



May 2026



Kanata Seniors Council

Seniors News

Hello everyone,

President's Corner



Kay Dubie

I'm thinking very positively as I write this, expecting to be sharing warmer spring-like days to enjoy. I hope I'm right! May is a time of graduation - to reflect on the years past - to think of where we are and how we got there.

This is a special year for us. In 1996 a group of seniors worked very hard to create the organization that we enjoy today. It took 4 years of planning and working with the City of Ottawa to finalize the plans, attempt to raise \$150K, gather volunteers and put in place the programs and events that are the footprint of Kanata Seniors Council Inc. today.

Bank accounts were established, budgets set up, fundraising began and building plans proceeded. In 2000, we were incorporated as an organization, raised over \$200K and opened our doors on December 5, 2000. We have continued to grow and expand all that we do since then. The Café started out as a very small endeavour, but as most of us enjoy, it has grown substantially.

By 2004 we had started to host the WOCRC Diners' Club, held our first Health Fair, had established the Christmas Wrap service as a major fundraiser, and had introduced the Frank Valentine Award to someone who provided outstanding volunteer services in the community.

By 2010 we redesigned our logo, development started on a website, and approved the idea of Far West Fun Fest, which would have its inauguration in 2011. We also did some advocacy work with the city concerning walkways and services for seniors.

By 2014 we participated in the Mayor's workshop for the Older Adult Plan. We instituted a Code of Conduct, took part in Cleaning the Capital, held candidates' meetings, and created the Retirement Living Fair. We also developed many of our programs and activities.

By 2020 we continued to grow and prosper; sadly COVID arrived. This stopped us in our tracks, and everything was put on hold. As we shut down and closed up, we wondered what the future would bring. During this time we were silent. Our board members kept in touch on line, but could not function any further.

By 2023 life returned, but very slowly. It took quite some time before all members felt safe in a multi-people environment. But those who returned were certainly happy to be amongst friends and having activities to attend.

Since then we have continued to expand our programs, added some new ones, grown our membership, and expanded our services in the Café. We are presently in the process of reviewing our policies and procedures in order to stay current with rules and regulations, and the current wants and needs of our membership.

We look forward to the next 30 years of serving the seniors of our community in a safe and welcoming environment where we enjoy new friendships, learning, sharing, and a wonderful sense of community.

CONTACT US

Phone: 613-254-7164

Website: kanataseniors.ca

email: council@kanataseniors.ca

Facebook: [Facebook Link](#)

FAR WEST FUN FEST

Get ready for 2 weeks of fun, friendship, and food! June 4th - 18th will be jam-packed with activities, including many perennial favourites as well as many new events.

The event begins with a continental breakfast June 4th, starting at 9:00 am, with special guests, a unique video, and the lighting of the "flame".

Over the next two weeks, you will be able to enjoy such varied activities as: "Bees and Bourbon"; 1818 Farm and Cidery tour; drumming activities; dancing lessons; table tennis; mini-golf; "Margaritaville": Darts and Fish and Chips at the Legion; Lawn Bowling; a drawing lesson; and the ever-popular Bingo. The 2 weeks will conclude with a catered lunch with entertainment and dancing on June 18th.

Just \$40 per person includes your opening breakfast, closing lunch, and refreshments at events. Registration booklets will be available starting May 1st, and registration starts at 9:00 am Monday, May 11th. Many activities fill up quickly, so register early to avoid disappointment.

Garage Sale - August 22, 2022

8:00 am until 1:00 pm

This is an opportunity for people to donate their "treasures" for the Sale. You can bring items to the Kanata Seniors' Centre from August 19th - 21st from 9:00 am to 4:00 pm. If you know any high school students who need to get hours to graduate, please let them know that we will be happy to have them help out. More information will be available in June



AGM - MAY 20TH

The Council's **Annual General Meeting** will be held 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 members can vote. A light lunch will be served after the meeting.

We hope you will join us this year.

Café Chatter



Hello everyone!

Spring has arrived! Finally!

The Café continues to be a gathering place for many who are enjoying our hot meals, sandwiches, and especially the cookies!

Not much to report; our price increases went into effect on April 1st. Thanks go out to our customers who have been very supportive and understanding about the increases.

The Café volunteers strive to make the food and service pleasant and enjoyable.

That's it for this month! See you at the Café!



Café Director
Doreen



MAY HOT MEALS

MENUS SUBJECT TO CHANGE



MONDAY

- May 4 - Scalloped Potato, Mushroom & Ham Casserole w/Bun
- May 11 - Spinach Quiche & Salad
- May 18 - CLOSED FOR VICTORIA DAY
- May 25 - Chicken in Mustard Sauce



TUESDAY

- May 5 - Italian Stew w/Mashed Potatoes
- May 12 - Teriyaki Chicken w/Rice & Bun
- May 19 - Turkey Chili w/Bun
- May 26 - Sweet & Sour Chicken Breasts w/Rice



THURSDAY

- May 7 - Vegetarian Stew w/Bun
- May 14 - Beef Spaghetti w/Salad
- May 21 - Kielbasa & Sauerkraut w/Salad
- May 28 - Sausage Corn Bake w/Salad



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



Women’s Heart Health Seminar

On March 19, 2026, Amber Bean, a paramedic working with the Canadian Women’s Heart Health Alliance, gave a riveting presentation on the differences between risk factors for and symptoms of heart disease in women vs men. We were taught about the variety of stressors on women’s hearts over the course of our lives, as well as what symptoms of heart disease we should be watching for and when to see our doctor vs calling 911. We were taught how to advocate for ourselves when navigating the health care system.

We were also taught the importance of diet, exercise, sleep and stress management in mitigating our risk factors and reducing the likelihood of a cardiac event. Ms Bean advised us that the Heart Institute is engaged in a project involving mobile screening clinics. Screening for heart disease takes 30 minutes. The times and locations of the screening clinics are listed on this website - ottawaheart.ca. If you do not have a family doctor, please sign up for one of these screening clinics.

Other important resources can be found at: CWHHA.ca, WearRedCanada.ca, and YourHeart.ca.



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VOLUNTEER SPOTLIGHT

Sandra Freeman is a member of the Board of Directors responsible for the Sponsorship Program. She has played a key role in successfully raising funds for the Council since 2022.



Her efforts have helped to secure financial support for Council programs and expand services for seniors in the community. She is an active participant at meetings and on various working groups, who shares ideas and collaborates with fellow board members to plan programs and activities, advocate for seniors’ needs, and address key issues such as accessibility, social inclusion, and health services.

As the lead for this year’s Seniors Marketplace, Sandra has helped continue to build connections with community partners in order to ensure seniors are well aware of the services available to them.

Thank you Sandra for your ongoing contributions and dedication to the Council and this important portfolio.

HIGH TEA ON MARCH 20TH

On the first official day of Spring, and despite a brief snowstorm, 40 people attended a High Tea event which was held at the historic Kanata Old Town Hall featuring fabulous sandwiches, scones and sweet treats provided by CMB Catering. This event was hosted by the Travel & Lifestyles Committee.



WANTED - WEBMASTER FOR COUNCIL'S WEBSITE

The Council is urgently searching for a new webmaster, ideally someone who knows the difference between a cookie in a browser and a cookie on a plate. Our current website is holding together with equal parts optimism and duct tape, and both are starting to peel. Applicants should be comfortable with modern web tools, a few occasional panicked emails, and the phrase "Have you tried turning it off and on again." The role comes with fame, glory, and the eternal gratitude of everyone who has ever tried to find the meeting minutes. If you—or someone you can gently volunteer—has the skills, the Council would love to hear from you.

The Kanata Seniors Council gratefully acknowledges the generous support of the following Sponsors:

Aim Fitness

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TRAVEL AND LIFESTYLES EVENTS

**Lunch at Busters Bar and Grill and
Kanata Theatre Presentation
The Heart of Robin Hood
Sunday, May 17th,
starting at 12:00
\$25 for theatre ticket
(does not include cost of meal)**



**Enjoy a Jewish Experience
May 29th, from 1:00 - 3:00 pm
Kanata Seniors' Centre
2500 Campeau Dr., Kanata**

Joel Yan and company will entertain us with old Jewish songs and we will dance to the music. You will also get to enjoy some Israel type snacks. Tickets available soon, so look for the flyer for more information.

Puppets Up! 2026



Mark August 8th on your calendar if the idea of a bus trip to Almonte to take in the famous "Puppets Up" festival interests you. Lots to see and do with several shows and an afternoon grand parade of life-sized puppets. If this is something you would be interested in doing, please let us know by e-mail at council@kanataseniors.ca. If there is enough interest, we will provide more details on cost and timelines for tickets, later in May.

For more information on "Puppets Up", visit <https://puppetsup.com>.

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.

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Never a dull moment at Bingo Fridays with these three amigos - Clay, (Bunny) Bonnie, and Frank - so please join us on May 8th and 22nd for more Bingo fun! Last chance until September.

30th Anniversary Celebration

Please join us on September 26th, 2026, when 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, with a plated meal prepared by Chez Lionel, and entertainment provided by the Fabulous Heartbeats. Tickets are \$60 each and advance sales will begin at the Far West Fun Fest opening ceremonies breakfast on June 4th. Tickets will be sold daily in the Café between 11:00 am and 2:00 pm starting on June 8th. We hope you will be part of the celebrations!

St. Patrick's Day Luncheon in the Café
March 19th, 2026



Good food, excellent service, and a few prizes as well.

Stanley's Sugarbush - March 24th

On this cool but sunny day, 39 seniors enjoyed a bus ride to Stanley's Sugarbush where they listened to live music, had a traditional breakfast meal, enjoyed a walk around the farm where they saw some newborn animals and then purchased a few maple treats in the gift shop before returning to Kanata.



Laughter Is the Best Medicine

Three retirees, each with a hearing loss, were playing golf one fine May day. One remarked to the other, "Windy, isn't it?" "No," the second man replied, "it's Thursday" And the third man chimed in, "So am I. Let's have a beer."



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kanata theatre

Alice in Wonderland Jr.
Friday, June 5th (7 pm)
Saturday, June 6th (1 pm and 4 pm)
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Tickets can be purchased online at www.kanatatheatre.ca or by calling the box office at **613-831-4435**