



Summer Registration

All programs will be available to view online starting on Tuesday, May 5th. Online registration opens at 9pm on Thursday, May 14th, in person registration on Friday, May 15th during regular business hours.

register.ottawa.ca

Please note that some summer program time slots may differ from other seasons as we coordinate staff schedules and room availability during the summer.

New Registered Programs

Pickleball

- We're excited to announce Pickleball mornings this August at Kanata Highlands Public School! For two weeks, participants can enjoy a mix of instructional sessions to build skills and game play programs for active fun on the court. Join us and try this fast-growing sport!



Drawing Level 2

- By popular request from our Level 1 participants, we're excited to introduce a Level 2 Drawing Class! Taught by Abby, this class is perfect for those who understand the fundamentals of drawing and are ready to go further. Participants will explore colour sketching using pastels, coloured pencils, conté, ink, coloured papers, & even sandpaper. Adding colour is a wonderful next step and a great complement to painting.

Seniors' Centre staff will offer another learn "How to register" session on Wed, May 6th at 10:15 am. Please RSVP at the front desk in advance.



New Membership Program - Chess

The KSC is pleased to introduce a new Social Chess program, included with Seniors' Centre membership. Everyone is welcome to drop in on Wednesday mornings at 10:00 a.m. in the Seniors' Centre Lounge, starting May 6th. Both Social Chess and Scrabble will be offered at the same time in the Seniors' Centre Lounge, giving members the option to enjoy either game during the drop-in session.

May LEARNING SERIES

END OF
LIFE
OPTIONS



Thursday, May 28th at 1 pm

The Ottawa chapter of Dying With Dignity Canada presents "End of Life Options/MAID". This in-person presentation covers patients' rights in the various end of life scenarios, including treatment options, palliative care, and the legislation around medical assistance in dying. The presentation is just under an hour long, with time for discussion and questions after. The goal is to increase "death literacy," helping people to talk about death and choices around life, health care and communicate their beliefs and wishes with the people in their lives.

Celebrating One Year of Our Walking Club

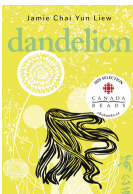
This May marks the one-year anniversary of our Walking Club, and what a wonderful year it has been! Rain, shine, and even through the colder months, our group kept moving together all year long, showing commitment, resilience, and a shared love of staying active.

More than just a walk, the club has become a place where lasting friendships have formed. Members look forward to our weekly walks, which have truly become a highlight of the week—filled with conversation, laughter, and fresh air. We are so proud of this dedicated group and look forward to many more miles and memories ahead.

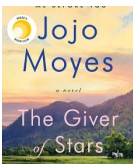
THURSDAY BOOK CLUB



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



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



July 9 @ 1:30 pm
The Giver of Stars
 by Jojo Moyes

Interested?

New book club members are always welcome to join.

Kanata Diners Club



2nd & 4th Wednesday of the month from 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.

May 13 - **Johnny Vegas** register by May 6

May 27 - **Jim Guillemette** register by May 20

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 Monday, May 25 and Tuesday, May 26 Mintygold.ca (416) 788-4334

Heart Valve Screening Clinics at KSC

Questions or to book an appointment:
 call the Ottawa Heart Institute at
 613-696-7412 or scan the QR Code



Wi-Fi announcement

We are pleased to share that the City of Ottawa’s Free Public Wi-Fi service is now available at the John G. Mlacak Arena, Community Centre and the Kanata Seniors Centre. The service is available 24/7 throughout key areas of both facilities, including:

- Mlacak Arena spectator stands
- Hallways in the Community Center
- Kanata Seniors’ Centre spaces
- Large multi-purpose halls



No password is required. Users simply select “Ottawa Free Public Wi-Fi / Gratuit” from their device’s Wi-Fi options and accept the Terms and Conditions displayed on their screen to connect.



Carpet Bowling Tournament

The annual carpet bowling tournament will be held on **Tuesday, May 26th from 1-3pm** in the Mlacak Halls.

Please be sure to register at the front desk or at carpet bowling on Tuesday afternoons if you wish to take part in the tournament.

Registration deadline is on Tuesday, May 19th.

A great big thank you to Wilma, Robert, James and Jay-Dee for all that they do throughout the year to organize carpet bowling here at the Kanata Seniors’ Centre.

Meet Our Art Instructor: Abby



We are delighted to introduce Abigail, our wonderful art instructor here at the Kanata Seniors’ Centre. With a strong academic background in fine art from the University of Ottawa, Abigail brings both skill and passion into every class she teaches.

Abigail has been teaching art to learners of all ages for the past four years with the City, and her experience shines through in her thoughtful, encouraging approach. Her classes focus on building strong fundamentals while exploring creativity, guiding participants through a variety of mediums and subject matters—from still life and portraiture to landscape drawing and painting. Whether you’re picking up a pencil for the first time or looking to refine your technique, Abigail creates a welcoming space where artists can grow at their own pace.

Her primary mediums are oil paint and graphite pencil, and she is especially passionate about helping students understand how different materials work and how to use them confidently. Adding to her artistic journey, Abigail is currently training to become a tattoo artist, continuing to expand her creative practice.

We feel very fortunate to have Abigail sharing her talent, patience, and enthusiasm with our community.

