

active

Seniors and Veterans
Living Centre

By Perley Health

April 2026

Community Program Schedule

1750 Russell Road,
Ottawa, ON K1G 5Z6

Contact: 613.526.7170 ext. 2846

Email: salcinfo@perleyhealth.ca



Perley
Health

April Programs

Yoga and Strength

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.

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.

We accommodate 20 people, we have limited number of mats, if you own a yoga mat, please bring your own, sign up 48hours in advance

When: Wednesday April 1st, 8th, 15th, and 22nd at 1:30pm

Where: Seniors Active Living Centre, 1750 Russell Road

Cost: \$10 a class for members, \$15 for non-members

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 grief counselling 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.

When: Wednesday April 8th at 10:30am

Where: Seniors Active Living Centre

Cost: FREE

Wine Tasting

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 session will feature a special focus on wines from the land down under (Australia), and New Zealand. It's a perfect chance to discover new favourites and explore the vibrant wine culture Oceania

When: Thursday April 16th, at 6:00pm

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

Connected Canadians & Adobe Technology Workshop

Adobe and Connected Canadians volunteers will be offering one-on-one help on any technology related topic of your interest following a short workshop on Phishing Scams & Social Engineering Awareness (supported by Desjardins).

Some common requests for help:

- Setting up and using email
- Sending photos
- Video chat (e.g FaceTime / Zoom)
- Texting / Whatsapp
- Facebook/YouTube basics
- Navigating websites
- Managing browser settings
- Using AI (e.g. ChatGPT and Gemini)



Connected Canadians
Canadiens Branchés

When: Friday April 17th, 10:00am-12:30pm

Where: COP 1720 Russell Rd, Great Hall

Cost: FREE

Space is limited! Register in advance, contact salcinfo@perleyhealth.ca or 613-526-7170 ext. 2846

Serenity Sessions 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.

She 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.

Francine has also had her dog, Lizzy, certified as a pet therapy animal, who will be joining us during workshops to provide comfort, and companionship. Guests are welcome to enjoy pet therapy visits with Lizzy throughout the session.

When: Friday April 17th, 1:00pm – 4:00pm

Where: Seniors Active Living Centre

Cost: \$10 for members \$12 for non members

We accommodate 20 people, please sign up 48hours in advance

Guided Meditation Workshop

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 spring, we celebrate new life and beginnings. 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 April 20th 10:00am

Where: Seniors Active Living Centre

Cost: FREE

Please register 48 hours in advance

Billiards & Table Tennis Club (Drop-In)

Looking for a fun and social way to stay active this spring? Join us for our Billiards and Table Tennis Club a welcoming space to play, connect, and enjoy some friendly competition. Whether you're experienced or just curious to try, all skill levels are welcome.

We're currently growing this club and are looking for a few enthusiastic members or volunteers (55+) who would be interested in helping shape and lead the group — from welcoming new participants to building a regular roster of players. This is a great opportunity to get involved, meet others, and help create a vibrant, ongoing program within the Centre. If you are interested in getting involved contact program coordinator dlawless@perleyhealth.ca

When: Thursdays, 2:00–3:30 PM

Where: Seniors Active Living Centre

Cost: Free

Indigenous Art Workshop

Description: Join us for a hands-on workshop led by Rose Moses, an Ojibwe artist from Henvey Inlet, Ontario. With over 40 years of experience in Indigenous arts and community work, Rose is a self-taught dollmaker, beader, painter, rug-hooker, and quiltmaker who is passionate about sharing her creativity and experience with others.

In this special workshop, participants will learn about the “Little People” tiny human-like beings found in Métis, Algonquin and Scottish folklore, often connected to nature and believed to bring protection, good fortune, and a touch of mischief. With guided instruction, you'll create your own rustic outdoor fairy house inspired by these stories. A perfect way to celebrate spring and kick off your gardening season. All materials are provided just come ready to build and enjoy.

When: Friday April 24th, 2:00pm

Where: Seniors and Veterans Active Living Centre, 1750 Russell Rd

Cost: \$15.00 for members, \$20.00 for non-members

Please note we can only accommodate up to 8 participants. **Register in advance** by contacting salcinfo@perleyhealth.ca or call 613-526-7170 ext. 2846.

Presentation: Parkinsons 101 hosted by Parkinsons Canada

Description: In recognition of Parkinson's Awareness Month, we are pleased to welcome Parkinson Canada for an informative presentation on Parkinson's disease. This session will provide an overview of common symptoms, available treatments, and strategies for managing both motor and non-motor challenges.

Participants will also learn about the importance of community support and gain access to helpful resources for individuals living with Parkinson's and their families. Participants will have an opportunity to ask questions and engage in conversation over light refreshments.

When: Monday April 27th 1:00pm

Location: 1750 Russell Road, Lupton Hall

Cost: FREE

Please RSVP by contacting salinfo@perleyhealth.ca so we can estimate number of participants.

Exercise Classes for Seniors presented by Boxing 4 Health

Description: Join us in celebrating Parkinson Awareness Month with Boxing 4 Health. Classes are designed specifically for older adults to help you stay active, safe, and confident. Each session focuses on balance training, activities of daily living (ADLs), and cognitive exercises to support both physical and mental well-being. You'll also take part in dual-task exercises, combining movement and thinking to help improve coordination and maintain independence, all with a fun, boxing-inspired approach.

Boxing 4 Health collaborates with researchers, including those at the University of Ottawa, to explore the impact of boxing-based exercise on postural stability, fall prevention and motor function, particularly for individuals living with Parkinson's disease.

Participants often report increased energy, improved strength, and a renewed sense of confidence. The program emphasizes a supportive, engaging environment that encourages social connection and long-term participation.

Boxing 4 Health is more than a fitness class — it's a holistic approach to healthy aging, combining physical activity, cognitive engagement, and community support.

When: DATE TBD stay tuned for update

Where: Seniors Active Living Centre

Cost: FREE as this class will be a Demo

Pottery Hand-Building Workshop by Kiln It Ottawa

Clay is a natural material that has been used around the world for centuries to create functional pottery we use every day such as mugs, bowls, and plates. In this hands-on workshop, participants will be introduced to the basics of hand-building with clay, learning simple techniques.

Led by Alissa, owner of Kiln It Ottawa, in this fun and creative 1.5-hour class participants will learn to work with brown terra-cotta clay and will focus on making brown-sugar discs. Terra cotta is a porous material great for retaining water and releases moisture to help prevent your brown sugar from going hard and clumpy. All tools and materials are provided for up to 20 participants. This class is structured for beginners and requires no previous experience, just curiosity and a willingness to get your hands a little messy!

When: Thursday April 23rd at 10:00am

Where: Seniors Active Living Centre

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

Please register 48-hours in advance.

See photos below for March's clay workshop ...



An Afternoon with Maragret Trudeau

Join us at Perley Health's Seniors and Veterans Active Living Centre for a moving and deeply personal talk with Maragret Trudeau as she shares her own mental health journey and her lifelong commitment to helping others understand, navigate, and live well with mental illness. This talk is open to anyone from the community interested in mental health awareness and advocacy. We will be providing light refreshments and snacks.

Through her honesty, compassion and lived experience, Maragret Trudeau will explore:

- Her personal mental health Journey
- Building resilience, hope and understanding
- Breaking stigma, with open conversation
- How we can support ourselves and others.

When: Monday April 20th 1:30pm

Location: 1750 Russell Road, Lupton Hall

Cost: FREE

Please RSVP by contacting salcinfo@perleyhealth.ca so we can estimate number of participants.



Breakfast Club

Description: Join us for a cozy morning with good food and company. Breakfast will include two-pieces of French toast with blueberry compote and a side of breakfast sausage, served with Coffee or tea and orange juice.

When: Wednesday April 22nd, at 9:30am

Where: Seniors and Veterans Active Living Centre, 1750 Russell Rd

Cost: \$8.00 for members, \$12.00 for non-members

Please note we can only accommodate up to 20 participants. Due to a high volume of interest, we ask that you **register and pay in advance** by contacting salcinfo@perleyhealth.ca or call 613-526-7170 ext. 2846. Cancellations need to be made 72-hours in advance, so we can fill the spot with our waitlisted individuals

Join Team Perley Health – Ottawa Race Weekend

Each year, Perley Health supporter's sign-up to run as part of Tamarack Ottawa Race Weekend and raise money for Perley Health. We would love to invite you to join us in this year's run and join our fundraising efforts to continue improving the quality of life of Seniors and Veterans at the Perley! It's a great chance to get active, participate in one of Ottawa's landmark annual events, and continue improving the quality of life for Seniors and Veterans at Perley Health.

This year, all funds raised will go towards the Bridging Generations campaign, making our new intergenerational childcare space possible. This will be one of Canada's first purpose-built intergenerational programs - where young children, seniors, and Veterans share their days, stories, and laughter. This campaign isn't about adding a childcare centre to Perley Health -it's about building a vibrant, connected and caring community where generations thrive.

To register, please visit <https://www.runottawa.ca/>, or, for step-by-step instructions, or contact Lilia Lastra at lilastra@perleyhealth.ca



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. If you are registered for a class, please speak to a staff member who can assist in providing you 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 May 2026, our website is currently under construction.

When does the membership period start and end?

Membership begins January 1st, 2026, to December 31st, 2026

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 June 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?

The centre is not responsible for reimbursement due to missed classes. If the centre needs to cancel a class or program, the fees will be refunded.

Can I try a program for free before committing?

Everyone has the opportunity to observe **one** program before committing. 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 email distribution list. All members will receive a newsletter. If you would like to be on our mailing list, please contact salcinfo@perleyhealth.ca

Volunteering

Where can I find volunteer opportunities?

We are seeking a variety of volunteer positions. If you are interested in becoming a volunteer or you have any questions, please email volunteer@perleyhealth.ca.

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

Our centre is growing, thanks to YOU. There are several **free and low-cost programs** evolving each month 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 to December 31st
- 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

- **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.
- **Creative arts workshops** to open your mind creatively and learn new skills

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.

Centre Closure

Please be advised that the Active Living Centre will be closed Friday April 3rd and Monday April 6th for Good Friday and Easter.

The centre will also be closed Monday May 18th for Victoria Day

We look forward to welcoming you soon!

Dana Lawless (She | Her)
Program Coordinator

Parking

Visitor parking onsite is available onsite. Parking is a flat rate of \$13.00 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.