

The Council  
on Aging  
of Ottawa



Le Conseil sur  
le vieillissement  
d'Ottawa

# INFO-FLASH

## Events



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## COA Events



Hosted by Barrhaven Seniors  
Council  
700 Longfields Drive

### Aging in Place with Home Modification Monday, February 13, 1:00 – 3:00 pm

This workshop will allow attendees to explore what's involved (practically, emotionally, and financially) in considering whether they can or should stay in their current home, and which home modifications might ease their lives now and allow them to stay in their homes longer.

**SOLD OUT**



Hosted by AMICA The Glebe  
33 Monk Street  
(across from Lansdowne)  
Lunch will be served

### Nurturing Mental Wellness & Resiliency: A Lunch and Learn Event Wednesday, February 22, 12:30 – 3:00 pm

This workshop will allow attendees to increase their knowledge related to mental wellness and resiliency as they age. Useful tools and ideas will be shared to help create tangible and concrete plans to support mental wellness.

**RSVP at 613-233-6363 space is limited.**



### Navigating In & Out of Hospital: A Lunch and Learn Event Wednesday, March 22, 12:30 – 3:00 pm

This workshop will allow attendees to increase their knowledge on how to prepare for, navigate through and return home from both a

Hosted by AMICA The Glebe  
33 Monk Street  
(across from Lansdowne)  
Lunch will be served

planned and unplanned hospital admission. Some of the topics that will be covered include powers of attorney, reducing the risk of readmission, as well as recovery and convalescence.

**RSVP at 613-233-6363 space is limited.**

## External Community Events

**NOTE:** The Community Events listed in the INFO-FLASH are provided as an information service by the COA. We are sharing this information on behalf of other community organizations.

For more event details or how to register, please **check with the organization listed as the event host.**

### Featured Event

#### Population-based research on the health of older Veterans in Canada: The Canadian Longitudinal Study on Aging

Jan 25, 2023 | 12:00 pm - 1:00 pm  
Online webinar

##### Objectives:

1. To become familiar with the design and conduct of the Canadian Longitudinal Study on Aging
2. To learn about the characteristics of self-identified Veterans who are participants in the Canadian Longitudinal Study on Aging
3. To be introduced to a research program on Veterans' health in Canada.

[Learn More](#)

#### Ontario Senior Licence Renewal for Drivers 80 and Older

Jan 24, 2023 | 11:00 am - 12:00 pm

Drivers 80 and over must renew their license every two years. Join the Ministry of Transportation for the ...

[Learn More](#)

#### Managing Caregiver Stress and Burnout – a Lunch & Learn Event

Jan 25, 2023 | 12:30 pm - 2:00 pm

Please join us at Amica The Glebe, a senior lifestyles residence, for an engaging presentation designed ...

[Learn More](#)

### **Ottawa PC Users' Group Q&A session**

Jan 25, 2023 | 7:30 pm - 8:30 pm

The Ottawa PC Users' Group will be hosting their weekly Q&A session through video-conference. ...

[Learn More](#)

### **Adult Colouring Club**

Jan 25, 2023 | 2:00 pm - 3:30 pm

Are you looking for a relaxing activity that is low stress and doesn't require any special skills? ...

[Learn More](#)

### **Advanced Planning – Should I Stay or Should I Go?**

Jan 25, 2023 | 1:00 pm - 2:30 pm

Wondering whether retirement living is the right option? Should I stay at home and try to Age in Place or ...

[Learn More](#)

### **Population-based research on the health of older Veterans in Canada: The Canadian Longitudinal Study on Aging**

Jan 25, 2023 | 12:00 pm - 1:00 pm

Topic: Population-based research on the health of older Veterans in Canada:  
The Canadian Longitudinal ...

[Learn More](#)

### **Comedy Show**

Jan 26, 2023 | 2:00 pm - 3:00 pm

Get ready for an afternoon of laughs as local comedian Bobby Knauff performs a live stand-up set. Enjoy ...

[Learn More](#)

### **Ottawa Cohousing IKEA Dine and Design**

Jan 26, 2023 | 6:00 pm - 8:00 pm

Gather with us to eat, with your Ikea dinner in hand. Afterwards, we will be led by Rosaline Hill, ...

[Learn More](#)

### **Ottawa PC Users' Group Q&A session**

Feb 1, 2023 | 7:30 pm - 8:30 pm

The Ottawa PC Users' Group will be hosting their weekly Q&A session through video-conference. ...

[Learn More](#)

### **Adult Colouring Club**

Feb 1, 2023 | 2:00 pm - 3:30 pm

Are you looking for a relaxing activity that is low stress and doesn't require any special skills? ...

[Learn More](#)

## What You Need To Know About Retirement Living Before You Make The Move

Feb 4, 2023 | 1:30 pm - 2:30 am

There is a lot to consider when choosing a retirement home. Is now the right time? What kind of support ...

[Learn More](#)

## Other Organizations' Community Event Calendars

### The Dementia Society

[January 22 Newsletter/Calendar](#)

### Parkinson's Canada

[Dancing with Parkinson's](#)

### Ottawa Centre Men's Shed

[Calendar](#)

## Promote your webinars and virtual events:

Fill in the form at the [bottom of the Community Events page](#) and hit "submit".

**Please note:** All submissions must have either a url link or a poster attached.

**Commitment:** As a bilingual organization, COA makes every effort to provide complete and well-written information available in both official languages. The information coming from third parties may not be bilingual but is shared in both languages when available.

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## Contact Us

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