

active

Seniors and Veterans
Living Centre

By Perley Health

Summer 2026

Community Program Schedule

1750 Russell Road,
Ottawa, ON K1G 5Z6

Contact: 613.526.7170 ext. 2846

Email: salinfo@perleyhealth.ca



Perley
Health

July/August Programs

Billiards & Table Tennis Club (Drop-In) **SEEKING CLUB VOLUNTEER!**

Looking for a fun and social way to stay active? 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. If you are interested in getting involved contact program coordinator dlawless@perleyhealth.ca

When: Every Thursday, 2:30pm – 3:30PM

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

Cost: Free

Walking Club

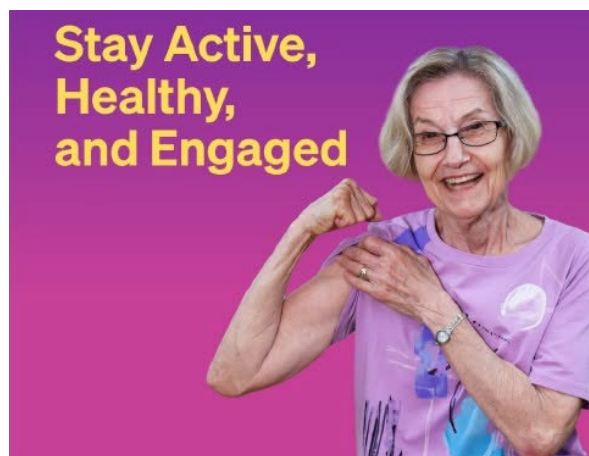
Join us every Friday at 9:30am for our new Walking Club! Together, we'll explore the neighbourhood while enjoying fresh air, movement, and good conversation.

Our walks will begin at a gentle pace of approximately 1.5–2 km around the Perley Cam. Rain or shine, we'll keep moving, if the weather is poor, the walk will move indoors. Our meeting point will be at the front entrance of Perley Health, by the commissionaire's desk.

When: Every Friday at 9:30am

Where: 1750 Russell Road Main Entrance (1)

Cost: FREE



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 two-part series session one participants will be introduced to the basics of hand-building with clay, learning simple techniques. After firing the pieces in the kiln, the second session participants will learn how to glaze pottery.

Led by Alissa, owner of Kiln It Ottawa, in this fun and creative 1.5-hour class participants will learn to work with clay making various clay pieces. 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!

Session one: Monday July 6th 10:30am-12:00pm

Session two: Friday July 17th 10:30am-12:00pm

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

Cost: \$25 for members, \$35 non-members (covers both classes)

Please register 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 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 group facilitator. With an in-depth understanding of the grief journey, she has supported individuals coping with a wide range of losses.

When: Wednesday July 8th 10:30am

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

Cost: FREE

Guided Meditation Workshop

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.

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 July 13th, July 27th and August 17th at 10:00am

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

Cost: FREE

Please register 48 hours in advance

Breakfast Club

Description: Join us for a cozy morning with good food and company. Breakfast will include two pancakes; bacon and a side of fruit served with Coffee or tea and orange juice.

When: Wednesday July 15th 9:30am

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

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

Please note we can only accommodate up to 20 participants. Please register 48 hours 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

Textile Collage

Discover the joy of creating with fabric in this hands-on **Textile Collage Workshop** led by textile artist and creative facilitator Emna. This beginner-friendly workshop introduces participants to textile collage as an accessible and engaging form of artistic expression.

Using a variety of fabrics, textures, colours, and recycled materials, participants will design and assemble their own unique artwork while exploring creativity, fine motor skills, and personal expression. Emna will provide a selection of recycled fabrics, and participants are welcome to bring their own old clothing, and fabric scraps, to incorporate into their creations, making each piece especially meaningful and unique.

With a background in fine arts and a passion for fiber arts, Emna creates welcoming spaces where participants can slow down, connect with their creativity, and enjoy the simple pleasure of making something by hand. All other materials

When: Wednesday July 15th 1:30pm

Where: Seniors and Veterans Active Living Centre

Cost: \$20 Members, and \$30 for non-members

Please note we can only accommodate up to 10 participants.

To Register

salcinfo@perleyhealth.ca or call 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 July 17th and August 21st from 1:00pm-4:00pm

Where: Seniors Active Living Centre

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

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

Strawberry Social

Celebrate the sweetness of summer with us at our **Strawberry Social!** Join friends and neighbours for an afternoon of delicious strawberry shortcake, coffee, tea, and conversation. Whether you're a member or visiting for the first time, we invite you to come relax, socialize, and celebrate the strawberry season with us. We look forward to seeing you there!

When: Monday July 20th 2:00pm

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

Cost: \$5.00 for members, \$10.00 for non-members

Please note that space is limited to 15 participants. Registration is required at least 48 hours in advance. To register, please contact salinfo@perleyhealth.ca or call 613-526-7170 ext. 2846. Cancellations must be made at least 72 hours in advance to allow catering numbers to be adjusted and to provide an opportunity for individuals on the waitlist to attend.

Book Club

We are excited to introduce a new monthly book club. To help us get started, our first few meetings will be a relaxed and welcoming discussion group. Participants are encouraged to bring along whatever they are currently reading, whether it's a novel, biography, audiobook, or other reading material and share their thoughts, recommendations, and discoveries with the group.

This format will give members the opportunity to get to know one another, explore a variety of book genres and topics, and enjoy meaningful conversation in a friendly setting. As the group becomes more established, we will explore traditional book club format, where members will read the same book and come together to discuss it each month.

Whether you are an avid reader or simply looking for a chance to connect with others who enjoy reading, we invite you to join us. All reading interests and experience levels are welcome! If interest in attending, please contact our program coordinator.

When: Wednesday July 22nd and August 26th 10:30am

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

Cost: FREE

Yoga and Strength

due to scheduling conflicts there will be only two sessions in July

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 July 22nd, 29th and August 5th, 12th, 19th, 26th at **1:30pm**

Where: Seniors Active Living Centre, 1750 Russell Road

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

Dance Class

We're pleased to welcome back *Dancing with Parkinson's*. Dancing with Parkinson's offers safe, accessible, and inclusive movement programming designed to help people stay active, connected, and engaged through music and dance. Our specialized trained dance instructors deliver high-quality programs tailored to participants needs. Classes focus on creative self-expression, meaningful connection, and the joy of movement in a supportive environment. All are welcome to attend.

When: Monday July 27th at 1:30pm and Monday August 17th at 1:30pm

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

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

Please Register 48 hours in advance if you plan to attend by contacting salcinfo@perleyhealth.ca

Dementia Society Presents “let’s talk about Dementia”

Join us for an informative and supportive presentation delivered in partnership with the *Dementia Society*. This session will provide an overview of dementia, including common signs and symptoms, the impact it can have on individuals and families, and strategies for supporting those living with dementia.

Whether you are interested in learning more for yourself, a family member, a friend, or as a caregiver, this presentation offers a welcoming environment to ask questions, gain valuable knowledge, and connect with local resources and supports.

When: Wednesday July 29th 10:00am

Where: Perley Health 1750 Russell Road, Lupton Hall

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 explore various regions France!

When: Thursday July 30th at 6:00pm

Where: Perley Health Jo & Denny's Pub

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

Program space is limited to 25 people, please sign up 48 hours in advance
Cancellations should be made 48 hours in advance to allow us to fill the space with individuals on the waitlist.

Tai Chi with Aging Gracefully Ottawa

We are pleased to welcome Hiromi, founder of Aging Gracefully Ottawa, to lead our Tai Chi classes. With over 25 years of experience in fitness and wellness instruction, Hiromi has worked with older adults throughout the Ottawa area, teaching Tai Chi, Qigong, Chair Yoga, and other movement-based wellness programs.

Her gentle and supportive teaching style makes Tai Chi accessible to all abilities, whether you are new to the practice or have previous experience. Participants will enjoy a series of slow, flowing movements designed to improve balance, flexibility, strength, and overall well-being while promoting relaxation and mindfulness.

Join us for an enjoyable and welcoming class that supports healthy aging, movement, and connection in a positive and encouraging environment

When: Monday August 10th, 24th at 10:00am

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

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

Please Register 48 hours in advance if you plan to attend by contacting salinfo@perleyhealth.ca

JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed STAT Holiday	2 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	3 9:30 Walking Club
6 10:30AM Pottery	7	8 10:30 Gathering our grief over coffee	9 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	10 9:30 Walking Club
13 10:00am Meditation	14	15 9:30am Breakfast Club 1:30 Textile Collage workshop	16 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	17 9:30 Walking Club 10:30 Pottery 1:00-4:00 Serenity Sessions
20 2:00pm Strawberry Social	21	22 10:30am Book Club 1:30 Yoga	23 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	24 9:30 Walking Club
27 10:00am Meditation 1:30 Dance Class	28	29 10:00am Dementia society Presentation 1:30 Yoga	30 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	31 9:30 Walking Club

Weaving Workshop

We are pleased to welcome back Emna textile artist and creative workshop facilitator, for another inspiring afternoon of creativity!

In this two-hour Mini-Weaving workshop, participants will explore the art of weaving using a variety of recycled materials, creating their own unique textile piece while experimenting with colour, texture, and design. Through this eco-conscious approach to fiber art, participants will discover new ways to transform everyday materials into beautiful works of art.

All materials are provided, and no previous experience is necessary.

When: Friday August 14th 1:30pm

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

Cost: \$20 Members, and \$30 for non-members



Please note we can only accommodate up to 10 participants. Please register 48 hours in advance by contacting salinfo@perleyhealth.ca or call 613-526-7170 ext. 2846.

Breakfast Club

Description: Join us for a cozy morning with good food and company. Breakfast will include two Scrambled eggs, home fries, Sausage and baked beans served with Coffee or tea and orange juice.

When: Wednesday August 19th 9:30am

Where: Perley Health 1750 Russell Road, Seniors Active Living Centre

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

Please note we can only accommodate up to 20 participants. Please register 48 hours in advance by contacting salinfo@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.

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed Civic Holiday	4	5 10:30 Gathering our grief over coffee 1:30 Yoga	6 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	7 9:30 Walking Club
10 10:00 Tai Chi	11	12 1:30 Yoga	13 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	14 9:30 Walking Club 1:30pm Weaving Workshop
17 10:00 meditation 1:30 Dance Class	18	19 10:30 Breakfast club 1:30 Yoga	20 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool	21 9:30 Walking Club 1:00-4:00 Serenity Sessions
24 10:00 Tai Chi	25	26 10:30 Book Club 1:30 Yoga	27 2:30-3:30 Office Hours 2:30pm-3:30pm drop-in Table tennis/ Pool 6:00pm Wine tasting TBD*	28 9:30 Walking Club

Created: 6/5/2026

Volunteer as a Club Facilitator!



The Active Seniors and Veterans Living Centre by Perley Health is seeking friendly, reliable and approachable volunteers to help build socially engaging programs. **Club Facilitators** need not be experts in their subject area. Ideal candidates will foster strong social connections with their peer group, encouraging consistency and regular participation.

Opportunities (flexible scheduling):

- **Table Tennis:** Thursdays, ~2 hours
- **Walking Club:** ~1–2 hours/week (weather-dependent)
- **Crafting, Sewing & Knitting:** ~2 hours/week
- **Book Club:** Monthly or biweekly, ~1–2 hours/session
- **Cards & Billiards:** ~1–2 hours/week

Scan here for more information!



Apply now: <https://btrr.im/8e95v> or scan the QR code.

Learn more: <https://www.perleyhealth.ca/volunteers>

Questions? volunteer@perleyhealth.ca | 613.526.7170 ext. 2305

Stay active at Perley Health

www.PerleyHealth.ca/asvlc

Frequently asked Questions

What does membership cost?

Annual membership is **\$50** and is valid from **January 1 to December 31**. New members who join on or after **June 1** are eligible for a reduced rate of **\$30**. Registration for 2027 membership opens **December 1, 2026**. To ensure program accessibility we do offer membership subsidies on a case-by-case basis; please contact our program coordinator at **613-526-7170 ext. 2846** for more information.

Facility

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>

Do you have parking onsite?

There is visitor parking onsite. If you are registered for a program, please speak to a staff member who can explain the parking options available.

Are tours of the facility available?

Tours of the facility are available to new members. To book a tour please contact salinfo@perleyhealth.ca

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 visit <https://www.perleyhealth.ca/get-updates-on-programs-and-events>

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>



How do I register for membership, and who is eligible?

Membership registration is completed in person or over the phone. We are planning to introduce online membership registration in Autumn 2026. 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.

Do I need a membership to register for programs?

Programs are currently open to both members and non-members as we continue to develop our services. The Centre welcomes members and drop-ins; however, drop-in fees differ from member rates.

Program Registration & Policies

Please refer to the **Summer Program Guide** for a complete list of programs. Program schedules are subject to change; visit our website or contact the Centre for the most up-to-date information.

The **Active Seniors and Veterans Living Centre staff strongly encourage members to register for programs 48 hours in advance**. Advance registration helps ensure accurate attendance numbers, allows waitlisted participants the opportunity to attend, and helps the Centre determine whether minimum enrollment requirements have been met. Programs that do not reach the required number of participants may be cancelled. Some programs have additional registration fees, while others are free for members. All fees will be listed in the Program Guide and promotional materials. The Centre does **not provide refunds for missed classes**. However, if a class or program is cancelled by the Centre, any applicable fees will be refunded.

Registration can be completed in person, by email at salinfo@perleyhealth.ca, or by phone at **613-526-7170 ext. 2846**. Online registration is also being introduced through the Communal portal: <https://perleyhealth.getcommunal.com/login>. Registration opens on the **1st of each month** and closes **24 hours before the class start date**. If a program is cancelled due to low enrollment, any applicable registration fees will be fully refunded.

If a program is full, members may join a **waitlist**. When a space becomes available, the next person on the waitlist will be contacted and given **48 hours** to confirm registration. If confirmation is not received within that time, the space will be offered to the next person on the waitlist.

Interested in trying a program before registering? New participants may attend one class as a free trial. To arrange a trial, please contact the Program Coordinator at salinfo@perleyhealth.ca before attending.

Hours of Operation and Contacts

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

Office Hours in the Active Living Centre: Thursday 2:30pm -3:30pm

If you need to contact us outside of those hours, you can reach us at salinfo@perleyhealth.ca

Tanya Mac Donald - Director, Senior Living & Community Programs, Extension 2454
Email: tmacdonald@perleyhealth.ca

Dana Lawless – Program Coordinator, Extension 2846
Email: dlawless@perleyhealth.ca

Reception – Commissionaire/security 613-526-7170 Ext 7171

Volunteer Services – Extension 2305
Email: volunteer@perleyhealth.ca

Care Clinic – 613-526-7125
Email: careclinic@perleyhealth.ca

Welcome!

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.

Centre Closure

Please be advised that the Active Living Centre will be closed Wednesday July 1st for Canada Day and Monday August 3rd for the Civic Holiday.

We look forward to welcoming you soon!

Parking

Visitor parking and accessible parking spots are available onsite. The first 30 minutes is complimentary. If you are registered for a program, please speak to a staff member who can explain the parking options available.