

Kanata Seniors Council
 "Seniors Helping Seniors"



Council News

June 2025

Far West Fun Fest Kick-off



The 12th edition of Far West Fun Fest (FWFF) kicked off on Thursday, May 15th with a fabulous continental breakfast, with over 130 people attending. We were honoured to have Ottawa Mayor Mark Sutcliffe, Kanata MP Jenna Sudds, and Ward 4 Councilor Cathy Curry in attendance.

The "lighting of the flame" was performed by long-time member Judy Laughton, and new member Judy O'Leary. Other guests who took part in the opening ceremonies included representatives from a few residences and some of the conveners of FWFF activities.



From all reports, Wine Pairing at the Wellings, Focaccia Bread Art at Timberwalk, Square Dancing, and, Darts and Fish and Chips at the Legion were all resounding successes.

A busy but fun first couple of days!

Kanata Seniors' Centre Closure

Please note that parts of the Mlacak Centre, which include the Café and Council Office, will be closed for the roof replacement project starting June 2nd and until further notice.

The Centre will remain open except for its regular summer maintenance closure (everything closed, no staff, no classes/events) from June 23rd - July 4th, and will reopen on Monday, July 7th.

KANATA SENIORS COUNCIL INC.
ANNUAL GENERAL MEETING
MONDAY, JUNE 16 11 AM TO 1 PM
 Tony Graham Recreation Complex (formerly called the Kanata Recreation Complex),
 100 Charlie Rogers Place, Kanata

The purpose of the meeting is to:

- Receive 2024 Financial Statements
- Elect Board Members
- Review highlights of 2024
- Present Frank Valentine Award

A light lunch will be served following the meeting. All members of the Kanata Seniors Council are welcome.



JOIN NOW

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THANK YOU TO OUR GENEROUS SUPPORTERS:
 4th FLOOR, ALL SENIORS MOVING, AMICA WESTBORO, ASPIRA RED OAK, BRADLEY RETIREMENT LIVING, PREMIER HOME CARE, IDEAL CAREGIVERS 4 U, MY PLACE HOMECARE, STITTVILLE VILLA, WELLINGS OF STITTVILLE, WILDPINE RESIDENCE, WATERFORD GRAND, CRYSTAL VIEW LODGE, KANATA THEATRE.

CONTACT US

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Facebook: [Facebook Link](#)

Far West Fun Fest - May 15th and 16th, 2025

Wine Pairing at the Wellings



Focaccia Bread Art at Timberwalk



Square Dancing at Tony Graham Recreation Complex



Darts and Fish & Chips at the Legion




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Café Chatter

The Café has been operating quite successfully in the past year. We have provided special lunches almost every month for 50 people and these lunches have sold out every month. Our cooks serve up delicious meals and we are rewarded with great comments from our clients.

Due to a recent turnover in staff, we have been fortunate in recruiting a couple of volunteers who have an interest in cooking. When none are available, the Manager - Linda, and myself take over.

I am pleased to introduce you to our Thursday volunteers - Deb, Louisa, Mavis, Roy, Wilma, and Viorica and our Friday volunteers - Rob, Jean-Paul, Joyce, and Maureen. Without all of our dedicated volunteers things wouldn't be so great at the Café.

We look forward to continuing to serving up nutritious and delicious meals, at a reasonable price, when we re-open after the shutdown. Have a great summer,

Doreen, Café Director



Thursday Café Volunteers
left to right
Deb, Louisa, Mavis, Roy, Wilma,
and Viorica



Friday Café Volunteers
left to right
Rob, Jean-Paul, Joyce, and Maureen

Marilyn Bailey, a long-time Café Volunteer affectionately known as “The Muffin Lady” passed away recently. After retiring from the US embassy where she worked in the agriculture department, she joined the Café volunteers at the Kanata Seniors’ Centre. She had two children and four grandchildren. She loved to play cards - especially canasta, which she played several times a week. She was also very handy at building her own deck at her trailer and refurnished her furniture all on her own. She loved to travel and made her first trip to Europe a few years ago. She was a pleasure to work with and everyone loved her. Thank you Marilyn for being part of the Kanata Seniors Council Café group. We miss you. A celebration of life was held on April 26th, 2025. In lieu of flowers, a donation was made to the ALS Society.



Book a tour. Stay for lunch on us!

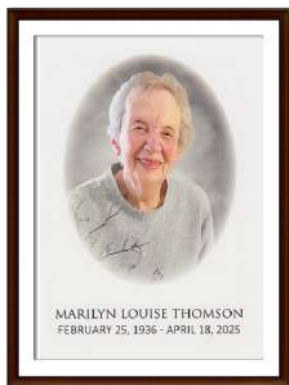
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Marilyn Thomson was a member of the Kanata Seniors Council and Kanata Seniors' Centre for 18 years. During that time, she was an active member of the Sounds of Music choral group and a volunteer in the Café and with the Travel and Lifestyle Team. She was engaged with our membership, participated at numerous events organized by the Council, and she loved to listen to, and sing along with, the Geriatrics Jazz Band every Friday afternoon. Marilyn's warmth, dedication, and spirit will be deeply missed by Council members, staff at the Centre, and the many friends she leaves behind.

Murder Mystery on the High Seas

The Travel and Lifestyle Team offered a fabulous 'whodunnit' event on Friday, May 9th. The Murder Mystery had a Caribbean Cruise theme and teams worked on clues and took quizzes to identify the Culprit.

If you missed it, look for this event again in the Fall.



Cleaning the Capital - May 3rd, 2025

Council members participated in the "Cleaning the Capital Program", an annual event organized this year in cooperation with Cathy Curry, City Councilor for Kanata North.

The group was the largest to participate in this event and was assigned the area around the Kanata Seniors' Centre, the forest beside - and the area in front of - the Mlacak Centre. The volunteers picked up 10 bags of garbage.

The Council members who volunteered were: Paddy Armstrong, John Kern, Yvonne Naba, Kathy Saikaly, Moe Saleh, Redouan Merini Laarossi, and Jeet Wadehra.

Thank you to everyone who participated in this annual event!

The Kanata Seniors Council would like to thank its 2025 sponsors and contributors:

- Aim Fitness
- All Seniors Moving
- Amica Westboro Park
- Aspira Red Oak Retirement Residence
- Aspira Wildpine Retirement Residence
- Freiheit Care Inc.
- Ideal Caregivers 4u
- Kanata Theatre
- My Place Home Care Inc.
- Stittsville Villa
- The Bradley Retirement Living
- The Courtyard on Eagleson
- Waterford Grand Retirement Community
- Wellings of Stittsville

Thank you!



TRAVEL AND LIFESTYLE EVENTS IN JUNE

The Kanata Seniors Council presents

Lunch at Chez Lionel
 The Menu features classic French brasserie dishes
Tickets: \$5.00 (+cost of food)
 101 Kanata Avenue (in the Holiday Inn, beside Centrum)
Friday, June 13th, 2025
noon to 2pm

Tickets available for sale at the Travel & Lifestyles table
 Kanata Seniors Centre (lobby), 2500 Campeau Drive
 Weekdays from 11:30 to 1:00pm
 Payments by cash, cheque, debit or credit card
 Participants to arrange their own transportation
 No refunds except if cancelled by the Kanata Seniors Council

The Kanata Seniors Council wish to thank the following sponsors: Aim Fitness, All Seniors Moving, Amica Westboro, Bradley Retirement Living, Brookside Senior Living, Freiheit Home Care, Ideal Caregivers 4U, My Place Home Care, Red Oak Retirement Living, Solva Senior Living, Stittsville Villa, Wellings of Stittsville, Wildpine Residence, Waterford Retirement Community

The Kanata Seniors Council Presents
BUS TRIP TO THE EXPERIMENTAL FARM
WEDNESDAY, JUNE 25TH
 BUS LEAVES AT: 10:45AM
 LUNCH: 11:30AM
 TICKETS: \$15 + COST OF MEAL

HIGHLIGHTS OF THIS TRIP

- Bus Ride
- Entrance to the Museum with demonstrations and exhibits
- Meet the Farm Animals
- Lunch at Lone Star Restaurant, 780 Baseline Rd., Nepean

Please note:
 Pickup/Drop-off: Mlacak Centre (Library Entrance)

****Activity level: 3 (uneven ground, some uphill)****

Tickets available for sale at the Travel & Lifestyles table in the
 Kanata Seniors Centre, 2500 Campeau Drive
 Weekdays from 11:30 to 1:00pm
 No refunds except if cancelled by the Kanata Seniors Council

The Kanata Seniors Council wish to thank the following sponsors:
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Volunteer Appreciation Event at Buster's Bar and Grill April 29th, 2025



Council Volunteers (38) gathered at Buster's Bar and Grill for a bit of down time socializing and enjoying a meal together. All were thanked for the many hours they give to making our organization serve the seniors in our community. We couldn't function without them. Thank you one and all!

Awesome Garage Sale

The Awesome Garage Sale was held on May 10th from 8:00 am to 1:00 pm in the Kanata Seniors' Centre. Before the doors opened for the sale, a large number of people waited in line to get into the building.

Once again, we were fortunate for the many donations received throughout the week leading to the sale. The hot items disappeared quickly.

Thank you to the 49 volunteers who assisted in making the Garage Sale run very smoothly and a special thanks to the 125 people who supported this fundraising effort with their purchases.



Do your part to strengthen our Canadian economy, check the label before you buy. If it does not actually say **Product of Canada, Made in, Prepared in** or other similar statements, find a Canadian alternative. Here is one of the **better resources** to help. Got a BUY CANADIAN tip or resource that can help us win the tariff war? Send it along to gocdn@kanata seniors.ca



Visit our **Tech Training page** which has info on our training program, but also a list of free recommended software apps for PC, iPhone/iPad, and Android devices. Tell us what you think of the site/page – is it good, bad, or can it be improved? feedback@kanataseniors.ca

Spring Beauty Makeover - April 30th, 2025



The Spring Beauty Makeover event was attended by 29 women looking for ways to refresh their look for the summer.

Representatives from Shoppers Drug Mart provided a demonstration of cosmetic products from Elizabeth Arden and some of the attendees were treated to eye shadow makeovers.



Stay tuned for the next Beauty Makeover, which is planned for November 2025.



Kanata Seniors Flash

If you are interested in finding out what is happening around you, please become a member of the Kanata Seniors Council. Membership is **FREE** and gets your name automatically added to a twice-monthly electronic distribution list of the **Kanata Seniors Flash**, which highlights Happenings, Alerts, and important Information about what is going on in the city.

The objective is to give you pertinent information to help you plan your social calendar with exciting and interesting events geared to seniors.

We look forward to hearing from you!



The Kanata Seniors Council is planning a **Fundraising Gala** on **October 25th, 2025**, to celebrate its 25 years of Health, Happiness, and Hope in delivering services and activities to seniors in our community. Plan to enjoy an evening of good food, great company, and live entertainment. More information to come.

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happy
Father's Day

June 15th, 2025



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Staying Steady: Understanding Falls and How to Stay Independent Longer

An Important Message for Adults 65+

As we grow older, our lives become filled with more wisdom, more stories, and often, more time to enjoy the things we love. But aging also brings new challenges—one of the most serious being the risk of falling. Falls are not just a minor accident for seniors; they can have life-changing consequences, and yet, they are often preventable with the right support.

Why Are Falls a Serious Concern?

According to health experts, one in three adults over the age of 65 experiences a fall each year. The consequences can range from minor bruises to serious injuries like hip fractures, head trauma, and lengthy hospital stays. In fact, falls are the leading cause of injury-related hospitalizations among seniors in Canada.

With time changes in balance, muscle strength, vision, and reflexes all increase our risk of falling. Medications, chronic health conditions, and even environmental hazards like clutter or poor lighting further contribute. A single fall can dramatically reduce confidence, limit mobility, and in many cases, result in a permanent loss of independence.

The Impact of a Fall

A fall doesn't just affect the body—it affects the **mind** and the **spirit**. Fear of falling can lead to avoiding physical activity, which ironically weakens the muscles and balance needed to prevent future falls. This can begin a cycle of decline, making it harder to recover and stay active. One of the most effective ways to manage fall risk is by living in an environment like Wildpine that is designed with senior safety in mind.



Deathtrap by Ira Levin

September 10th-13th, 16th-20th
(evening 7:30pm) and
14th (matinee (2:30pm))
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