

We're in the exciting early stages of building a vibrant calendar of **free and low-cost programs** designed to promote health, wellness, connection, and vibrant community life for older adults 55+ in the Ottawa and eastern Ontario region. Programs will continue to grow and evolve based on member feedback and participation.

Membership

- Membership is \$50 annually from January 1st 2026, to December 31st 2026
- All adults 55+ and veterans are welcome to join.
- Registration simply involves completing a short membership form and payment (we accept cash Cheque or Credit card), so we can keep you updated on upcoming programs and events.

Programs & Offerings

Our programs are designed to support well-being, independence, and social connection. Some programs are free for members, and some are an additional small cost. Current offerings include:

- **Fitness & recreation** classes to keep you moving.
- **Educational workshops** to challenge your mind and learn new skills.
- **Social activities and peer groups** to build friendships and community.
- **Veteran-specific programming** to honour and support our veteran community.

Please note programs require 48 hours' notice to register. If we do not reach our participation requirements prior to activities, they will be cancelled. To register please contact the program coordinator via email or phone.

We look forward to welcoming you soon!

Dana Lawless (She | Her)
Program Coordinator

How to get to Perley Health

FROM THE QUEENSWAY: Exit St. Laurent Boulevard. Travel south on St. Laurent to the Innes Road/Industrial Avenue intersection. Turn onto Industrial Avenue and travel west to the first set of traffic lights. Turn left here (Russell Road) and travel approx. 0.75 km's to Perley Health entrance.

Parking

Visitor parking onsite is available onsite. Parking is a flat rate of \$12.60 a day the first 30 minutes is complimentary. If you are registered for a class, please speak to a staff member who can assist with parking passes as needed.



With support provided by the Government of Ontario.

active

Seniors and Veterans Living Centre

By Perley Health

January 2026

Community Program Schedule

1750 Russell Road,
Ottawa, ON K1G 5Z6

613.526.7170 ext. 2846

Email: salcinfo@perleyhealth.ca



January Programs

Guided Meditation Workshop

Facilitator: Evangeline Danseco

Description: Evangeline Danseco is an ordained interfaith minister and has been coordinating a bi-weekly meditation circle at a Unitarian fellowship in Vanier since 2014. Meditation is a practice that can help you focus or bring a sense of calm. Many studies have shown the benefits of meditation such as reducing stress and enhancing mental and emotional wellness. As we welcome 2026, we have an opportunity to “begin again”. As in our meditation practice, we are invited to have a beginner’s mind and learn to focus on each breath. In this meditation session, we reflect on how we can welcome each moment as a new beginning. We will meditate on how we practice hope as well as forgiveness.

When: Monday at 10:00am January 5th, and January 19th

Where: Seniors Active Living Centre

Cost: \$5 for members \$10 for non-members

*** Please sign up 48 hours in advance***

Square Dancing

Facilitator: Wendy VanderMeulen

Description: Curious what makes it *modern*? Unlike traditional square dancing, modern square-dancing features a wide variety of music, everything from Top 40 hits and classic rock to big band, jazz, country, and more. Instead of memorizing choreographed routines, dancers learn steps and follow the Caller, who combines them in fun, ever-changing sequences. All skill levels welcomed.

When: Wednesday January 7th 10:30am

Where: Lupton Hall

Cost: \$10 for members \$15 for non-members

*** Please sign up 48 hours in advance***

Do I receive a discount if I purchase my membership later in the year?

First time members only receive a reduced rate if the membership is purchased later in the year. The annual membership fee of \$50 will be reduced to \$30 on April 1st, 2026.

Do you offer subsidies on membership to those in financial need?

Yes! We want our programs to be accessible to everyone. Subsidies are available on a case-by-case basis. If you would like to inquire about financial support, please contact our program coordinator 613-526-7170 ext. 2846 who will be happy to discuss your options.

Programs/activities

Are there additional costs with programs for members?

Many programs will have additional registration fees. There will also be a variety of programs that are free to members. All program fees will be listed on event posters and displayed in our program guide.

Can I be reimbursed for missed classes?

Reimbursement is not offered for missed classes.

If the centre needs to cancel a class or program, the fees will be reimbursed.

Can I try a program for free before committing?

Observing classes will be determined on a case-by-case basis. If you would like to observe a class, please make prior arrangements by contacting our Program Coordinator dlawless@perleyhealth.ca 613-526-7170 ext. 2846

Are any programs open to non-members?

You don’t need to be a member to register for programs. The Centre will be open to both members and drop-ins, so everyone has the chance to participate in our programs. Please note Drop-in participants fees may differ from member rates. Free programs/clubs are open to members only.

Can I get something to eat while at the centre?

Yes! Perley Health’s cafeteria is open to all visitors. The cafeteria is open 7 days a week from 8:00am - 7:00pm. For more information about our services and menu visit. <https://www.perleyhealth.ca/village-services> <https://www.perleyhealth.ca/menu>

Where can I find information about upcoming events and programs?

Upcoming events can be found on our website and Facebook event pages. All members will receive a newsletter. Our team is working on a distribution system. More info to come.

Volunteering

Where can I find volunteer opportunities?

We are seeking a variety of volunteer positions. A revised application process will be launched mid January 2026. In the meantime, if you have any questions, please email volunteer@perleyhealth.ca.

For all other volunteer inquiries please visit <https://www.perleyhealth.ca/volunteers>

Frequently asked Questions

Facility

When is the centre open?

The Centre is open Monday- Friday 9:00am-4:00pm. The centre is closed on weekends and all Statutory and civic Holidays.

Do you have parking onsite?

There is visitor parking onsite. Parking is complimentary for 30 minutes. Parking is a flat rate of \$12.60 a day. If you are registered for a class, please speak to a staff member who can assist with parking passes as needed.

Is your building accessible?

Perley Health always strives to provide services in a way that respects the dignity and independence of all members of our community and people living with a disability. This applies to the facilities accessibility. Perley Health offers accessible entrances, exits, washrooms and elevators. To read more about Perley Health’s accessibility policy visit <https://www.perleyhealth.ca/accessibility>

Are tours of the facility available?

Tours of the facility are available to new members. To inquire about the tour schedule please contact program coordinator dlawless@perleyhealth.ca

Membership

Who is eligible to become a member?

Membership is open to adults aged 55 and over, who are independent and able to manage their own needs while at the centre. There are no geographical restrictions, anyone meeting the age criteria is welcome to join.

Do I need a membership to register for programs?

Registration for programs are open to non-members, as we are still in early stages of development. The Centre will be open to both members and drop-ins, so everyone has the chance to participate in our programs. Please note Drop-in participants fees may differ from member rates. In 2026, we will begin transitioning to programs being open to members only.

What is the cost of membership?

Membership is an annual cost of \$50. Payment can be made in person via cash, cheque or credit.

How do I register for membership?

Membership registration is completed manually using paper forms at the Centre. Staff will be happy to assist you with the process in person or over the phone. We are planning to introduce online membership registration starting in 2026.

When does the membership period start and end?

Membership begins January 1st 2026 to December 31st 2026

4-week Yoga and Strength with PranaShanti

Facilitator: Gabrielle

Description: This series incorporates gentle strength-building exercises to enhance balance, coordination, and physical resilience—while maintaining the calming benefits of breathwork and relaxation. With or without a chair, includes light strength work using small handheld weights. Participants are encouraged to bring their own yoga mats.

Gabrielle’s classes blend traditional modern approaches to movement, posture and breath, whether students are seeking gentle stretch, core strengthening, or meditative stillness, her sessions are inclusive, adaptive, and rooted in compassion, often with a few laughs along the way.

When: Wednesday January 7th, 14th, 21st, 28th at 1:30pm

Where: Seniors Active Living Centre

Cost: \$40 for 4 weeks (\$10 a class) for members, \$15 for non-member drop ins

*** Please sign up 48 hours in advance***

Gathering our Grief over Coffee and conversation

We welcome you to join us for a group discussion over coffee, a place to share your story, listen, reflect and connect with others. This peer support group offers a non-judgmental environment where you can talk about your grief and find comfort in community.

About our facilitator: Gail Christie over the past 50 years, has had extensive training and experience in several genres of counselling – at Algonquin College, within the United Church of Canada, and within her own grief practice. Since 1994 Gail has provided face-to-face grief counselling and more recently, virtual support through Zoom with Bereaved Families of Ontario: Ottawa Region (BFO).

In her 31 years with BFO, she has become a highly sought-after grief counselor, group facilitator, and grief counseling trainer. With an in-depth understanding of the grief journey, she has supported individuals coping with a wide range of losses.

When: Wednesday January 14th, and 28th at 10:30am

Where: Seniors Active Living Centre

Cost: FREE

We accommodate groups of 15 people, please sign up 48hours in advance

Wine Tasting

Facilitator: Dwayne Lemon

Description: Join us for an evening of wine tasting led by special guest: Dwayne Lemon, a retired Canadian Armed Forces health care provider/executive, with 36 years of service, now a certified sommelier with a passion for sharing the joy of wine. Enjoy a relaxed evening sampling a curated selection of wines, learning fun facts, and engaging in great conversation with fellow guests. No wine expertise needed, just come sip, savor, and socialize!

This month’s class will be exploring fortified wines also known as dessert wines. We will have a selection of Sherry and Ports to sample. Making it a perfect way to stay warm during these cold months.

When: Thursday January 15th, at 6:30pm

Where: Perley Health Jo & Denny’s Pub

Cost: \$15 for members and \$20 for non-members

This program can only accommodate up to 20 people advanced sign up required 48 hours in advance

Presentation with Veteran Affairs Canada

Join us for an informative presentation from Veterans Affairs Canada (VAC), designed to help veterans and their families better understand the supports and services available to them. The presentation will provide an overview of VAC programs including health care benefits, financial assistance, mental health services and community supports as well as guidance on eligibility, and how to access these resources.

Following the group presentation VAC representatives will be available for one- on – one consultation for those who would like to ask individual questions.

This session is open to Veterans, spouses and caregivers and anyone who may be interested in learning more about supports available for Canada’s Veteran Community.

When: Wednesday January 21st at 10:00am

Where: Lupton Hall

Cost: FREE

Card Making with FranCTcreative

Founded by Francine, a dedicated Perley Health volunteer and retired veteran with over 30 years of service, franCTcreative was born from a personal journey of healing and connection through crafting. After discovering the power of creativity during her time with Women Warriors’ Healing Garden, Francine began leading card-making workshops

FranCTcreative is a not-for-profit business that strives to create a welcoming space for veterans of the Canadian Armed Forces, RCMP, first responders, and their families to engage in card making. With workshops, tutorials, and community support, we aim to spread joy and creativity through our shared passion for crafting.

When: Monday December 8th 1:00pm – 4:00pm

Where: Seniors Active Living Centre

Cost: \$15 for members, \$20 non-members

*** Please sign up 48 hours in advance***