

April 2026



Kanata Seniors Council

# Seniors News



Kay Dubie

Hello everyone!

## President's Corner

Welcome April, the month of growth. Can't wait to see the grass growing, bulbs sprouting and days longer.

Your Council continues to make plans for interesting activities and events. Because it's our organizations' 30th anniversary, we are planning to celebrate in several ways. When the original committee started to plan for our birth in 1996, the demographics showed a population of seniors 55+ yrs as 1755 in the City of Kanata. My have we grown! We hope everyone will help us celebrate.

As we plan our Annual General Meeting, we are looking for nominations for our Board of Directors. We are particularly looking for skills in Communications / PR, Membership, Volunteer Management, Fundraising, and Marketing. These are important positions that contribute to making us a fully functional Board. If you or someone you know might be interested in contributing to our organization, please contact us through our email or phone or pick up a nomination form. Nomination forms are available at the front desk of the Centre, or in our office Monday to Friday, 9:00 am - 12:00 pm.

Find time to enjoy something every day of this joyful month.

Kay



### Seniors Marketplace 2026

**Saturday, April 18th, noon to 3:30 pm**

Join us for a special day dedicated to YOU with over 35 local exhibitors gathered in one place.

An opportunity to explore the very best products and services tailored to your lifestyle. **FREE**

## NOTICE

### Frank Valentine Volunteer Award

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

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.

## CONTACT US

**Phone: 613-254-7164**

**Website: [kanataseniors.ca](http://kanataseniors.ca)**

**email: [council@kanataseniors.ca](mailto:council@kanataseniors.ca)**

**Facebook: [Facebook Link](#)**

Kanata Seniors Council Inc.

**ANNUAL GENERAL MEETING**

CELEBRATING 30 YEARS OF SENIORS HELPING SENIORS



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

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




**FOR MORE INFORMATION OR TO JOIN THE COUNCIL NOW**  
**613-254-7164**  
[HTTPS://KANATASENIORS.CA/](https://kanataseniors.ca/)



**THANK YOU TO CITY COUNCILLORS**

The Kanata Seniors Council would like to take this opportunity to thank City Councillors Cathy Curry - Kanata North, Allan Hubley - Kanata South, Glen Gower - Stittsville, Laine Johnson - College, and Clarke Kelly - West Carleton / March for their financial support in helping with the delivery of programs for seniors in Ottawa West.

We are very appreciative of the many times they have also supported the Council through their newsletters, by attending our events, and through in-person exchanges and suggestions.

We look forward to our ongoing working relationship.

**CALL FOR NOMINATIONS**

**The Kanata Seniors Council Is Looking For Directors to Serve on Its Board**

The Kanata Seniors Council's vision is to support a vibrant and inclusive community where seniors thrive, living with dignity, independence and purpose. Our purpose is to enhance the quality of life of older adults by providing programs and services that foster well being, connection and inclusion in the broader community.

We are governed by a Board of Directors and are currently looking for energetic and experienced individuals to assume positions on our Board. The Board does not just oversee the management of Council activities, but is directly involved in the management and supervision of programs.

In addition to the general responsibilities associated with being a board member, we are looking for individuals with expertise in the following areas:

- Communications / PR
- Membership
- Volunteer Management
- Fundraising
- Marketing

If you feel you could assist or know someone who can contribute their time to the Council, please pick up a nomination form at the front desk of the Kanata Seniors' Centre, weekdays between 8:30 am and 4:00 pm, from the Council office weekdays between 9:00 am and 12:00 pm, or on the Council website at [www.kanataseniors.ca](http://www.kanataseniors.ca).

Please list specific skills that you would bring to the Council.

Completed forms must be returned no later than 4:00 pm on April 2nd, 2026, either at the front desk of the Kanata Seniors' Centre, at the Council office or send it by e-mail to [council@kanataseniors.ca](mailto:council@kanataseniors.ca).

Nominations will not be accepted from the floor at the Annual General Meeting, which is scheduled for May 20th, 2026.

### COLDEST NIGHT OF THE YEAR

On February 28, 2026, a team of seniors and their friends from Kanata and other parts of Ottawa, under the name **Kanata Seniors Care**, walked a 5-kilometre course to raise funds for the Western Ottawa Community Resource Centre’s health, safety and wellness programs as part of its Coldest Night of the Year event. While the night was not too cold, it did provide the team the opportunity to show that seniors are a vital part of any community engagement activity.



Composed mainly of members of the Kanata Seniors’ Centre Walking Club, Kanata Seniors Care came together as primarily a social group, with the goal of enjoying each other’s company while doing something for the community. The thirteen members of the team (as seen in the photo provided: **Bottom row:** Jill Page, John Box, Belinda Jimmo, Penny Wright, and Marie Eveline; **Top row:** Francine Robichaud, Maureen Moynahan, Patrick Shanahan, Bonnie Oostlander, and James Bittle; **Missing:** Jay Dee Purdie, Peter Von Moos, and Robert Scrimshaw), were successful in achieving both goals - completing the route along with hundreds of others and raising over \$2,000, thanks to generous donors. In it’s first year, Kanata Seniors Care managed to finish 6th amongst 29 teams in terms of fundraising. Congratulations to the team!



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**NATIONAL VOLUNTEER WEEK IS APRIL 19TH - 25TH, 2026**  
**THANK YOU TO ALL THE VOLUNTEERS FOR EVERYTHING YOU DO TO MAKE**  
**THE KANATA SENIORS COUNCIL A WARM AND FRIENDLY PLACE FOR EVERYONE**  
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### AWESOME GARAGE SALE



Due to unforeseen scheduling issues, the Awesome Garage Sale will be held later this year, so mark your calendar for August 22<sup>nd</sup>. More information to come regarding drop off of items the week leading to the event.

If you are moving before August and have a few things that you would like to donate, arrangements can be made for someone to keep them for you until the sale. Please contact Diane at the Council Office - by calling 613-254-7164 and leaving a message in the morning. Thank you!

Expedia Cruises in Kanata & Westboro  
Telephone: (613) 831-9100  
Email: events\_kanata@expediacruzises.com  
<https://www.expediacruzises.ca/en-CA/500069>  
Tico Registration Number 50019734



**VOLUNTEER SPOTLIGHT:** This 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](mailto:council@kanataseniors.ca).

This month we feature **Bonnie Oostlander** another great example of what it means to be a volunteer. Her dedication stretches across multiple Council portfolios – Travel and Lifestyles, Sponsorship, Far West Fun Fest, Marketplace, Bingo, Café, Health Fair, to name a few – where she consistently brings energy, reliability, and heart to every project she touches. All this since joining the Council in April 2023.

Bonnie is very generous with her time. Her impact doesn't stop there. She played a key role in bringing the Kanata Legion's Bingo program to the Centre, giving seniors yet another opportunity to connect, laugh, and enjoy time together. It's the kind of initiative that strengthens community spirit, and Bonnie helped make it happen. And still, she gives even more.

Bonnie is a quiet force supporting organizations throughout Kanata, always stepping in where help is needed, always lifting others up, and always doing it with humility and kindness. Bonnie doesn't just volunteer—she transforms the community through her generosity, leadership, and unwavering commitment. Plus she motivates people to participate in events with her sense of humour and costumes - going as far as wearing a pizza sign, dressing up as a Christmas elf, and wearing different head gear when serving meals for Café luncheons and at Bingo. Thank you Bonnie for your contributions, your friendship, and your dedication to the Council.



## Travel and Lifestyles Events

### International Dining at Mongolian Village

April 16th from 12:00 - 2:00 pm

2150 Robertson Road, Nepean

Tickets \$5 (does not include meal)



### Spring Visit to the Experimental Farm

April 20th

More information to come



### 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.



**kanata theatre**



KANATA THEATRE PRESENTS

**THE HEART OF ROBIN HOOD**

BY DAVID FARR

**May 13 - 23, 2026**

Tickets can be purchased online  
at [www.kanatatheatre.ca](http://www.kanatatheatre.ca)  
or by calling the box office at  
**613-831-4435**

## Café Chatter

Winter is almost gone! Spring is almost here!

The Café has been busy regardless of the weather. Our hot meals are being enjoyed by everyone and we look forward to serving a hot meal on Bingo Fridays beginning April 10th, on a trial basis. We hope you will enjoy the addition of another hot meal.

As previously mentioned, price increases will be introduced on April 1st. We trust we will have your continued support. Hot meals for takeout are available and I remind you to order by 11 am on those days as we seem to be selling out of hot meals.

That's it for now! Thank you for your continued support!



**30<sup>th</sup> Anniversary Celebration**

On September 26th, 2026, the Kanata Seniors Council will formally celebrate 30 years of "Seniors Helping Seniors". The event will be held at the Holiday Inn and Suites in Kanata and tickets will be on sale June 4th. Stay tuned for more information as it becomes available.

**Laughter** Is the **Best** **Medicine**

What a life! The preacher came to visit the other day. He said, at my age, I should be thinking about the “hereafter”. I told him, “Oh, I do, all the time. No matter where I am - in the den, upstairs, in the kitchen or the basement - I ask myself, “NOW WHAT AM I HERE AFTER?”

## APRIL HOT MEALS

MENUS SUBJECT TO CHANGE

**MONDAY**

April 6 - CAFÉ CLOSED FOR EASTER MONDAY  
 April 13 - Pork Pie w/Oka Mash  
 April 20 - Stuffed Pepper Casserole  
 April 27 - Chicken Cacciatore w/Italian Roasted Potatoes

**TUESDAY**

April 7 - Shepherds Pie w/Bun  
 April 14 - Cranberry Chicken & Rice w/Bun  
 April 21 - Sweet & Sour Meatballs w/Bun  
 April 28 - Sticky Chicken w/Bun

**THURSDAY**

April 2 - Beef Chili w/Cornbread  
 April 9 - Ham Potato Cheese Bake w/Salad  
 April 16 - Pineapple Chicken w/Bun  
 April 23 - Sweet & Sour Pork w/Bun  
 April 30 - Tuna Casserole w/Salad

**REMEMBER OUR TAKE-OUT HOT MEALS  
 ORDER & PAY BEFORE 11:00AM**

### FAR WEST FUN FEST 2026

The Far West Fun Fest calendar for this year (June 4-18) is almost full! As a teaser, along with returning favourites, new events this year are scheduled to include: "Bees and Bourbon"; Cidery Tour and Tastings; "Garden Mosaic Stones"; Social Dancing Lesson; NIA demo/class; and a Strawberry Social, among others.

So mark your calendars now! Registration booklets will be available starting May 1, and registration will start at 9:00 am on Monday, May 11<sup>th</sup>.

The fee will be the same as the previous 2 years, \$40 per person, which covers your opening breakfast, closing catered lunch, and refreshments.

Two weeks of fun, friendship, and food - you don't want to miss it!

# Kanata Seniors Council Marketplace 2026

Over 35 exhibitors will be featuring products and services of interest to older guests

**ALL ARE WELCOME - NO CHARGE**

Refreshments can be purchased at our Café

**Saturday, April 18, 2026  
12:00 - 3:30 pm**



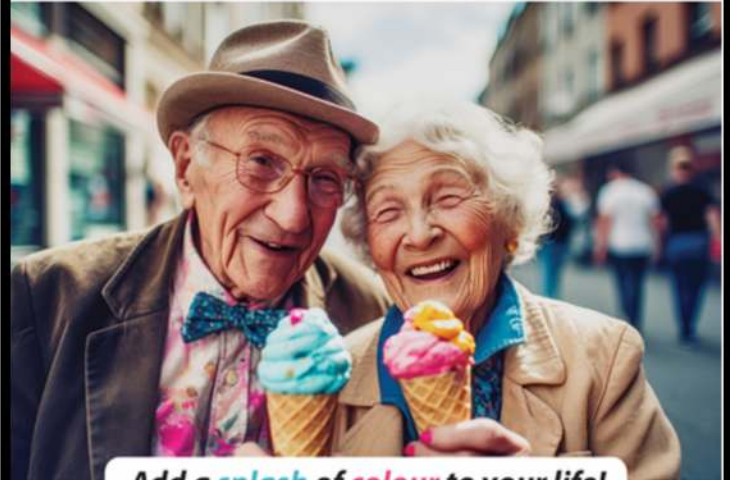
Kanata Seniors' Centre  
2500 Campeau Drive  
[www.kanataseniors.ca](http://www.kanataseniors.ca)



Donations to the Kanata Food Cupboard would be much appreciated.

# Waterford Grand

Retirement Living & Apartments for Seniors



Add a splash of colour to your life!



613-823-4447 | [waterfordgrand.ca](http://waterfordgrand.ca) | Barrhaven

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

- Aim Fitness
- All Seniors Moving
- Amica Westboro Park
- Aspira Red Oak
- Aspira Wildpine Retirement
- Brookside Senior Living
- Expedia Cruises
- Freiheit Home Care
- Hear Canada
- Ideal Caregivers 4u
- Kanata Ridge Retirement Community
- The Bradley Retirement Living
- The Courtyards on Eagleson
- Waterford Community
- Wellings of Stittsville



**BINGO FRIDAYS**

Save these dates  
April 10 & 24  
May 8 & 22

COME EARLY FOR LUNCH IN THE CAFÉ

Kanata Seniors' Centre  
2500 Campeau Dr., Kanata

DOORS OPEN AT: 12:30PM  
GAMES START AT: 1:30PM

Play all games for as little as \$5 and win up to \$920

All proceeds go to the Kanata Seniors Council Inc.