



Kanata Seniors Flash

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

More about our Council by our president, Kay Dubie in this 32 [minutes video](#)

Sunday, May 3rd to 17th, 2026

Welcome to the 44th issue of the Kanata Seniors Council twice-monthly email that highlights happenings around our community.

Current Issues

The Kanata Seniors Council will advocate for you. Please share with us your thoughts, ideas, and concerns. Your suggestions about this Flash are welcomed at council@kanataseniors.ca.

[Annual General Meeting](#): Join us for the Kanata Seniors Council's Annual General Meeting, to be held at the Kanata Seniors' Centre, 2500 Campeau Dr., Kanata on Wednesday, May 20th. Registration at 9:30 and the meeting starts at 10:00. All are welcome. A light lunch will be served. [More info.](#)

[Far West Fun Fest](#): Two weeks of fun, friendship, and food! From Thursday, June 4th to 18th. Registration booklets are available at the Kanata Seniors' Centre. Registration starts at 9:00 am on **Monday, May 11th**. Register early to avoid disappointment. [More info.](#)

Mark your Calendar:

[The Kanata Seniors Council's 30th Anniversary Celebration](#) will be held Saturday, September 26th. Tickets will be sold in the Café starting on Monday, June 8th. [Click for more.](#)

Health Concerns

McMaster University:

[Vegetarian diets as we age](#): 2 minutes video

[Conquer your fear of falling with cognitive behavioural therapy](#): 2 minutes reading

[Watch your step!](#) Fall prevention for seniors living in the community: 2 minutes reading

[Supportive Connections: A Powerful Tool Against Ageism in Later Life](#): 2 minutes reading

The National Institute on Aging

[Is Forgetfulness Normal or Not?](#)

[Biomarkers and How They Help Diagnose Dementia](#)

[Infographic: What To Know About High Blood Pressure as You Age](#)

[Infographic: Tips To Boost Your Health as You Age](#)

Maple Care – Scapulo-thoracic (Middle Back)

- [Middle Back Stretching Program](#)
- [Middle Back Strengthening Program](#)
- [Middle Back Strengthening with Resistive Bands](#)
- [Middle Back Strengthening with Therapeutic Ball](#)

Canada's Food Guide: [Click here](#).

WOCRC: New event - [Falls Prevention Information Session & Mobile Clinic](#): reducing the risk of falls and staying independent. Info Session: Tuesday, May 12th, 1:00 – 3:00 pm. Carp Library, 3911 Carp Rd. Mobile Clinic: Tuesday, May 26th, 9:00 am - 3:30 pm. Carp Memorial Hall, 3739 Carp Rd. [Details and Registration](#)

Aurora Seniors Centre - virtual telephone [8 weeks program](#) for dementia sufferers and care partners. Mondays & Wednesdays to May 29th. 11:00 am to noon. [Register](#). **FREE**.

Adapt Expo – two expos in one: Carleton University – Fieldhouse. Saturday May 9th, 10:00 am - 3:00 pm. Goodies and more. **FREE**

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

Advocacy: transportation, income security, housing, health Complete events [listed Here](#)

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

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

Tidbits

[Gemini Ai](#)

We asked: The differences between **Bingo** and **Music Bingo**. [The answer.](#)

Buy Canadian

Protein Supplements: While these supplements are often used for sports training and outdoor activities, they also play an important role in seniors' lives when a senior has a lack of appetite or needs additional protein to ensure complete nutrition. The following vendors manufacture their supplements in Canada, and their products are available either online or at various retailers.

[Good Protein](#), [Biosteel](#), [Progressive Nutritional](#)

On the NET

In this section, we try to offer useful and interesting websites. Caution, "Interesting" may mean time-wasting fun rabbit holes ;-). Today on the fun side of things, is [Patatap](#). This website turns your keyboard into a musical and visual instrument; each keystroke creates a sound and a corresponding burst of visual animation. It was featured on several lists of fun websites.

Why it's so engaging: It's easy. No registration, no learning process. You just open it, type keys, and receive instant feedback. It's an awesome idle-time snack.

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

Strength for Daily Living. Do you wish you were stronger? Maintaining muscle strength plays a key role in staying independent. Everyday tasks become easier with regular strength training. Short, gentle workouts focused on functional movements are very effective.

Follow us with a 12-minute workout to build upper body strength, led by Meg from AIM Fitness. Equipment needed: Light dumbbell weights. Follow us here: <https://youtu.be/OWhhFPJK6xs>

HearCANADA

We are 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 for more.

Ideal Caregivers 4u

Join **Ideal Caregivers 4u** at the Adapt Expo & Ottawa Inclusive & Para Sports Expo on **May 9, 2026**, at Carleton University (Fieldhouse & Ravens' Nest) from 10 AM–3 PM. As a trusted provider of compassionate, personalized care, we're proud to be part of this all-ages, all-abilities event connecting local organizations, caregivers, and community partners.

Discover adaptive living solutions, inclusive sports, and valuable resources—and be sure to visit our booth to learn how we support individuals and families in our community. Enjoy free admission, free parking in Lot P5, refreshments, swag bags for early attendees, and door prizes.

Serving families across Ottawa, Mississauga, Markham, Edmonton, Oshawa, and Whitby, we give you peace of mind knowing your loved one is supported every step of the way. Please call us at (613) 769-1669 or e-mail at info@idealcaregivers4u.com.

Seniors Journey:

Complimentary Support Services for Seniors and Families

Seniors Journey provides **FREE** guidance and support to seniors and their families during times of transition, including hospital discharge planning. Our services include:

- Assessment of care needs and living options
- Guidance on senior living (independent, assisted living, memory care)
- Coordination of tours and introductions to suitable communities
- Support with decision-making and transition planning
- Ongoing support for families throughout the process

Our goal is to reduce stress, provide clarity, and ensure seniors are placed in environments that best support their care and lifestyle needs.

Contact Adriana at 613-790-9355, Email: adriana@seniorsjourney.ca, Web: www.seniorsjourney.ca

Happenings

Kanata Seniors Council Activities

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

Technology:

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

Council Events:

[Council's Electronic Bingo](#): Friday, May 8th and 22nd. Doors open at 12:30 pm. Cost is \$5/card. New game options, "crappy card", and "wrap up".

Travel and Lifestyles Team Events:

[Lunch & Kanata Theatre The Heart of Robin Hood](#): Buster's Bar & Grill. Sunday, May 17th, at noon.

[Wok and Chop](#) - International Dining: Thursday, May 21st: at noon.

[Jewish Songs and Dance](#): Friday, May 29th. from 1:00 PM to 3:00 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, June 16th. [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. [See it all here](#).

[Kanata-Hazeldean Lions Club](#) - [Spring High Tea](#). Saturday, May 9th at 12:00 & 2:30 pm. All are welcomed. They'll all enjoy it. For tickets, email hightea@khlions.com

[Walk for Dog Guides](#): a gentle 1km or hardy 3.5km walk. Sunday, May 31st, Registration at Noon; Walk starts at 1:00 pm. Register: walk@khlions.com

[Bridlewood Community Association](#): [Block Party](#), 65 Stonehaven Dr. Saturday, June 20th from 11:00 to 17:00. **FREE**

[Kanata Farmers Market](#): Saturdays, to October 31st, 9:00 am-3:00 pm. 745 Kanata Avenue.

[Probus](#): Kanata Baptist Church, 465 Hazeldean Rd.

Speaker: Wildfire Smoke and Our Health: Risks, Research, and What We Can Do - Dr. Paul Villeneuve, Tuesday May 12th. 10:30 am.

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

Classic Movie Night: The Spanish Dancer (1923): Saturday, May 29th, 7:00 – 9:00 pm. **FREE.**

Lunch Bunch: Monday, June 1st, 11:30 am. [RSVP](#) or call 613-592-4747.

Kanata Civic Art Gallery: 2500 Campeau Dr. **West End Sculpture Show:** A dynamic juried exhibition of curated selection. To Sunday, May 10th. [Read more!](#) **FREE**

Kanata Theatre: 1 Ron Maslin Way.

The Heart of Robin Hood, to May 17th. [Schedule & Tickets](#)

Disney's Alice in Wonderland Jr: Friday June 5th at 7:00 pm & June 6th at 1:00 & 4:00 pm. [Tickets.](#)

Comedy in Kanata – 5 Alive! Tuesday, June 16th from 7:00pm to 9:30 pm. [Tickets](#)

Kanata Ribfest: 400 March Rd. Friday May 22nd until Sunday May 24th, starting at 11:00 am.

Kanata March Horticultural Association: Invasive Plants in your gardens .. [Read more.](#)

Stittsville Book Fair: 1481 Stittsville Main. Saturday, May 16th, starts at noon. **Free.**

Ottawa Dressage Festival:, 401 Corkstown Rd, Nepean. Thursday, May 28th – 31st. [Events.](#) **FREE.**

Sponsors – Residences

The Kanata Seniors Council would like to thank the residences for their ongoing support. For more information, please visit 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 10-15 mins early to ensure we can depart on schedule. Street parking available.

Aspira Wildpine Retirement Living

National Open House – Spring on In - Experience Retirement in Full Bloom!

The sun is out, the flowers are blooming, and our doors are wide open! Discover retirement living where you can truly flourish. Join us for an afternoon of light refreshments, tour our stylish suites, and experience the warmth of our vibrant community.

- Friday, May 29th from 1:00 pm to 4:00 pm
- Saturday, May 30 from 1:00 pm to 4:00 pm

Call 1-866-959-4848 to let us know you are coming.

Bradley Retirement Living

Bring Connection Back to Your Life and come to an event at The Bradley...

- Tuesday, May 5th at 2:30 pm - Cinco De Mayo Party and Latin band - RSVP patsy.mccarthy@bwliving.com
- Wednesday, May 20th at 2:00 pm CFUW Kanata Historical Society at The Bradley - 20th Century Canadian History Through the Magic of Radio with Laurence Wall - RSVP shelby.johnstone@bwliving.com
- Thursday, May 21st at 2:00 pm: The Bradley College with Hugh Fraser, founder of Fraser Recovery Program, RSVP- shelby.johnstone@bwliving.com. Tours Daily! Call 613-290-5817

Brookside Senior Living

You're Invited! Join us for our Open House & Spring Vendors Market on May 30th!

Spring is a season of fresh beginnings, there's no better time to discover a community where comfort, connection, and joy come together every day. At Brookside, you'll experience welcoming spaces, engaging SPARKS activities, and a vibrant lifestyle that for independence and peace of mind.

Come enjoy delicious homemade treats, meet our friendly team, tour our beautiful community, and explore a variety of vendors, all while getting a true feel for what makes Brookside so special. Considering Independent Supportive Living or Assisted Living, we'd love to meet you, show you around, and answer any questions you may have. Come see the difference this spring, where every day feels like home.

To learn more or book a personal visit, contact Catherine at catherine@brooksideliving.ca or (343) 204-0589. Brookside Senior Living – Kanata. Where every season brings new joy!

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.

Whether you are looking for independent living, need a little extra support through assisted living, or require specialized memory care on a permanent or short-term basis, 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.

For inquiries or to RSVP, please us at 613-591-3991 or karen.wagner@springliving.ca

Thornccliffe Place Retirement Home

Thornccliffe Place is a retirement home for seniors, located in the West End of Ottawa. Our studios and one-bedroom apartments offer Independent Living, Assisted Living, Enhanced Care, Palliative & End of Life Care. Residents have access to delicious freshly cooked meals, many indoor as well as outdoor common areas and various housekeeping and personal services. Our team is comprised of over fifty staff members who are dedicated to serving the senior residents.

Our studios and one-bedroom apartments offer Independent Living, Assisted Living, Enhanced Care, Palliative & End of Life Care. Established in 1989 and family owned, Thornccliffe Place offers people an active, social lifestyle in their retirement years and we have been committed to that

goal ever since. We would love to show you around. Please call us at (613) 596-3853 or email us at info@thorncliffeplace.com to book your visit. We are looking forward to meeting you.

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. Please contact us at (867) 992-0436 or visit 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.** [listed here..](#)

The Canadian Tulip Festival: Canadian Tulip Festival Attractions: 10:00 am - 8:00 pm.

Commissioners Park at Dow's Lake, Friday, May 8th to 18th. [Park Events Map.](#) **FREE.**

[CIBC Trek;](#) [Tulip Market](#), [CF Rideau Centre Tulip Legacy](#) Self Guided Walking Tour. [more events.](#)

[Ontario Guild of Town Criers Championship:](#) Saturday, May 9th -10th. Noon to 5:00pm. **FREE.**

The Ottawa Little Theater: 400 King Edward Ave. [The Birds and the Bees:](#) Wednesday, May 6th to Saturday, May 23rd. Weekdays at 7:30 pm. Matinee: Sundays at 2:30 p.m. [Tickets.](#)

The Gladstone Theatre, 910 Gladstone Ave., Ottawa.

[Fun Home:](#) Your parents through grown-up eyes. Thursday, May 14th – May 23rd. [Tickets.](#)

Live from the Booth: An outdoor concert series, Saturdays, evening 7:00 - 9:00pm **FREE.**

The Manor - 292-A Elgin St.

[Magic at the Manor:](#) Wednesdays, May 13th and July 29thm at 7:00 pm. [Tickets.](#)

[The Supersonic Hearts Band:](#) Third Thursdays to July 16th. 8:00 pm. [Tickets.](#)

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

613 Flea: Lansdowne Park, indoor shopping. Saturday, June 6th. 10:00 am to 4:00 pm. **FREE**

Candlelight: 120 Lisgar St. [Tribute to Phil Collins,](#) Sunday, May 10th at 7:00 p.m. [Tickets.](#)

[Tribute to Fairuz](#): Sunday, May 17th. 9:00 pm. [Tickets](#).

[Best of Bridgerton on Strings](#): Sundays, May 17th & 31st. 7:00 p. [Tickets](#).

[Perfect Purcell](#): . 174 Wilbrod St. Sunday, May 24th at 3:00 pm. [Tickets](#).

[EY Centre](#): 4899 Uplands Dr. [Estate Lauder Sale](#) Thursday June 25th to Sunday 28th. **FREE**.

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

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

[Trio INK + 1: Schumann and Brahms](#), Monday May 11th. 7:00 pm. [Tickets](#).

[Hard Rock Hotel and Casino](#): 4837 Albion Rd. **The Fray** - Summer of Light Tour: Saturday, May 16th at 7:00 pm. [Tickets](#).

[The Yuk Yuks](#): 1394 Richmond Rd.

[Casey Corbin](#) - Stand-up comic: :Friday – Saturday, May 22nd - 23rd. 8:30 pm. [Tickets](#).

[Clean Comedy Night](#): Thursday, May 28th, from 08:00 pm. [Tickets](#).

[Algonquin Commons Theatre](#): 1385 Woodroffe Ave. [Alyssa Edwards](#) – Thanks For Everything Tour- A Drag performance. Friday, June 5th, 8:00pm [Tickets](#).

[The Historical Society](#): Beachwood Cemetery. [Meet Bytown Founders](#). Tuesday, June 09th. **FREE**.

[Wayward](#): 2 Daly Ave. Saturday, May 23rd:[Improvised Tales of Travel, Love & Longing](#), 07:00 pm. [Tickets](#). And [Competitive Improv Comedy](#). 09:00 pm. [Tickets](#).

[Bronson Theatre](#) - 211 Bronson Ave: [Jessica Kirson](#), Friday, May 22nd, 8:45pm. [Tickets](#).

[Shenkman Arts Centre](#), 245 Centrum Blvd,:

[Arising](#) - The Canadian Irish Dance Company: May Tuesday, 12th. At 7:00 pm. [Tickets](#).

[Tartan and Red Serge](#) - Canadian Celtic Showcase: Saturday, May 16th, 3:00 & 7:00 pm. [Tickets](#).

[Chinatown Night Market](#): Somerset St. West. Friday, May 29th – 31st. Entertainment. **FREE**.

[Ottawa City Hall](#) - 110 Laurier Avenue West. **FREE** [events listed here](#).

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

[Oikiqtaït](#) - Where Inuit Knowledge and Innovation Come Together: to September 6th

[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**

[Live Chess on Parliament](#): Sunday, May 10th, 2:00 – 5:00pm. **FREE**. [Become an Alternate](#).

[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.

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