults in transportation, income security, housing, health and more. [Click here for details](#).

[Tuning Inward](#): Listening to Your Body's Hunger and Hydration Signals. Wednesday, February 25th, 1:00 - 2:30 pm (Online). [Register](#).

[Keep your Knees Moving](#). Friday, February 27th, 1:00 - 3:00 pm (Online) [Register](#).

[Forum](#) – Les relations intergénérationnelles: Wednesday, March 4th, 9:30 am - 3:00 pm.

[Inscrivez-vous](#)

[Thriving Solo](#): Tuesday, March 10th, 1:00 - 3:00 pm. **On-line**. [Register](#).

[WOCRC](#) - West Ottawa Community Resource Centre! 2 MacNeil Court, Kanata

[Hearing Clinic](#): Wednesday, February 25th, 9:00 am - 4:00 pm. Participants 55+ with a valid health card. Register with Laura at gallo@wocrc.ca. **FREE**

[The Coldest Night of the Year: 2 & 5 km fundraising walk](#) in support of local charities.

Saturday, February 28th, John G. Mlacak CC, 2500 Campeau Drive. 4:00 - 7:00 pm. [Register](#).

[The Dementia Society](#): Complete events listed [here](#).

[Musical Connections](#) - Anne and the Joyful Sound Ottawa Choir: St. Stephen's Anglican Church, 2821 St. Stephen's St.. Tuesdays, February 17th - April 28th, 10:30 am to noon [Register](#). **FREE**

Connect with Art: SPARK. In-Person: First Tuesday monthly, 1:30 - 3:00 pm at the [National Gallery of Canada](#), 380 Sussex Dr. **Virtual**: Second Monday monthly, 1:00 to 2:00 pm. **FREE**.

Several musical on-line Activities: Please [click here](#). **FREE**

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

[The Royal Hospital](#) (1145 Carling Ave): Teaching & research on mental illness & addiction.

[Support a Loved One Who Refuses Care](#): Tuesday, Feb. 3rd, 6:00 - 7:00pm. [Register](#). **FREE**.

Interested in: the Royal's research and educational, [please check here](#).

Tidbits

Copilot AI

We asked: Tips for Older Adult on Getting Ready for Spring in Kanata? [Here is the answer](#).

Buy Canadian

Many of us have dentures or dental appliances. Canadian cleaning products are few and far between. One that is recommended by a number of dental clinics is Nu-Dent. Simple product, one bottle provides 64 cleanings for \$14.95 and does a great job on coffee, tea, tobacco, tartar and calculus buildups without damaging the appliance. Available direct online from [Nu-Dent](#) or from select dental clinics.

On the NET

In this section, we try to offer useful and interesting websites. **Caution**, "Interesting" may mean time-wasting fun rabbit holes ;-). Under the category of "interesting" is a website called "I waste so much time". Need we say more? [Click here](#).

Sponsors - Businesses

The Kanata Seniors Council would like to thank the private sector companies for their ongoing support. For more information, please [visit us here](#).

Aim Fitness

Are you moving enough during the day? Daily activities like climbing stairs, carrying groceries, or getting out of a chair all rely on muscle strength. Maintaining strength helps make these tasks easier and safer. Gentle, well-guided exercises can support joint health and confidence.

To learn more or book a free 15-minute health consultation, visit www.activitiesinmotion.ca or call 613-869-3246.

HearCANADA

HearCANADA is on a mission to make hearing care simpler and more accessible than ever before, setting a new standard in modern hearing care. Drawing on the knowledge, training, and aftercare services of our hearing care professionals, we are helping more people take charge of their hearing health, making wonderful sound part of their everyday life.

Why Choose HearCANADA?

- Free hearing tests and consultations
- Free hearing aid trials
- Insurance guidance and government program assistance
- Price match guarantee (certain conditions apply)
- Affordable financing plans – no credit check, no interest

Call 613-836-3883 to schedule your free hearing test or visit www.hearcanada.com to find out more about us!

Ideal Caregivers 4U

New: In-Home Nursing Services Now Available

Ideal Caregivers 4U is pleased to now offer professional in-home nursing services to better support seniors and their families. Our Registered Practical Nurses (RPNs) and Registered Nurses (RNs) provide wellness checks, health monitoring, medication oversight, and early detection of changes in condition — all in the comfort of **your** home. These services are ideal for seniors with complex health needs, frequent medications, recent hospital discharges, or families seeking added clinical oversight alongside caregiving support. Nursing care can be scheduled as standalone visits or combined with existing caregiver services for a more complete care plan.

Call (613) 769-1669, visit our website at www.idealcaregivers4u.com or e-mail at info@idealcaregivers4u.com.

Happenings

Kanata Seniors Council Activities

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

Technology:

For computer training and other technology offerings, [please click here](#).

Council Events:

[Council's Electronic Bingo](#): Friday, February 20th, Doors open at 12:30 pm. Cost is \$5/card. New game options, "crappy card", and "wrap up".

Health Team Events: Registration at Kanata Seniors Centre:

[Humour](#) - Seminar: Learn to laugh and smile. Thursday, February 19th at 1:30 pm. **FREE.**

Travel and Lifestyles Team Events:

[Lunch at Chez Lionel](#): 101 Kanata Ave. suite 100. Wednesday, February 18th, 12:00 - 2:00 pm

[Pancake Breakfast](#): Friday, February 27th from 8:30am to 10am.

[Fish 'n Chips at The Legion](#) - 70 Hines Rd Friday, March 13th, 11:30 am to 1:00 pm.

[Afternoon High Tea at Old Town Hall Kanata](#): 821 March Rd. Friday, March 20th, 2:00 - 4:00 pm.

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

Kanata Seniors' Centre Activities

2500 Campeau Dr. [Membership Programs](#) and the Centre Newsletter [Seniors Scoop](#).

Other Programs and Services - offered by rentals:

Footcare Clinics: 3rd and 4th Thursday monthly. 10:15 am - 3:15 pm. \$45. [click for details](#).

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

Regular Dance: Fridays, 7:00 - 10:00 pm. **FREE** first time. [Info](#)

[Kanata Dance Club](#): Saturday, February 21st. [Tickets](#)

Other Activities in Kanata

[The Ottawa Public Libraries](#): Events and programs at the four local branches are [listed here](#).

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

Daily events - Food, Music, Dancing, Games, Bingo, Exercises and more. [Click here for details](#).

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

March Speaker: Professor Ian Lee, details to follow.

Lunch: ZOLAS Restaurant , 2194 Robertson Rd. Wednesday, February 25th at noon.

[St. John's, Kanata North Anglican Church Events](#): 325 Sandhill Rd., Kanata.

Classic Movie Night: [The Spanish Dancer \(1923\)](#). Friday, February 20th, 7:00 - 9:00 pm.

Music on a Sunday Afternoon: [Violin & cello Duet](#): February 22nd, 2:30 to 3:30 pm. Cash donation.

Lunch Bunch: Monday, March 2nd, 11:30 am. [RSVP](#) or call 613-592-4747.

[The Trinity Perspiration Church](#) - "The Power of Planning" Informative Seminar: Saturday, 1817 Richardson Rd. February 21, 1:00 - 4:00 pm. [RSVP](#). **FREE**.

[Kanata Civic Art Gallery](#): 2500 Campeau Dr. **FREE**

[The Kanata Theatre](#): 1 Ron Maslin Way. [The Watsons](#), March 25th – April 4th. [Schedule & Tickets](#)

[The Ottawa Little Theater](#): [The Murder of Roger Ackroyd](#), 400 King Edward Ave, Ottawa February 25th – March 14th, at 7:30 pm. Matinee: March 1 & 8 at 2:30 pm. [Tickets](#).

[Kanata March Horticultural Society](#):

[Raised Bed Gardening](#): Old Town Hall, 821 March Rd. Tuesday, March 3rd, Visitor's fee is \$5

[Seedy Saturday](#): 3790 Carp Rd. Saturday, March 14th, 10:00 am – 2:00 pm. Admission is \$2

Sponsors - Residences

The Kanata Seniors Council would like to thank the residences for their ongoing support. For more information, please visit kanataseniors.ca

AMICA Westboro Park

Sweetheart Soirée. In honour of Heart Month this February, we invite you to join us with your sweetheart or a friend for a special happy hour. Mingle with our residents and other guests; enjoy wine and cheese; and tour our premium suites and amenities.

We look forward to welcoming you to our **Sweetheart Soirée** on Thursday, February 26th from 4:00 pm to 6:00 pm. Please RVSP by February 20th to Tait or Mandy at 613-728-9274.

Aspira Wildpine Retirement Living

National Open House - Love Lives Here. Step in from the winter chill and feel the love at our welcoming retirement residence. Mingle with like-minded peers and explore our stylish suites. Enjoy heartwarming treats prepared by our Executive Chef. **Experience the warmth of our vibrant community and live every day your way.** We would love to have you join us:

- Friday, February 20th from 1:00 pm – 4:00 pm
- Saturday, February 21st from 1:00 pm – 4:00 pm

Call 1-866-959-4848 to RSVP to let us know you are coming.

Bradley Retirement Living

February Fun at The Bradley

- Thursday, February 19th from 2:00 pm to 3:00 pm - **The Bradley College** with Abena Beloved Green
- Friday, February 20th from 3:00 pm to 4:00 pm - **Happy Hour** with William on Drums
- Tours happen daily. Call **613-290-5817** to reserve.

Please call us to RSVP 613-707-3708.

Brookside Senior Living

Celebrate Heart Month at Brookside Senior Living – Kanata

This Heart Month, we invite you to celebrate wellness, connection, and community at Brookside Senior Living Kanata. As a locally owned and operated community, we are dedicated to supporting heart-healthy, fulfilling lifestyles through compassionate care, meaningful relationships, and engaging daily experiences.

Brookside offers Independent Supportive Living and Assisted Living, with a new Secure Assisted Living community coming soon—all thoughtfully designed to promote comfort, safety, and peace of mind. From cozy common areas and social gatherings to gentle activities that encourage movement and connection, every detail supports overall well-being—body, mind, and heart.

Whether sharing homemade treats, participating in enriching programs, or simply enjoying the company of friends, Brookside is a place where residents truly feel at home.

Introducing SPARKS - Brookside Senior Living Kanata is proud to introduce **SPARKS**—a one-of-a-kind program, exclusive to our Assisted Living recreation experience. SPARKS is designed to engage both the mind and body, supporting focus, coordination, memory, and overall wellness through meaningful, enjoyable activities tailored to each resident's pace.

We would love to welcome you for a tour and share what makes Brookside so special this Heart Month. Please contact **Catherine** at catherine@brooksideliving.ca to schedule your visit.

Here's to strong hearts, meaningful moments, and a healthy season ahead.

Courtyards on Eagleson

True memory care is so much more than a secured area. True memory care isn't about what's *locked*, it's about what's *unlocked*; understanding, reassurance, engagement, and quality of life.

We're proud of our community where people living with brain change can continue to experience purpose, dignity and connection, not just the protection of a secured door.

As Ottawa's only dedicated memory care residence, we do things differently. Our holistic approach includes personalized routines and activities, specialized and trained staff, thoughtfully designed spaces and support for families. We believe in relationships that build trust and familiarity and compassion to respond to changing needs.

If you have a loved one with dementia, reach out to us at any time to learn more about our care, social programming and what life is really like at The Courtyards. Please call 613-806-3516 or e-mail us at blacroix@allseniorcare.com or visit our web-site at www.allseniorcare.com

Stittsville Villa and Manor

Enjoy worry-free living in the heart of Stittsville! From the moment you arrive, you'll feel the warmth, care, and support of our welcoming community. Exceptional care and service tailored to your needs, lovely accommodations designed for comfort and peace of mind and engaging activities and events to keep you active, social, and inspired. Come see why everyone is talking about Stittsville Villa and Manor where friendship, fun, and quality living come together!

You are invited to join us for these upcoming events: Thursday, February 19th at 2:00 pm – AIM Fitness - Happy, Healthy Heart - Heart Health **Presentation for Seniors** - presented by Loree. Join us for a helpful and uplifting talk on keeping your heart strong and healthy at any age. Learn simple tips to: Boost energy, Support circulation, Stay active safely and Improve overall wellness,

Friendly, easy to follow, and time for questions! Take care of your heart — it takes care of you! Wednesday, February 25th at 6:30 pm - **Senior Paint Night - A Relaxing Creative Evening** - hosted by Isabel & Andrea. Join us for a fun, stress-free evening of painting and fellowship. Enjoy: Easy, step-by-step instruction, • A friendly, welcoming atmosphere, Light social time and connection and a beautiful painting to take home. No experience needed — just come ready to relax and have fun!

Please contact Karen Gilbert at 613-316-4070 or karen.gilbert@levanteliving.com to reserve a spot.

Kanata Ridge Retirement Community by Spring Living

Be embraced by a vibrant community! At our Kanata retirement home, we have a variety of opportunities to expand your knowledge and explore new interests. Explore our full calendar of engaging activities featuring old favourites and new hobbies to discover. If you'd rather step outside, you'll love our patio, gardens and the walking rails across the street that are perfect for soaking in the sunshine with friends or your beloved pet.

Whether you are looking for independent living, need a little extra support through assisted living, or require specialized memory care, our warm and welcoming team is here to support you. When it comes to retirement homes in Kanata, none are as filled with warmth as our community. Book a tour today.

Join us in February for activities and exercise:

- Mondays, Tuesdays, and Thursday at 10:30 am - Chair Exercise in the Activity Room.
- Wednesdays and Fridays at 1:30 pm - Family Physio Chair Yoga in the Activity Room.

RSVP to: Karen 613-608-7632 or karen.wagner@springliving.ca

Around Ottawa

Canadian Tire Centre: 1000 Palladium Dr., Kanata. Interesting happenings are [listed here](#).

The Meridian Theatre -100 CentrepoinTE, Ottawa: [Several events are listed here](#).

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

National Gallery of Canada (NGC): 380 Sussex Dr., by BMO. Thursdays from 5:00 to 8:00 pm. Refreshments, snacks, & music. **FREE**. More interesting events 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](#).

The Gladstone Theatre, 910 Gladstone Ave., Ottawa.

Blood Relations: Wednesday, March 4th – Saturday, March 14th, 7:30 pm. [Tickets](#).

Antigone: Wednesday, March 18th – Saturday, March 21th. 07:30 pm. [Tickets](#)

Art of Murder: Thursday, March 26th – Saturday, April 4th, 2026. [Tickets](#).

Live from the Booth: Monuments, Plaques, and Statues/Sculptures - Self Walking Tour. **FREE**

Algonquin College, 1385 Woodroffe Ave., Ottawa.

Jade Eagleson: Bronson Theatre, 211 Bronson Ave. Tuesday, February 10th at 7:00 pm. [Tickets](#)

Carleton University - Kailash Mital Theatre, 1125 Colonel By Dr.

9 to 5 The Musical: March 5th, 7:30 – 10:00 pm. [Tickets](#)

The Manor - 292-A Elgin St.

Supersonic Hearts Band - High-energy music. Every third Thursday to July 16th. 8:00 pm. [Tickets](#).

Motel Chelsea: 1418 Route 105, Chelsea, Québec.

Irish Mythen: Saturday, February 21st, 8:00 pm. [Details & Tickets](#).

Open Stage - Hosted By Christine Graves, Thursday February 26th, 7:00 pm. [Sign up!](#) **FREE**.

Lights of Korea - [Jinju Silk Lanterns](#) Korean Cultural Centre Canada (150 Elgin St #101. Until Friday, February 27th, 9:00 am to 5:00 pm. **FREE**.

613 Flea: Lansdowne Park, 1015 Bank St. An indoor fun shopping experience. 150 vendors featuring gifts, food & treats. Saturday, February 28th. 10:00 am to 4:00 pm. **FREE**

Candlelight: at [Knox Church](#) - 120 Lisgar St.

[Tribute to Fleetwood Mac:](#) Saturday, March 7th & 14th, and Friday, April 17th. 6:30 pm. [Tickets](#).

[Tribute to ABBA:](#) Friday and Saturday, February 20th & 21st at 08:30 pm. [Tickets](#).

Rideau Canal Skateway: 7 days a week, 24 hours a day until late February or March. [Please check here for Ice Conditions](#). **FREE**

RCMP Musical Ride Stables Open House: 1 Sandridge Rd., Ottawa. Saturday, February 21st, from 10 am to 3 pm. **FREE**.

Great Canadian Kilt Skate: Lansdowne Park, Saturday, February 21st, 1:00 - 3:00 pm. **FREE**

Ghibli Symphony: 355 Cooper St. Friday - Sunday, February 20th - 22nd. [Schedule & Tickets](#)

Whisky Wonderland: TD Place, 1015 Bank St. Thursday - Saturday, February 19th - 21st. [Schedule](#). [Tickets](#).

EY Centre, 4899 Uplands Drive, Ottawa:

[Ottawa Boat & Outdoors Show:](#) Thursday to Sunday, February 19th to 22nd. [Schedule and Tickets](#)

[Ottawa RV Expo :](#) Friday to Sunday, February 27th to Mar 1st. 11:00 am to 5:00 pm. [Tickets](#).

[Ottawa I Love Beer Festival:](#) Saturday, February 28th. Two sessions from 1:00 pm. [Tickets](#)

[Ottawa Gatineau Golf Expo:](#) Thursday & Friday, March 6th & 7th. [Tickets](#).

Chamberfest - [Concert Series:](#) to Monday, May 11th. [Tickets](#)

The Shenkman - 245 Centrum Boulevard. Orleans

[Tommy Youngsteen:](#) Friday, February 20th at 8:00 pm. [Tickets](#).

[Walk Like a Man:](#) Friday & Saturday, March 27th & 28th. 7:00 pm. [Tickets](#).

African Day on the Hill: 801 Aviation Parkway, Saturday, February, 21st, 5:00 - 9:00 pm. [Tickets](#).

Heritage Day Ottawa: Celebrating Two Centuries of Histories and Heroes. City Hall, 110 Laurier Avenue, Ottawa. Tuesday, February 17th at 12:00 pm. [More details](#). **FREE**

Wayward Improvised Theatre: 2 Daly Ave. [Info and Tickets](#).

[Maestro:](#) Competitive Improv Comedy. Saturday, February 28th, from 9:00 – 10:30 pm. [Tickets](#).

Museum of History: 100 Laurier St., Gatineau. [The Canadian Stamp Collection](#) : Thursdays from 5:00 to 7:00 p.m. **FREE.** [Tickets to the Museum.](#)

Canadian War Museum - Canada's Unknown Soldier: 18-panel wall display explores the history, legacy and significance of his tomb. 1 Vimy Place, to May 24th. [Tickets.](#)

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

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](#) [Fever](#)

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 cathy.curry@info.ottawa.ca. [Contact.](#)

Glen Gower - City Councillor for Stittsville: | Glen.Gower@ottawa.ca | (613)580-2476.

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

Important Phone Numbers

Emergency:	911	OPS, Elder Abuse	(613) 236-1222 ext. 2400
Health Connect/ Telehealth	811	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
Ont. Health at Home	(613) 310-2222	Queensway Carleton H.	(613) 721-2000