



# Kanata Seniors Flash

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

March April 5<sup>th</sup> to 19<sup>th</sup>, 2026

Welcome to the 42<sup>nd</sup> 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.

Your suggestions about this bi-monthly Flash are welcomed at [council@kanataseniors.ca](mailto:council@kanataseniors.ca).

**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. A light lunch will be served. [Please Click for more.](#)

## Health Concerns

### [McMaster University:](#)

[Women and stroke:](#) What you need to know: *2-minutes reading*

[Women and stroke:](#) Risk, recovery, and prevention: 4 min read, 60 min video

[Just a fad? Do popular diets actually work?](#) *2-minutes reading*

[Understanding body image in later life:](#) 2 min read, 2 min video

## [The National Institute on Aging](#)

[Cognitive impairment and gender show more impact on driving cessation than dementia biomarkers](#): Social Research, 2 minutes reading

[Tips for Getting and Staying Active as You Age](#): 5-minutes reading

**Maple Care**: Stretches and Exercise Programs for most of the Neck:

**Forearm/Wrist Programs**: [Tennis Elbow](#), [Golfer's Elbow](#) and [Carpal Tunnel Tendon Gliding](#)

## [American Heart Association](#):

**Walking**: [Fit in Walking: Morning, Noon or Night](#) , [Why Is Walking the Most Popular Form of Exercise?](#) And [Every Step Counts- Infograph](#)

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

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

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

[8-Week Smart Aging Core Program](#): Starts Wednesday, April 22<sup>nd</sup>, 10:00 am to noon. [Register.](#)

[55 Alive Driver Refresher Course](#): Tuesdays, May 12<sup>th</sup> & 19<sup>th</sup>, 9:00 am to 12 pm  
Mondays, June 1<sup>st</sup> & 8<sup>th</sup>, 12:30 to 3:30 pm. [Register for May](#), [register for June.](#)

**The Dementia Society**: Complete events listed [Here](#)

**The Royal Hospital**: Mental illness & Addiction. [Crisis Lines](#):. Complete events listed [Here](#)

# Tidbits

## [Creao, AI](#)

**We asked**: Simple picnic food ideas? [Here is the response.](#)

## [Buy Canadian](#)

Socks for many reasons, the J.B. Fields brand has been made here in Ontario since 1877! From outdoor to casual in a range of colours and material blends. No risk guarantee. Available from [J. B. Fields online](#) only.

## [On the NET](#)

In this section, we try to offer useful and interesting websites. Caution, "Interesting" may mean time-wasting fun rabbit holes ;-). Here is something that is both interesting and potentially time-wasting. The best FREE (with ads) streaming services on the web today:

**Best Overall**: [Tubi](#)

Tubi offers thousands of free movies and shows, including well-known titles and a dedicated kid-friendly section.

**Best for a TV Experience:** [Pluto TV](#)

It's like cable TV, but completely **FREE**. You can watch on-demand movies & TV, plus videos 24/7

## 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**

**Balance & Walking Confidence:** Are you well balanced? Spring brings uneven sidewalks, wet pavement, and changing terrain. Practicing balance exercises helps improve stability and confidence when walking outdoors.

Balance training supports safer movement and independence. Visit this link for an 8-minute Balance Video, led by Meg from AIM Fitness: <https://youtu.be/rZvhA8YsDgk>

### **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](http://www.hearcanada.com) to find more.

"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**

Ottawa Families — We Heard You: You want reliable, responsive care—and peace of mind. That's why we created the *Ideal Care Circle*™.

For \$45.99/month, enjoy priority scheduling, same-day caregiver updates, a monthly nurse check-in, and 24/7 access to your care coordinator—plus dependable backup support when you need it. No contracts. Join or cancel anytime, and lock in your rate while you're a member.

Because your loved one deserves to feel like a priority.

Call (613) 769-1669, visit our website at [www.idealcaregivers4u.com](http://www.idealcaregivers4u.com) (Hospital Discharge Program [Hospital Discharge - Ideal Caregivers 4u](#)) or e-mail at [info@idealcaregivers4u.com](mailto:info@idealcaregivers4u.com).

# Happenings

## Kanata Seniors Council Activities

**Council Café:** Please click for the [April Menu](#).

### **Technology:**

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

### **Council Events:**

[Marketplace](#): Saturday, April 18<sup>th</sup>, 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, April 10<sup>th</sup> & 24<sup>th</sup>. Doors open at 12:30 pm. Cost is \$5/card. New game options, "crappy card", and "wrap up".

### **Travel and Lifestyles Team Events:**

[Lunch at the Mongolian Village Grill](#): 2150 Robertson Rd. Thursday, April 16<sup>th</sup>. 12:00 pm.

[Health Team - Hear Canada Seminar with Music Bingo!](#) Thursday, April 16<sup>th</sup> 1:30 pm.

[Bus Trip to the Experimental Farm](#): Monday, April 20, 2026 from 10:30 am. - 3:30 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:** 3<sup>rd</sup> and 4<sup>th</sup> Thursday monthly. 10:15 am - 3:15 pm. \$45. [click for details](#).

**Afternoons of English Country Dance:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 3:00 - 5:00 pm. [Info](#) **FREE**

**Regular Dance:** Fridays, 7:00 - 10:00 pm. **FREE** first time. [Info](#)

**[Kanata Dance Club](#):** Saturday, May 2<sup>nd</sup>. [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](mailto:rclbr638@gmail.com), (613) 591-5570

Daily events - Food, Music, Dancing, Games, Bingo, Exercises and more. [See it all here](#).

**Kanata-Hazeldean Lions Club** - [Spring High Tea](#). For tickets, email [hightea@khlions.com](mailto:hightea@khlions.com)

**Bridlewood Community Association:** 3<sup>rd</sup> Annual Great [Bridlewood Food Drive](#). Bags delivered to your door April 17<sup>th</sup> weekend. Filled bags collection Saturday, April 25<sup>th</sup>.

**Probus:** Kanata Baptist Church, 465 Hazeldean Rd.

Speaker - The Voices Behind the "[Voice of the Nation](#)". Tuesday April 14<sup>th</sup>

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

**Music on Sunday Afternoon:** Canadian Folk Singer [Stephen Palmer](#), April 19<sup>th</sup>, 2:30 pm. Send your folk song prior to the show to [marianne@rogers](mailto:marianne@rogers). Cash donation.

**Advance Care Planning:** Saturday, Apr. 11<sup>th</sup>, 11:00 am. **RSVP** Sherry Baker [sherryb486@hotmail.com](mailto:sherryb486@hotmail.com)

**Community Zoom Trivia** has space for a for our Saturday, April 18<sup>th</sup>, 7:00 pm. Few more teams are welcomed, \$10 per team . **Registration** email [marianne@rogers.com](mailto:marianne@rogers.com).

**Lunch Bunch:** Monday, May 4<sup>th</sup>, 11:30 am. [RSVP](#) or call 613-592-4747.

**Stonehaven Church:** 2 Stonehaven Dr. [Mothers Day High Tea](#). Saturday, May 9<sup>th</sup>, 1:00 pm. [Book](#)

**Kanata Civic Art Gallery:** 2500 Campeau Dr. **FREE**

**Kanata Theatre:** 1 Ron Maslin Way. [The Heart of Robin Hood](#), to May 17<sup>th</sup>. [Schedule & Tickets](#)

**Kanata Grassroots Grannies' Event:** 65 Knudson Dr. Saturday, May 9<sup>th</sup>, 8:00 to Noon. **FREE.**

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

## Sponsors - Residences

The Kanata Seniors Council would like to thank the residences for their ongoing support. For more information, please visit [kanataseniors.ca](http://kanataseniors.ca)

### **AMICA Westboro Park**

#### **Adventure Awaits, One Step at a Time**

Join us for a weekly walking group at 11:00 am every Wednesday in the month of May (weather permitting). Suit up and meet us in the lobby at Amica Westboro Park at 491 Richmond Road. Please aim to arrive 15 mins early to ensure we can depart on schedule. Street parking available.

## **Aspira Wildpine Retirement Living**

### **Falling For Paris in the Spring – You had me at Bonjour!**

Celebrate the charm and elegance of springtime in Paris right here at Wildpine Retirement Residence this April 29<sup>th</sup> at 2:30 pm. Our **“April in Paris”** event invites residents and guests to enjoy a delightful afternoon filled with French-inspired cuisine, from savory bites to decadent desserts, all thoughtfully prepared to capture the flavors of Paris.

The experience will be complemented by live entertainment, featuring classic French music and lively performances that bring the spirit of the city to life. It’s the perfect opportunity to gather with friends, enjoy great food, and be transported to the romantic streets of Paris, no travel required.” Please RSVP to Shari at 613-914-1214 by April 24<sup>th</sup>.

## **Bradley Retirement Living**

Canadian Federation of University Women (**CFUW**) Fundraiser

Join us at The Bradley, for a CFUW fundraiser - **SWAP and SHOP** – Saturday, April 18<sup>th</sup> from 12:00 pm to 4:00 pm - \$10 admission.

Bring 6 items of clothing or accessories and shop for 6 items for free. There will be a Silent Auction and Nibbles at 130 Goulbourn Forced Rd. Kanata.

Also, don’t forget to come say Hi at The Bradley **55+ Lifestyle Show and Marketplace booths!**

## **Brookside Senior Living:**

Spring & Easter Joy at Brookside Senior Living – Kanata

Easter is here, and spring has sprung! There’s something magical about this season: blooming flowers, warmer days, and the joy of new beginnings. At Brookside Senior Living Kanata, every day feels brighter, happier, and full of possibilities—just like an Easter morning!

Hop into the season with us: enjoy warm conversations over delicious homemade treats, join in our engaging SPARKS activities, and discover fun moments that keep both mind and body active. From Easter egg hunts to spring crafts, there’s always a little magic around every corner. Our Independent Supportive Living and Assisted Living communities are thoughtfully designed to provide comfort, safety, and peace of mind — while leaving plenty of room for laughter, friendships, and a sprinkle of holiday cheer.

This Easter, come experience the welcoming spirit that makes Brookside feel like home.

Contact Catherine at [catherine@brooksideliving.ca](mailto:catherine@brooksideliving.ca) to schedule your personal visit. Brookside Senior Living Kanata – Where every season brings new joy (and a few sweet surprises too!).

## **Courtyard on Eagleson**

Join us at The Courtyards on Eagleson on Sunday, April 26<sup>th</sup> at 10:30 am for “Let’s Talk About Dementia”, a presentation by The Dementia Society of Ottawa and Renfrew County. Build on your understanding of what dementia is, how it affects individuals and their community, and where to find support- because no one should face dementia alone.

Key Highlights Include: What is dementia? How does dementia affect us? How can dementia affect me or someone I care about? What can I do about dementia? Where can I get help?

Light refreshments and tours available. Spots are limited, so please register early by calling 613-878-0273 or emailing [blacroix@allseniorscare.com](mailto:blacroix@allseniorscare.com)

## **Kanata Ridge Retirement Community by Spring Living**

Vibrant Community: 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 favourites 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.

Whether you are 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. When it comes to retirement homes in Kanata, none are as filled with warmth as our community. Please join us for our SPRING LIVING OPEN HOUSE on Sunday, April 26th, from 1-4PM for a look at our cozy, comfortable community. While you are here, you can join an activity lead by our Director of Recreation, Manoj, and make some new friends. Enjoy a Bistro snack created by our Director of Culinary, Michelle. Imagine how free life could feel when we do all the work for you. For inquiries or to RSVP, please call us at 613-591-3991 or email: [karen.wagner@springliving.ca](mailto:karen.wagner@springliving.ca)

### **Wellings of Stittsville**

Independent Living – Maintenance-Free Lifestyle

Wellings is a vibrant community for adults 55+—a place to belong long before a retirement home is ever needed. Designed for independent living, Wellings offers a maintenance-free lifestyle so you can focus on what matters most. Our community brings together people who enjoy life on their own terms, with opportunities for connection, wellness, and fun—from social events to fitness and more. Here, your lifestyle is guided by your goals, and the possibilities are just beginning. We would love to have you join us:

Saturday, April 25<sup>th</sup> from 10:00 am to 2:00 pm - **Healthy Aging Expo** - featuring over 30 local vendors showcasing services, resources, and supports for the 55+ community. Everyone is welcome! Bring a friend for a day of connection, information and refreshments.

Contact us at (867) 992-0436 or visit [www.wellingsofstittsville.com](http://www.wellingsofstittsville.com)

## Around Ottawa

**Canadian Tire Centre**: 1000 Palladium Dr. Interesting happenings are [listed here](#).

**The Meridian Theatre** -100 CentrepoinTE, Ottawa: [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 are [listed here](#).

**The Ottawa Art Gallery (OAG)**: Tuesday to Sunday from 10:00 am. **FREE**. [Happenings list](#).

**The Gladstone Theatre**, 910 Gladstone Ave., Ottawa.

**Pride and Prejudice**: Wednesday, April 8<sup>th</sup> to Saturday 18<sup>th</sup>. [Tickets](#).

**Dead Siblings Society** Mon 13 April 13<sup>th</sup>, 07:30 PM. [Tickets](#).

**Live from the Booth: Monuments, Plaques, & Statues/Sculptures** - Self Walking Tour. **FREE**

[The Manor](#) - 292-A Elgin St.

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

[Ottawa Grassroots Festival](#): 30 Cleary Ave, Thursday, April 23<sup>rd</sup> to Sunday, April 26<sup>th</sup>, [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, May 2<sup>nd</sup>. 10:00 am to 4:00 pm. **FREE**

[Candlelight](#): 120 Lisgar St. [Tribute to Fleetwood Mac](#): Saturday, Fri., April 17<sup>th</sup>. 6:30 pm. [Tickets](#).

[EY Centre](#): 4899 Uplands Dr.

[Capitol City Bloodbath](#); Tabletop miniatures event. Saturday, May 2<sup>nd</sup> & Sunday, 3<sup>rd</sup>. **FREE**.

[StoryTellers](#): 2 Daly Ave. [Aztec Mythology](#). Mera Reyes Sunday June 7<sup>th</sup> at 2:00 pm. [Tickets](#).

[Chamberfest](#) - 355 Cooper St. [Concert Series](#) - [Programs and Tickets](#):

[Hamelin & Hamelin: Mozart for Two](#); Saturday, April 11<sup>th</sup>,

[New Orford String Quartet](#): Dedications Past Events. Friday, May 1<sup>st</sup> .

[Le Consort Laurentien x Lagrime](#) , Monday, May 11<sup>th</sup>

[Hard Rock Hotel and Casino](#): 4837 Albion Rd. [Celtic Woman](#). Sun. April 19<sup>th</sup>. 7:00 pm. [Tickets](#).

[The Price Is Right Live - On Stage](#): Tuesday, April 21<sup>st</sup>, 6:00 pm. [Tickets](#)

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

[Zarna Garg - Million Dollar Excuses](#): Friday, May 1<sup>st</sup>, 7:00 pm. [Tickets](#).

[Rideau Hall](#) - [Crescendo Concert Series](#). Saturday, April 11<sup>th</sup>, 2:00 – 3:00 pm. [Register](#). **FREE**.

[The Historical Society](#): Ottawa Public Library. [The Era of Bytown](#): Saturday, April 25<sup>th</sup>, 1:30 pm. **FREE**.

[Wayward](#): 2 Daly Ave. [Wanderlust](#): Saturday, April 11<sup>th</sup> . 7:00 - 8:30 pm. [Tickets](#).

[Root in Harmony](#) (Pop-Up Singing Circle) | "Seasons of Love" – RENT: Arts Court 2 Daly Avenue. Saturday, April 18<sup>th</sup>. 2:30 - 4:30 pm. [Tickets](#).

[Travel & Vacation Show](#): 55 Colonel By Dr. Saturday, April 11<sup>th</sup> – 12<sup>th</sup>. Seniors 60+ **FREE Sat**.

[Bronson Theatre](#) - 211 Bronson Ave: [Rob Anderson](#): '90s fear. Thur. April 16<sup>th</sup>.8:00 pm. [Tickets](#).

[Ottawa City Hall](#) - 110 Laurier Avenue West:

[Cultivating Community](#): Agriculture Rooted in Ottawa's History, to Nov 5, 2028. **FREE**

[Judy Nakagawa](#) – Complicated Heart exhibition. Thursday, April 16<sup>th</sup> – August 2<sup>nd</sup>. **FREE**.

[Karsh Continuum exhibit](#): to Sunday, May 17<sup>th</sup>. **FREE**

[Triple Point](#): Corridor 45|75 (Rideau Station, West Concourse – Level 2). to Jun 28<sup>th</sup>. **FREE**

[LIVE CHAMPIONSHIP BOXING](#): Hard Rock Café, 4837 Albion Rd S, Saturday, Apr 11<sup>th</sup>. [Tickets](#).

[Museum of Nature](#) - 240 McLeod St. **FREE** with admission: [Life onto Land](#): to Oct 12<sup>th</sup>.

[Qikiqtaït](#) - Where Inuit Knowledge and Innovation Come Together: to September 6<sup>th</sup>

**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 24<sup>th</sup>. [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](mailto:jenna.sudds@parl.gc.ca) | (613) 592-3469

The Honourable **Karen McCrimmon**, M.P.P. [kmccrimmon.mpp.co@liberal.ola.org](mailto:kmccrimmon.mpp.co@liberal.ola.org) | (613) 599-3000

**Mayor Mark Sutcliffe** - [mark.sutcliffe@ottawa.ca](mailto:mark.sutcliffe@ottawa.ca) | (613)-580-2496. Many events are [here.](#)

**Allan Hubley** – City Councillor for Kanata South: [allan.hubley@ottawa.ca](mailto:allan.hubley@ottawa.ca) | (613) 580-2752

**Cathy Curry** - City Councillor for Kanata North: (613) 580-2476 [cathy.curry@info.ottawa.ca](mailto:cathy.curry@info.ottawa.ca).

**Glen Gower** - City Councillor for Stittsville: | [Glen.Gower@ottawa.ca](mailto:Glen.Gower@ottawa.ca) | (613)580-2476.

**Laine Johnson** – City Councillor – Ward 8, College | [Collegeward@ottawa.ca](mailto: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