

Celebrating Our Volunteers

April is National Volunteer Appreciation Month, a time to recognize the incredible individuals who generously give their time, energy and skills to support our community.

The Kanata Seniors' Centre thrives because of our volunteers-people who step forward with kindness, commitment and a genuine desire to make a difference.

Whether they are organizing programs, welcoming participants, offering support behind the scenes or sharing their expertise, our volunteers help create a welcoming and inclusive environment for older adults in Kanata. Their contributions strengthen connections, enhance well-being and ensure our programs continue to grow and succeed.

On behalf of the Kanata Seniors' Centre, we extend our heartfelt thanks to all our volunteers. Your dedication does not go unnoticed and your efforts truly enrich the lives of those you serve. We are deeply grateful for everything you do-today and throughout the year.

Spring Is in the Air – We Need Gardening Volunteers & Perennials!

As we get ready for the growing season, the Kanata Seniors' Centre is looking for volunteers to help refresh our garden beds. If you enjoy gardening or simply like spending time outdoors, we'd love to have you join us.

We're also accepting donations of perennials ready to be divided-such as sedums, white coneflowers, bearded irises, yucca plants or other hardy favourites.

If you're interested in volunteering or donating plants, please speak with the front desk for details.

Let's help our gardens bloom beautifully this spring!



APRIL LEARNING SERIES

Advanced Care Planning

Thursday, April 30th at 1 PM

April is advanced care planning month. Are you prepared for a change in your health, such as an accident or stroke, which leaves you unable to communicate?

Do you have a Power of Attorney for Personal Care appointing someone to speak on your behalf?

Does your Substitute Decision-Maker know your wishes and values if they are required to give treatment instructions on your behalf?

Join us at the April learning series for a comprehensive Advance Care Planning Presentation which will help you record your preferences for medical intervention in emergency or end-of-life care. We will review the responsibilities of the Substitute Decision-Maker and Ontario Power of Attorney legislation.

This presentation will be given by Beverlee McIntosh, MSW, volunteer with the Ottawa Chapter of Dying With Dignity Canada.

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



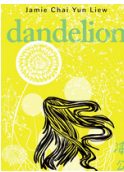
THURSDAY BOOK CLUB



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



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



June 11th @ 1:30pm
Dandelion
 by Jamie Chai Yun Liew

Interested?
 New Book
 Club Members are
 always welcome
 to join us.

Try Something New!

Learning a new game is a fun way to stay active and social at the Kanata Seniors' Centre. Just ask Peter Von Moos, who started learning cribbage in September 2025. On March 19, 2026, he was amazed to score 28 points (out of a possible 29). Peter had four 5s in his hand and a queen was cut-his fellow players happily helped him count up his score. Our programs are welcoming, supportive, and designed for all skill levels, making it the perfect place to learn something new, connect with others and enjoy the fun.



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.

- April 8th - **2 of Hearts** register by April 1st
- April 22nd - **Marco Zarko** register by April 15th

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 April 27th & 28th, 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

Ottawa
BIG BAND DANCE

FRIDAY, APRIL 24 2026

DOORS OPEN AT 6PM,
BAND PLAYING FROM 7-10PM

COST: \$28.93

REGISTER. OTTAWA.CA (#171031)

FOR MORE INFO, CONTACT, 613-828-4313

RON KOLBUS LAKESIDE CENTRE

Protective Measures-Know what to do in a security or emergency situation

Emergency Notice at the Front Desk

If staff call 911, a red sign will be placed at the front desk to show an emergency is in progress. During this time, front desk services may be unavailable. Thank you for your patience and understanding as staff assist with the emergency.

If the Fire Alarm Sounds

If the fire alarm sounds, stay calm and follow staff instructions immediately. Evacuate using the nearest safe exit if directed. Anyone needing assistance should wait for staff. Once outside, go to the Seniors' Centre Parking Lot and remain there until staff say it is safe to return.

Building Evacuation	Shelter in Place	Secure Facility	Lockdown
<ul style="list-style-type: none"> Threat is inside the building Access to building is prohibited 	<ul style="list-style-type: none"> Threat is outside (typically environmental / atmospheric) Exterior doors are to remain closed 	<ul style="list-style-type: none"> Threat is outside Exterior doors are locked Access to building is prohibited 	<ul style="list-style-type: none"> Threat is inside the building Threat is immediate
Action	Action	Action	Action
<ul style="list-style-type: none"> Exit from building is required 	<ul style="list-style-type: none"> Exit from building is discouraged Continue with daily routine 	<ul style="list-style-type: none"> Exit from building is strongly discouraged Continue with daily routine 	<ul style="list-style-type: none"> Persons inside the building are to move to a safe location, lock and barricade the door