



Kanata Seniors Flash

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

March 8th to 22nd, 2026

Welcome to the 40th 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.

Save the Date: The Kanata Seniors Council will hold its Annual General Meeting on Wednesday, May 20th, at 10:00 am, at the Kanata Seniors' Centre, 2500 Campeau Drive, Kanata. Registration begins at 9:30. All are welcome but only Council members can vote. A light lunch will be provided after the meeting. [For more information please click here](#).

Health Concerns

[McMaster University:](#)

[Staying active indoors when the weather keeps you inside](#) 2 minutes reading

[Enjoy your retirement - but keep moving!](#) 2 minutes reading

[Driving: The super-activity of daily living?](#) 24 minutes video

[The National Institute on Aging](#)

[Exercising With Chronic Conditions](#)

[Health Benefits of Exercise and Physical Activity](#)

[10 Emergency Kit Essentials](#): Infograph

[Six Signs of Hearing Loss](#): Infograph

[3 Safe Driving Tips for Older Adults](#): Infograph

Maple Care: Stretches and Exercise Programs for most of the body parts:

[Hip Strengthening](#), [Advanced Knee Strengthening](#) & [Low Back Strengthening](#)

The Council on Aging (815 St. Laurent Blvd., Ottawa):

Advocacy in transportation, income security, housing, health and more. [Click here for details.](#)

[Honouring Life's Stories](#): Sharing Memories Friday, March 27th, 10:00 - 11:30 am. [Register](#)

[Spring Luncheon](#): Friday, April 17th, 10:00 am - 2:00 pm. 2901 Gibford Dr Ottawa. [Register](#).

[Aging in Place - Services and Supports](#): Thursday, April 23rd, 1:00 - 3:00 pm. Virtual. [Register](#)

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

[In-Person Support Group in March in Kanata](#): Friday, March 13th, 10:00 am - 12:00 pm.

Kanata Senior's Centre, 2500 Campeau Dr, Kanata. [Register](#). **FREE**

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

Connect with Art: [SPARK](#). In-Person: First Tuesday monthly, 1:30 - 3:00 pm. the [National Gallery](#), 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, [Crisis Lines](#): mental illness & addiction.

[Bipolar Disorder Educational Series](#): 5 Online modules around 10 minutes each. **FREE**.

Bipolar disorder (manic depression) is a chronic mental health condition characterized by extreme mood swings, alternating between high-energy mania/hypomania and low-energy depression. Treatment involves lifelong medication and therapy to stabilize moods.

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

Tidbits

ChatGPT

We asked: What Kanata seniors should be interested in these days? [Here is the suggestions.](#)

Buy Canadian

What to put on your toast in the morning? How about tasty jams and spreads from a Canadian food manufacturer that has been in business since 1945, [Dora](#). They have 27 kinds of jams and jellies (not all kinds available in all stores) plus 3 they make under the Laura Secord label. They are available at IGA, Metro, Giant Tiger, and Walmart.

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 “Useful” is a website called [“Just Watch”](#). Ever wondered where a movie or TV show can be streamed for the cheapest, or even for free? Check out this site before you decide to purchase or rent a movie; you might be surprised where else it is available.

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 stiff and sore? After a long winter, it’s common to feel stiff in the hips, knees, or shoulders. Gentle mobility and stretching exercises can help restore comfort and ease of movement. Even 10 minutes of daily movement can make a noticeable difference!

Visit this link to follow along with the AIM Fitness Top Seated Stretches for Adults 50+, led by Meg Stickl: <https://youtu.be/W8-APkNllt8>

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.

"Take advantage of our Scratch and Win event which runs until the end of April. Win **FREE** hearing aids or up to 35% off. Contact our centre to receive your card. Good luck!"

Ideal Caregivers 4U

Safe & Supportive Accompaniment to Medical Appointments

Getting to medical appointments can be stressful for many seniors especially during busy clinic days or in unpredictable weather. Ideal Caregivers 4U offers professional accompaniment services to ensure your loved one arrives safely, feels supported during the visit, and returns home comfortably. Our caregivers can assist with mobility, take notes during appointments, help communicate questions to healthcare providers, and provide reassurance every step of the way. We help families stay informed & reduce the pressure of juggling work & caregiving responsibilities. Reliable support makes every appointment easier. 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 [March Menu](#), [Chatter](#) and [St. Patrick's Day Lunch](#).

Technology:

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

Council Events:

[Marketplace](#): 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**.

[Council's Electronic Bingo](#): Friday, March 27th and April 10th, Doors open at 12:30 pm. Cost is \$5/card. New game options, "crappy card", and "wrap up".

Travel and Lifestyles Team Events:

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

[Health Team - Presentation by The Canadian Women's Heart Health Alliance](#): Thursday, March 19th, 1:30 pm .Kanata Seniors Council

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

[Seniors Day at Stanleys Sugarbush](#): 2500 Campeau Dr. Tuesday, March 24th. 10:00 am.

[Lunch and The Kanata Theatre presentation of The Watsons](#): Ron Maslin Playhouse. Sunday, March 29th. 12:00 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, March 21st, and April 4th. [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.

Kanata-Hazeldean Lions Club: Available now. [Easter Bunnies](#)

Probus: Kanata Baptist Church, 465 Hazeldean Rd.

Speaker - Dr. Ian Lee: [Should Canadians thank Donald Trump for exposing our 50-year economic decline?](#)

Lunch: [Busters Bar and Grill](#), 420 Hazeldean Rd. Tuesday, February 25th at noon.

St. John's, Kanata North Anglican Church Events: 325 Sandhill Rd., Kanata.

Saint Patrick's Day Party: Saturday, March 14th, 6:00 – 8:00 pm. [Tickets](#).

Ramadan Iftar Dinner: Wednesday, March 18th, 6:30 – 8:30 pm. [Sign up required](#).

[Music on a Sunday Afternoon](#): Sunday, March 22nd, 2:30 to 3:30 pm. Cash donation.

[Lunch Bunch](#): Monday, April 6th, 11:30 am. [RSVP](#) or call 613-592-4747.

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

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

[The Ottawa Little Theater](#) - [Kimberly Akimbo](#): 400 King Edward Ave., to April 18th, Wednesdays to Saturdays at 7:30 p.m., Sundays at 2:30 p.m. [Tickets](#).

[Kanata March Horticultural Society](#): [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 kanataseeniors.ca

AMICA Westboro Park

Candlelight Concert: Moving performances - mood lighting - an enchanting afternoon! If this sounds like music to your ears, join us at Amica Westboro Park, a senior lifestyles residence. Wine and cheese will be served before you enjoy the stylings of a local violin and guitar duet. We look forward to welcoming you to our **Candlelight Concert** on Thursday, March 26th from 3:30 pm - 5:30 pm. RSVP by March 19th to Tait or Mandy at 613-728-9274.

Aspira Wildpine Retirement Living

St. Patrick's Day: We would love to have you join us for our St. Patrick's Day celebration on Tuesday, March 17, 2026 at 7:00 pm., where you can relax and enjoy the entertainment by Malcolm Wade. It's an evening you won't want to miss! Experience the warmth of our vibrant community and live every day your way. Please call Shari at 613-914-1214 to RSVP.

Bradley Retirement Living

A wonderful March Lineup at The Bradley:

- Tuesday, March 17th from 2:00 pm to 4:00 pm - St. Paddy's Day Party - Music with International Set Duo, Irish Beer Tasting, Irish Nibbles, Prizes and Dancing!
- Wednesday, March 18th from 2:00 to 3:00 pm - CFUW Historical Society Talk with Julian Armour Canadian Cellist, Artistic and Executive Director of Music and Beyond Refreshments to follow. Guests RSVP NOW Space Limited. Residents always welcome.
- Thursday, March 19th from 2:00 pm to 3:00 pm - The Bradley College with Mora Lyons "Your Life your Legacy" Family Services Planner Dignity Memorial Refreshments to follow. Guests RSVP Now Space Limited. Residents always welcome.
- Thursday, March 26th from 2:00 pm to 3:00 pm - Market Talk Wine and Cheese with Steve Kingan CEO Frontline Credit Union. Topics Include:
 - Home Equity Line of Credit
 - Your best option to carry your home until it sells

- Pros and Cons of reverse mortgages
- Our Economy Today, what's coming
- Where are Interest Rates and where are they going for the rest of 2026 and 2027
- Seniors should never be paying Service Charges

Please call us to RSVP 613-707-3708.

Brookside Senior Living: A Touch of Irish Luck at Brookside Senior Living – Kanata

Step into a place where every day feels a little brighter and luck is always around the corner! At Brookside Senior Living Kanata, we celebrate friendship, wellness, and joy—with a sprinkle of Irish charm. From cozy chats over homemade treats to lively SPARKS activities that keep mind and body nimble, there's always a reason to smile and share a laugh. Our Independent Supportive Living and Assisted Living communities are designed for comfort, safety, and plenty of merry moments.

Come see why life at Brookside feels like finding a four-leaf clover—full of warmth, fun, and good fortune! Contact Catherine at catherine@brooksideliving.ca to schedule your visit.

Brookside Senior Living Kanata – Where every day has a bit of Irish luck!

Courtyards on Eagleson

A dedicated memory care residence like The Courtyards on Eagleson, is purposefully designed from the ground up to support those living with cognitive change.

Every element, from our layout and lighting to programming and daily routines, has been intentionally created to promote familiarity, independence, and comfort for our residents. Rather than adapting a traditional retirement living environment, we've built our bungalow building entirely around the unique needs of those we support. This includes six safe and secure outdoor spaces, small dining rooms and bright indoor areas where residents and families can spend time together. We're able to care for those with brain change who may or may not need additional physical care. Our home can also support someone needing a mechanical lift as well as feeding assistance.

We'd love to chat with you more about what we can offer. Please reach out to our executive director Bonnie Lacroix at 613-878-0273 or by email at bloacroix@allseniorscare.com.

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 favorites 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.

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. If you are looking for a short-term stay, a one-month respite in our furnished suites are available. When it comes to retirement homes in Kanata, none are as filled with warmth as our community.

Please join us on Thursday, March 26th from 2:00 to 3:30pm for an interactive talk about Seniors and Nutrition. Our chef, Michelle, will demonstrate an easy to make meal.

Refreshments will be served and recipe ideas will be provided for cooking for one person or two people. Please RSVP, as spots are limited. For this event or other inquiries RSVP to Karen at 613-608-7632 or email at 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: 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**

The Manor - 292-A Elgin St.

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

Motel Chelsea: 1418 Route 105, Chelsea, Québec. [Live events this month..](#)

613 Flea: Lansdowne Park, 1015 Bank St. An indoor fun shopping experience. 150 vendors featuring gifts, food & treats. Saturday, March 21st. 10:00 am to 4:00 pm. **FREE**

Candlelight: at **Knox Church** - 120 Lisgar St.:

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

Tribute to The Beatles: Saturdays, 21st, 28th and May10th. [Tickets and times](#).

The Scottish Society of Ottawa: The Lairds of the Locks - The Scots of Bytown: St. Andrews Presbyterian Church. Saturday, March 21st. 2:00 - 4:00 p.m. [Tickets](#).

EY Centre, 4899 Uplands Drive, Ottawa:

Ottawa Home & Garden Show: Thursday – Sunday, March 19th – 22nd. From noon. [More info](#).

StoryTellers- Grimm Dark Paths and Wild Wonder: discover the enduring power of the Grimm brothers' folktales Arts Court, 2 Daly Ave, Sunday, March 22nd, 2:00 pm. [Tickets](#).

Chamberfest: 355 Cooper St. [Hamelin & Hamelin: Mozart for Two](#). Wednesday, March 25th. 7:00 pm. [Tickets](#)

[Double Vision](#) - a fusion of The Iron Cabaret and Le Boudoir Burlesque.: Next Door Ottawa, 955A Gladstone Avenue, Saturday, March 28th, 6:00 – 10:30 pm. [Tickets](#).

[Algonquin Commons Theatre](#): 1385 Woodroffe Ave.,

[Megastars of Country Music](#): Monday, March 30th, 7:00 pm. [Tickets](#).

[SOS - The ABBA Experience](#): Saturday, March 21st, 7:30 pm. [Tickets](#).

[Heritage Day Ottawa](#): [The Rideau Canal](#). Saturday, March 28th, 1:30 – 2:30 pm. Ottawa Public Library, 120 Metcalfe St. . **FREE**

[Wayward Improvised Theatre](#): 2 Daly Ave. [Maestro](#): Saturday, March 14th, 9:00 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