



Seniors and Veterans
Living Centre

By Perley Health

December 2025

Community Program Schedule

1750 Russell Road,
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Email: salcinfo@perleyhealth.ca



Perley
Health

December Programs

Technology Information Knowledge Sharing workshop

Facilitator: OACAO via ZOOM

Description: Join us in the Seniors Active Living Centre for the following workshop “Staying Connected and Email Basics” This is a chance to learn simple and practical skills to help you stay connected with loved one’s this holiday season. This workshop will highlight benefits to staying connected, communication options, video calling and messaging, intro to email basics, sending receiving and organizing emails and how to stay safe with email. Participants are welcomed to bring their devices to follow along.

When: Tuesday December 2nd 10:00am – 11:00am

Where: Seniors Active Living Centre

Cost: FREE

Christmas Decorating

Help Us Deck the Halls! Join us as we transform our centre into a festive holiday space. Bring your creativity, holiday spirit, and a love for community as we decorate together for Christmas. Whether you’re a seasoned decorator or just want to hang a few ornaments, everyone is welcome. Coffee and treats will be provided.

When: Wednesday December 3rd 2:00pm – 4:00pm

Where: Seniors Active Living Centre

Fitness Classes with Boxing 4 Health

Facilitator: Carla Vitantonio Tancredo

Description: Our classes are designed specifically for seniors to keep you moving safely and confidently. We focus on **balance training, strength training, activities of daily living (ADLs), and cognitive exercises** to keep both body and mind strong. Every session includes dual-tasking drills proven to sharpen coordination and independence, with a fun boxing-inspired twist!

When: Friday December 5th and December 12th at 1:30pm

Where: Seniors Active Living Centre

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

Sign up required 48-hours in advance

Drop-In Billiards and Table Tennis

Looking for a fun way to unwind and meet new people while also staying physically active? Come join us for a game of pool or ping-pong in a welcoming atmosphere. Whether you’re a seasoned player or just starting out, everyone is welcome.

When: Tuesdays December 2nd, 9th, 16th 2:00pm-4:00pm

Where: Seniors Active Living Centre

Cost: FREE

Holiday Centrepiece making workshop

Bring the magic of the season to life with your very own handcrafted holiday centerpiece! In this creative, hands-on workshop, participants will design a festive arrangement using seasonal greenery, ribbons, and natural elements. You'll learn simple techniques to create a beautiful table-ready piece that reflects your personal style. All supplies are provided, and participants will leave with a stunning centerpiece perfect for holiday gatherings or gifting. A wonderful way to relax, connect, and celebrate the season! Let's make something beautiful together.

When: Monday December 8th 10:00am to 11:00am

Where: Seniors Active Living Centre

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

This program can only accommodate up to 15 people advanced sign up required 48 hours in advance

Holiday 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

This program can only accommodate up to 15 people advanced sign up required 48 hours in advance

Presentation on Hearing Loss Later in Life

Facilitator: From The Canadian Hard of Hearing Association

Description: Carrie Hartwick serves as the Community Liaison Coordinator for the Canadian Hard of Hearing Association (CHHA). In her role, she is dedicated to promoting awareness and providing education on hearing loss, particularly among seniors.

Did you know that 1 in 4 Canadians experience hearing loss? Among adults under 70, 19% are affected to a degree that significantly impacts speech comprehension—and the numbers are even higher for those over 70. Encouragingly, 90% of people with hearing loss can benefit from assistive technology, counseling, or environmental adjustments. For this reason, Hartwick is pleased to present **“Hearing Loss Later in Life.”** In this session, she will cover what hearing loss is, how to recognize the signs, and strategies for managing and improving communication.

When: Wednesday December 10th 10:00am

Where: Lupton Hall

Cost: FREE

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 Sparkling wines.

When: Thursday December 11th 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

Memoir Presentation: "Rethinking Good Intentions"

Facilitator: Nancy Edwards BScN, MSc, PhD, FCAHS

Description: A compelling account, told by Nancy, a Canadian community health nurse who volunteered with CUSO. She takes us to the rural villages of Sierra Leone in the late '70s and early '80s. Village experiences rattled her cultural preconceptions, provoked her notions of social privilege, and forever deepened her global connections. Her stories bridge human understanding.

When: Friday December 12th 10:00am

Where: Lupton Hall

Cost: FREE

Humour for Life Workshop

Presenter: Lawrence

Description: This presentation is for anyone interested in exploring the world of humour, jokes and laughter, and who would like to develop more positive humour habits. You'll discover why humour and laughter are seen as one of the most natural ways of reducing stress, anxiety and tension and why humour comes in so many different forms. Using short videos and texts, you'll also learn how the most common jokes have evolved over the decades and what features they all have in common. And using simple exercises, you'll get to put your funny bones to the test by crafting a few jokes (like puns and witty quips). No special skills needed, just a willingness to play and have a good laugh in the process!

When: Monday December 15th at 2:00pm

Where: Seniors Active Living Centre

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

*** Sign up required 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). During the pandemic, she took an on-line grief program from a Californian institute and was awarded certification as a grief educator.

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 December 17th 10:30am

Where: Seniors Active Living Centre

Cost: FREE

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

Ottawa Swing Dance Society Social Dance

Facilitator: Liz Kennedy Klaassen

Description: The Ottawa Swing Dance Society is hosting a lively Friday Social Dance, and everyone is welcome. whether you're a seasoned dancer or just curious to try something new. Join us for an evening filled with music, friendly faces, and the joyful energy of swing dancing. Our social dances are relaxed, inclusive, and beginner friendly. No partner is required—just bring comfortable shoes and your love of fun! It's a perfect chance to practice your moves, meet new people, and be part of Ottawa's vibrant swing dance community. The first hour will be a lesson followed by a chance to dance

When: Friday December 19th 6:30pm-8:30pm

Where: Lupton Hall

Cost: \$15 for members and \$20 for non-members sign up in advance

Gingerbread Building Contest

Facilitator: Dana Lawless

Description: Join us for a merry Gingerbread Decorating Contest! Show off your creativity as you design your own festive gingerbread masterpiece. Candies, icing, and holiday cheer included. May the most delicious design win!

When: Monday December 22nd 2:00pm

Where: Seniors Active Living Centre

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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?

For the remainder of 2025, 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. Beginning 2026, registration for all programs offered at the centre will be 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?

For 2025, membership registration is completed manually using paper forms at the Centre. Staff will be happy to assist you with the process in person. We are planning to introduce online membership registration starting in 2026.

When does the membership period start and end?

Membership begins October 1st, 2025, and ends September 30th, 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 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?

For the remainder of 2025, 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 not accepting applications currently. A revised application process will be launched 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>

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.

Membership

- Membership is \$50 annually running from October 1st, 2025 -September 30th 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.

This is a brand-new program coming to Perley, we're just getting started, and programs will continue to grow and evolve based on member feedback and participation.

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.