Kanata Seniors Flash

Is offered by The Kanata Seniors Council (**KSCI**) is located in the Mlacak Community Centre, 2500 Campeau Dr. Kanata, ON K2K 2W3. Office, Monday to Friday 9:00 am -1:00 pm. Phone 613-254-7164, **New Phone Number on November 9th is 613-592-7729**, email: council@kanataseniors.ca .

We invite you to visit us at kanataseniors.ca and Facebook page, read our monthly Seniors News and learn more about us here: 32 min video.

Sunday, October 18th to November 1st, 2026

Welcome to **the 55th issue** of the Kanata Seniors Council Seniors Flash, e-mailed to you twice every month, highlighting events around our Seniors community.

Ideas to better this "Flash: Please share your ideas here: council@kanataseniors.ca

The Kanata Seniors Council is there to advocate for you. Your concerns and suggestions here.

Your Health

Ottawa Public Health (OPH)

Respiratory Illness: As the Resp. season begins, residents are encouraging to protect themselves and their loved ones through vaccination and simple everyday actions. Poster. Fact Sheet.

All about Ticks: If you find a tick, send those close-ups to www.etick.ca

Measles Exposure Locations**:** For individuals who may have been exposed. At this time, the risk to the general population remains low.

Immunizations for Older Adults: It is time to plan your shots for the flu, Covid-19 and the RSV vaccines. Contact your local pharmacy, regular health care provider or OPH for appointment

McMaster University:

Flu vaccines lower risk of pneumonia and death among older adults living in care: 1 min. read.

Prediabetes? How to delay or prevent type 2 diabetes: 12 min. video.

Dietitian-delivered nutrition therapy for prediabetes: 2 min. read.

Chest colds: Do antibiotics help? 15 min video.

Alzheimer Society: Information and events are listed here.

The Council on Aging (815 St. Laurent Blvd., Ottawa): Advocacy: transportation, income security, housing, health and more. The complete events are listed here.

Canadian Lung Association: Information about Asthma, COPD Lung Cancer.

Centretown Community Health Centre: Specialized programs for adults 55+. 420 Cooper St.

Dance for Parkinson's: In person and Zoom Classes, events are listed here

The Canadian Society for Exercise Physiology (CSEP): events are listed here
The Dementia Society: events are listed Here.

Canada's Food Guide: Here. **Dietary Guidelines for Americans to 2030:** Here.

Heart and Stroke Foundation: events are listed here

The Heart Institute: Webinar classes geared for heart patients, events are listed here.

Maple Care – Lower Back:
Lumbar Stabilization Program.
Sub-Acute Low Back Pain Program.

The National Institute on Aging (NIH):
Ankle Stretch for Older Adults: 2 min. video.
Workout for Older Adults: 10 min. video.
Infographic: Is it a Cold, the Flu, or COVID-19.
Infographic: 5 Tips for Exercising Safely in Cold Weather.

Ottawa Mental Health: Events are listed here.

Prostate Cancer Support Ottawa (PCSO): Living with prostate cancer? Help is here!.

The Royal Hospital: Crisis Lines: Complete events are listed Here.

Western Ottawa Community Resource Centre:
Senior Social Programs: Schedule. Register for Virtual Seated Exercise Program. **FREE.**

Tidbits

Gemini Ai
We asked: How can older adults enjoy the Fall season **in Ottawa**? Here is the answer!
And **in Kanata**? The answer is here!

Distraction theft! Be aware, a message from Ottawa Police Service.

Maylor Forum: by the Council on Aging in collaboration with the Kanata Seniors Council on Thu. Oct. 8th, to help you decide on Monday, October 26th, City election. Four Candidates discussed "Questions affecting the seniors" The discussion video (4 x 40 min each) is here.

Needing a Primary Care Provider: Active Care Medical ,1003 Beaverbrook rd. email.

Seniors Guide: Canada Health, Ontario's Guide, MPP Karen McCrimmon Guide. MPP Sandra Pasma Guide,

Buy Canadian

Pet Food made in Canada: The following companies offer dog and cat food products both online and in various retail stores. They also have other pet items.

Nutram Smack Pet Food Big Country Raw

Have a question or suggestion about our Buy Canadian notes? Drop us an email at: gocdn@kanataseniors.ca

On the NET

In this section, we try to offer useful and interesting websites. Caution: "Interesting" may mean time-wasting, but fun rabbit holes ;-) .

Nobody can deny that Spotify is one of the best places to discover music. Still, the vast catalogue favours usually popular artists. Forgotify helps you discover artists who are not yet that popular but produce great music. An excellent place to discover new music and artists. Perfect activity for a lazy afternoon or free evening in the coming winter. Note: requires a free sign-up to Spotify to play tracks.

Sponsors - Businesses

The Kanata Seniors Council likes to thank the private sector companies for their ongoing support.

AIM FITNESS

Fall Prevention Awareness

Have you lost strength in your legs? Fall is a great time to build strength before winter arrives. Follow along with Meg's 45-minute strength and balance AIM Fitness workout here: https://youtu.be/0B4spGZ0TNo . Learn more about our Fall Prevention Workshops by contacting us today*:* www.activitiesinmotion.ca or call 613-869-3246.

HearCANADA

Experience the latest in hearing technology during our Demo Days and discover how better hearing can help you stay connected to the moments that matter most.

- FREE Hearing Technology Trial
- Experience Our Newest Hearing Solutions
- No Obligation to Purchase
- Personalized Support from Our Hearing Care Professionals

Call 613-836-3883 today to book your **FREE** trial and hear the difference for yourself!

IDEAL CAREGIVERS 4U

Mobile Ear Wax Removal – With Jasmine Hunt, RPN. Better Hearing Starts with Healthy Ears! Struggling with blocked ears or excess ear wax? Jasmine Hunt, Registered Practical Nurse (RPN) with Ideal Caregivers 4U, offers professional mobile ear wax removal services for seniors in

Ottawa area. We come to you! Enjoy convenient, professional care in the comfort of your home or retirement residence. Call 613-769-1669 to learn more or book your appointment.

MINTY GOLD & SILVER EXCHANGE

Single earrings, sterling flatware, broken chains…MINTY buys them! Discover the value of your gold and silver jewellery, coins, flatware, and other items with MINTY Gold & Silver Exchange. On the spot complimentary evaluations are provided and if you choose to sell, we'll purchase on the spot by cheque or e-transfer. No pressure. No obligation. Just care, clarity, and a team you can trust: Monday, October 26th and Tuesday, October 27th from 09:00 am to 4:00 pm

Book your complimentary appointment today at mintygold.ca. Questions? Call 647-503-5627.

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 – Seniors Journey at 613-790-9355, Email: adriana@seniorsjourney.ca,

Happenings

There are three attachments to this Issue of the Flash: Flash Picks, Flash City Picks, Your Health Happening , Candlelight, Sports Club, National Museums & Algonquin Common Theatre.

Kanata Seniors Council Activities

Council Café: Please click for the October Menu

Technology: Computer Training and other technology offerings.

Council Events:

Council's Electronic Bingo: Oct. 23rd, Nov. 13th & 22nd and Dec. 4th. Starts at 1:00 pm.

Travel and Lifestyles Team Events:

Lunch at Baton Rouge: 790 Kanata Avenue. Friday, October 30th, 12:00 pm
Lunch and Kanata Theatre's Emilie: Buster's Bar & Grill. Sunday, November 22nd, 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.
Cyber Security: 5 ways to stay safe online. Thursday, October 29th at 1:00 pm.
Registration required at Front Desk. **FREE** for members.

Renters Programs & Services:
Ottawa English Country Dance Club: Fridays, 7:30 pm. First visit. **FREE**.
Kanata Dance Club: Fridays, Nov. 28th - Halloween, 7:00 - 10:00 pm. Tickets.
Other Services: Foot Care Clinic and Ottawa Heart Institute-Heart Screening

Other Activities in and Near Kanata

The Ottawa Public Libraries: Events and programs at the four local branches are listed here.

Ottawa City Hall - 110 Laurier Avenue West. **FREE** Events listed here.

The Kanata Legion: 70 Hines Rd. Daily events - Food, Music, Games, Bingo, Exercises and more.

Kanata Theatre: 1 Ron Maslin Way. Emilie la marquise du chatelet defends her life tonight, Nov. 18th - 28th. Schedule & Tickets.

Kanata Civic Art Gallery: 2500 Campeau Dr. **FREE** Exhibits: Catch My Drift (video) to Sun, Oct. 18th. Off the Beaten Path: Wed. Oct. 21st – Sun. Nov. 22nd. Gift of Art & Sale: Nov.14th-15th.

3rd Kanata Scouts Pumpkin Walk: Deevy Pines Parking Lot. Sun. Nov. 1st, 6-30 – 8:00 pm. **FREE.**

ArborCare Community Grief Support Program: Kelly Funeral Homes, 580 Eagleson Rd.
6-week series, Fridays, Oct. 16 – Nov. 13th, 1:00 - 2:30 pm. Register: 613-692-3588. **FREE.**

St. John's Kanata North Anglican Church: 325 Sandhill Rd. **Donations**
Lunch Bunch: Monday: to June 7th, 2027, 11:30 am. RSVP or 613-592-4747.
Classic Movie Night - Faust (1926): October 30th, 7:00 – 9:00 pm. **Free.**
Music on a Sunday Afternoon - Music for Two Flutes & Piano. Oct. 18th, 2:30 – 4:00 pm. **FREE.**
Music on a Sunday Afternoon- Robin Tropper's quartet : Nov. 15th, 2:30 – 4:00 pm. **FREE.**
Kanata Bond Fitness: Mondays, to Nov. 23rd. 7:00 pm. More.

Kanata Farmers Market: Saturdays, to Oct. 31st, 9:00 am-3:00 pm. 745 Kanata Ave. **FREE**

Carp Farmers' Market: 3790 Carp Rd., Saturdays to Nov. 28th. More Details**. FREE.**

White Lotus Society Cocktail Class: SFR Distillery, 767 Silver Seven Rd. Sun. Nov. 28th & Dec 12th, 7:00 pm. Tickets.

Sponsors – Residences

The Kanata Seniors Council likes to thank the residences for their ongoing support.

AMICA WESTBORO PARK Drumming Fitness Class

Join us for our weekly Drumming Fitness at Amica Westboro Park. Led by our Life Enrichment team, this fun and energizing class uses drumsticks and stability balls to improve strength, balance, mindfulness, and mood. After class, enjoy a healthy smoothie while meeting our friendly team and residents. Saturdays in October at 09:30 am - Drumming Fitness
Please RSVP 3 days prior to your preferred class to Mandy or Michele at 613-728-9274.

Connection, Friendship and Possibility Are on the Table: Join us at Amica Westboro Park, a senior lifestyles residence for an afternoon of friendly competition, wonderful conversation, and memorable moments at our **Casino Royale** event. Thursday, October 22nd from 2:00 pm to 4:00 pm. enjoy poker tables hosted by professional dealers, chef-prepared refreshments, and live entertainment in a warm and welcoming setting. Seasoned player & first timer, will discover that meaningful connection is always a WIN! RVSP by Oct. 19th to Mandy or Michele at 613-728-9274.

ASPIRA HAZELDEAN GARDENS RETIREMENT RESIDENCE

We are located in the heart of historic Stittsville, a vibrant west Ottawa neighbourhood where village charm meets city convenience. Just minutes from Highway 417, our community provides easy access to shopping, dining, healthcare, golf courses, scenic Greenbelt trails, Ottawa Senators NHL games and all that downtown Ottawa have to offer. Step inside and enjoy beautifully landscaped courtyards, chef-prepared meals, and inviting spaces including a saltwater pool, sunny greenhouse, cozy library, luxurious spa, fitness centre, and the lively “Stittsville Station” bistro. Whether you’re socializing with neighbours, relaxing with a good book, joining one of our many programs or excursions, you’ll find everything you need for a fulfilling lifestyle.

ASPIRA RED OAK

Aspira Red Oak is surrounded by large green spaces, close to downtown Ottawa and offers a welcoming atmosphere. Residents can enjoy our Kew Gardens Greenhouse and relax in our indoor pool and hot tub. Our warm, vibrant community features a bistro with a grand piano and fireplace, a wine cellar and a billiards room. Watch a movie in the Globe Movie Theatre or relax in our library. Nearby attractions include Kanata Centrum Shopping Centre, Landmark Cinemas Kanata, and restaurants. Enjoy the peace of mind of 24/7 emergency care, engaging activities, mystery drives and the Masters Academy for lifelong learning.

ASPIRA WILDPINE RETIREMENT LIVING

Voyage to England and Cheers to the Years Open House: Friday, October 23rd. Starting at 2:00 pm we will have a Chef’s Demo of a High Tea, followed by entertainment by Ken Seeley, The Beatles through a Jazz Ken’s at 2:30 pm, finishing with Travelogue to England at 3:45 pm.
Lunch Club at Wildpine: Join us for a complimentary Lunch Club and enjoy a delicious chef-prepared meal while experiencing the warmth and hospitality of our community. Seating is limited, so RSVP today to reserve your spot. Wednesday, October 28th from 11:30 am to 1:30 pm

- Limited Spots - **RSVP Mandatory**

Halloween Costume Party: Put on your best costume and come join us for a fun afternoon with entertainment by Rob Clarot. Friday, October 30th, starting at 2:30 pm. RSVP with Shari at shari.clancy@siennaliving.ca or 613-914-1214.

For more information email shari.clancy@aspiralife.ca or call (613) 914-1214 or (613) 831-8111.

BRADLEY RETIREMENT LIVING

Join us in October for these complimentary events for those 55+ in our community.

- Weekly - Friday mornings at 10:00 am - **Tai Chi**
- Wednesday, October 21st from 2:00 pm to 4:00 pm - **CFUW History Group Speaker, Ally Buck**- "Shelter Boxes". After a disaster, "recovery starts with shelter. Having somewhere dry and warm to sleep, to prepare meals, and to be with your family is vital for starting the long process of rebuilding your life."

Follow **The Bradley Retirement Living** on **Facebook and Instagram** to see our events in action and enter our ongoing **Seniors' Appreciation Contest** to win great prizes!

BROOKSIDE SENIOR LIVING KANATA

Celebrate Fall at Brookside Senior Living – Kanata

As the leaves change and the air turns crisp, discover a community filled with warmth, friendship, and new possibilities. Brookside Senior Living – Kanata is proudly locally owned and operated, offering Independent Supportive Living and Assisted Living Communities. Here, friendly faces, caring support, and meaningful connections help make every day feel brighter. Whether you're trying something new, joining our engaging SPARKS activities, or enjoying a cozy afternoon with friends, there's always something to look forward to. We invite you to enjoy homemade treats, meet our friendly team, take part in seasonal activities, and tour our welcoming community.

You're Invited: **Book Launch & Special Presentation** on Wednesday, November 4, at 2:30 p.m. for the launch of *Should I Stay or Should I Go? A Family Guide to Seniors Housing and Care—Ontario Version*, presented by senior living expert Christine Forget. With **30 years of experience**, Christine will share practical insights and compassionate guidance on aging at home, retirement homes, assisted living, and long-term care to help families feel confident about their next steps. Attend in person at 20 Shirleys Brook Drive, Kanata, or via Zoom. In-person guests will enjoy complimentary refreshments and take home homemade pumpkin spice scones!

Space is limited—please **RSVP** to reserve your spot.

Start your next chapter at Brookside. To register for the presentation or arrange a personal tour, contact: Catherine Armstrong at 343-204-0589 or e-mail at catherine@brooksideliving.ca

KANATA RIDGE RETIREMENT COMMUNITY BY SPRING LIVING

Halloween Costume Party: Friday, October 30th from 3:00 pm to 5:00 pm - refreshments, snacks, karaoke, prizes and fun!! 27 Weaver Cres (at the corner of Kanata Avenue and Walden Drive) - RSVP: 613-591-3991. Whether you are exploring independent supported living, assisted living, specialized memory care, or a short-term "rest and restore" stay, our warm and welcoming team is here to help. Furnished suites are available for short-term stays, including our new 15-day minimum respite option. Among retirement homes in Kanata, our community is known for its

warmth and compassionate care. For inquiries, please reach out to our community at 613-591-3991 or karen.wagner@springliving.ca

THORNCLIFFE PLACE RETIREMENT HOME

Thorncliffe 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, Thorncliffe 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.

VENVI STONEHAVEN RETIREMENT LIVING

Come On In! Our Doors Are Open! Mark your calendars:

Sunday, October 25th, 1:00 to 4:00 pm - Venvi Stonehaven Open House - 70 Stonehaven Dr.

Come see what makes Stonehaven more than a residence — it's a place to call home.

- Tour our beautiful spaces - Enjoy some refreshments
- Meet our wonderful team - Explore our suites and amenities
- Ask questions and discover what retirement living can look like for you or your loved one.

Whether you're just starting to explore your options, helping your LOVED ONE find the right place, or simply curious about what we have to offer, come say hello!

There's no pressure, just a warm welcome, friendly faces, and an opportunity to experience the Venvi Stonehaven community for yourself. Bring a friend. Bring the family. Come take a look! We can't wait to open our doors and welcome 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

In and around Ottawa

Halloween Fright Events: A dozen Halloween events around Kanata are listed here!

The Gatineau Park shuttle: to October 25th, Route, Schedule. **FREE**

Canadian Tire Centre: 1000 Palladium Dr. Interesting happenings are listed here.

The Meridian Theatre – **CLOSED** – Flood damage.

National Arts Centre (NAC): 1 Elgin St. Many interesting events are listed here.

National Gallery (NGC): 380 Sussex Dr. Thursdays 5:00 - 8:00 pm.. **FREE.** More are listed here.

The Ottawa Art Gallery (OAG): Tuesday to Sunday from 10:00 am. **FREE.** listed here.

Candlelight: Music Lovers. 2026 Program.

Ottawa Little Theater: 400 King Edward Ave. Wed.-Sat 7:30 pm, Sun 2:30 pm Ticket.
Jane Eyre: Wed. Oct. 28th – Sat. Nov. 14th.

The Gladstone Theatre, 910 Gladstone Ave. Programs 2026 is here.

Sunday Swing @ KS on the Keys: 1029 Daze Str. to Dec. 20th, 5:00 - 7:30 pm. Menu

Ottawa Pet Expo: 4899 Uplands Dr. Weekend, Oct. 24th & 25th, from 10:00 am. Tickets.

Antiquarian Book Fair: St. Paul University, 223 Main St. Weekend, Oct. 24th & 25th, 10:00 am. Tickets. **FREE** Sunday.

International Writers Festival: Archives Canada. Thu. Oct. 22nd – Sun. 25th, Schedule & Tickets.

Ottawa Big Band Dances: RKLC. 102 Greenview Ave. Friday, Oct. 23rd, 7:00 -10:15 pm. Tickets.

Ottawa Chocolate Show: Algonquin College . Saturday, Oct. 24th, 10:00 am – 5:00 pm. Tickets.

Comics Convention: RA Centre, 2451 Riverside Dr. Sun. Oct 25th, 10:00 am - 4:00 pm. Tickets.

DanceMomsOttawa: 1 Beechwood Ave. Saturdays, Oct 31st & Nov 28th, 8:00 pm. Tickets.

Kailash Mital Theatre - 1125 Colonel By Dr.
Ballet of Lights: Sleeping Beauty - Sparkling Show: Sundays, Nov. 22nd & Jan. 17th, 2027.
The Jury Experience Saturday, December 15th &19th, 8:15 pm. Tickets.

The Yuk Yuks: 1394 Richmond Rd. September shows and Tickets.

Comedy at the Carleton Tavern - 223 Armstrong St: First & third Tue, to Dec. 29th. **FREE**.

Chamberfest - 355 Cooper St. Concert Series : to March 2nd, 2027 Festival Events & Tickets.

Hard Rock Hotel and Casino: 4837 Albion Rd. Events and Ticketing (Some **FREE**).

Algonquin Commons Theatre: 1385 Woodroffe Ave. Click here for full 2026 plays List.

Bronson Theatre: 211 Bronson Ave and **Shenkman Arts Centre**: 245 Centrum Blvd. Here.

Museum of Nature - 240 McLeod St. Events are listed here.

Museum of History: 100 Laurier St., Gatineau. Events are listed here.

Canadian War Museum - 1 Vimy Place. Events are listed here.

Ottawa's Museums: The list is here.

Parliament Hill, Supreme Court and **Rideau Hall**: Events are listed here.

Ottawa Sporting Clubs: Please click here to access your favorite club.

More Resources: Ottawa Tourism Ottawa Life Ottawa Seniors Facebook Events Fever.

Our Representatives

The Honourable **Jenna Sudds**, M.P.: | Email| (613) 592-3469

The Honourable **Karen McCrimmon**, M.P.P. | Email |(613) 599-3000

Mayor Mark Sutcliffe - Email, (613)-580-2496**.** Events here.

Allan Hubley – City Councillor for Kanata South: | Email| (613) 580-2752

Cathy Curry - City Councillor for Kanata North: | Email. (613) 580-2476 .

Glen Gower - City Councillor for Stittsville: | Email| (613)580-2476.

Laine Johnson – City Councillor – Ward 8, College |Email | (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