SENIORS' SCOOP

MONTHLY UPDATE FOR THE KANATA SENIORS' CENTRE

NOVEMBER 2026 VOLUME 254

Honouring Remembrance Day

Remembrance Day holds a special meaning for many in our Kanata Seniors' Centre community. Some of our members have served in the Canadian Armed Forces, while others have parents, spouses, siblings, children, or friends who answered the call to serve. We recognize that behind every uniform is a story of courage, sacrifice, and dedication.

As we pause on November 11, we remember those who gave so much to protect the freedoms and opportunities we enjoy today. We also take time to honour the veterans among us and thank them for their service and contributions, both during their military careers and within our community.

Please note that regular Kanata Seniors' Centre programming will be offered on Remembrance Day, with the exception of Discussion Group, which has been cancelled for the day.

On Remembrance Day, let us wear our poppies with pride, share our stories, and remember those who served.

Respiratory Health

Wednesday November 18th at 9:30 am

Join Ottawa Public Health for a friendly, informative session about flu, COVID-19 and RSV. We'll talk about how to help protect yourself and your loved ones, recognize symptoms, and know where to turn when someone is feeling unwell. You'll also learn about vaccines, simple ways to prevent the spread of illness, and local health services and resources available to support you and your family throughout the season. This is a free presentation, everyone is welcome to attend.

Please RSVP at the Front Desk

November LEARNING SERIES

November 26th from 1-3 pm

End of Life Decisions

Join us for an informative presentation on End-of-Life Decisions presented by Kelly & Capital Funeral homes, where we will discuss important choices that may need to be made regarding funeral, cremation, and cemetery arrangements.

Learn about the options available to you and your family and discover a variety of complimentary resources designed to help you make informed decisions with confidence.

Light refreshments will be served, and attendees will have a chance to win a door prize.

Kelly Funeral Homes by Arbor Memorial

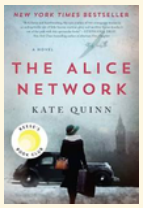
Capital Funeral Home & Cemetery by Arbor Memorial

Included in the Seniors' Centre Membership. Non-members welcome, $2.49 drop in fee. Please RSVP.

THURSDAY BOOK CLUB

Nov 12 @ 1:30 pm
The Magician
by Colm Tóibín

Dec 10 @ 1:30 pm
I Hope this finds you Well
by Natalie Sue



Jan 14 @ 1:30 pm
The Alice Network
by Kate Quinn

Interested? New book club members are always welcome to join.

Meetings are fun and informal.

Come out and enjoy the conversations!

Winter Registration is Just Around the Corner!

The Kanata Seniors' Centre is excited to offer all your favourite registered programs, plus some new opportunities to learn, connect, and stay active this winter.

Mark your calendar and be ready to secure your spot when registration opens:

- Winter programs are available to view online on **Tuesday, November 3rd**
- Online registration opens on Thursday, **November 19th at 9 pm** **register.ottawa.ca**
- Learn how to navigate the online registration system at our in-person seminar on Thursday **November 12th at 1pm**.
- **Please RSVP at the front desk.**

Friendly Reminder
Please remember to bring your indoor shoes to the Centre

Learn to Book Para Transpo Online

Thank you to everyone who attended the OC Transpo information session in October. OC Transpo staff were impressed by the strong turnout and the thoughtful questions and discussion attendees.

Based on feedback received during the presentation, OC Transpo has offered to host one-on-one appointments at the centre to help older adults learn how to book Para Transpo trips on their own smartphones, tablets, or computers. Learning to use the online booking tools can help save time and reduce the need to wait on hold when arranging trips.

If this is something you would be interested in, please let us know at the front desk. A minimum of five participants are required for OC Transpo to schedule these personalized learning appointments at the Centre.

We look forward to hearing from you! 🚋

Join Us for the 2026 Holiday Luncheon

Date: **December 17, 2026**
Doors Open: **10:45 a.m.**
Entertainment: Starry Nights starts at 11:00 a.m.
Lunch: Turkey Buffet by Leatherworks Catering
Tickets: **$25.00 plus tax**
🎟 **Tickets go on sale November 2nd at 9:00am in person and online** (205069)**.**

Come celebrate the holiday season with great food, entertainment, and fellowship.

We look forward to seeing you there!

Services / Programs Delivered by Rentals

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 and friendly service.
- Minty will be at KSC on Mondays and Tuesdays: November 23rd & 24th from 9 am to 4 pm.
- Mintygold.ca (416) 788-4334

Foot Care Clinic

- Make an appointment by calling the Community Nursing Registry of Ottawa at 613-236-3639

Ottawa Heart Institute-Heart Screening

- Questions, or to book an appointment call the Ottawa Heart Institute at
- 613-696-7412 or visit
- http://www.ottawaheart.ca/1mhearts/screening

Kanata Diners Club

- Kanata Seniors' Centre - Halls C&D
- The Diners Club is cancelled on Nov 11 for Rememberance Day
- **Next Diners Club will be on Wed, Nov 25 from 10:00 am – 1:00 pm**
- Entertainment: **Derek Favreau**
- Meal Cost: $12 per person, including lunch, dessert, and live entertainment.
- Advance registration is recommended at least seven days before the event.
- Transportation is available upon request for an additional $10 fee.
- If you have any questions or would like to inquire about transportation, please contact Elaine Tountas at 613-591-3686 ext 299

New Snooker Table Arrives at the KSC

The Kanata Seniors' Centre is pleased to announce the arrival of a brand-new snooker table, installed on October 14!

Our previous table, generously donated by Dr. Gerry Hagerman in memory of his son, Doug Hagerman, when the Centre first opened, served members well for more than 25 years. While the table itself was approximately 75 years old, it provided decades of enjoyment at the Centre and was the site of countless games, friendships, and memorable moments.

We are delighted to have secured funding for this much-needed replacement and look forward to many more years of play on the new table.

If *you would like to try it out, please book your playing time at the front desk. Happy playing!*

Ask the staff at the Front Desk about all the times and dates available for booking your table