

active



Seniors and Veterans
Living Centre

By Perley Health

March 2026

Community Program Schedule

1750 Russell Road,
Ottawa, ON K1G 5Z6

613.526.7170 ext. 2846

Email: salcinfo@perleyhealth.ca



Perley
Health

March 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 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 March 9th, 23rd, 30th at 10:00am

Where: Seniors Active Living Centre

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

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 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, she has supported individuals coping with a wide range of losses.

When: Wednesday March 11th at 10:30am

Where: Seniors Active Living Centre

Cost: FREE

Please register 48hours in advance

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.

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 March 11th, 18th, 25th, at 1:30pm

Where: Seniors Active Living Centre, 1750 Russell Road

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

Ottawa Police Fraud Prevention Presentation

Description: Join us for an important and informative presentation with Sergeant Douglas Mirau from the Ottawa Police Service. This engaging presentation will highlight the most common scams targeting older adults, such as phone, email, door-to-door, and financial fraud. Sergeant Mirau will discuss practical tips on how to recognize fraudulent activity, how to protect your personal identity and financial information, and how to report suspicious activity to protect yourself and loved ones.

When: Thursday March 12th, 10:00am

Where: Seniors Active Living Centre, 1750 Russell Road

Cost: FREE

Please register 48-hours in advance

Presentation by Prostate Cancer Support Ottawa (PCSO)

Description: Join us for an informative and supportive presentation with Prostate Cancer Support Ottawa (PCS Ottawa), led by long-time volunteer and advocate Al Craig. Al will share helpful information about prostate cancer awareness. He'll also speak about the importance of screening, the value of community support, and the many ways PCS Ottawa helps those affected by prostate cancer feel informed and connected. The session is designed to be open whether you're looking for information for yourself, a loved one, or simply want to learn more.

There will be time for questions and conversation, and everyone is welcome to attend this meaningful and encouraging presentation. Refreshments of coffee and tea will be provided.

When: Thursday March 12th, 2:00pm

Where: Lupton Hall

Cost: FREE

Please register in advance

Sip and Paint

Facilitator: **Ashely Courneyea** is a multi-media artist, creative art instructor and small business owner of Claraiona Earthly Creations.

Description: Celebrate St. Patrick's Day, with creativity, and connection Join us for a morning of painting, music, and a non-alcoholic Irish Coffee. No art experience needed just bring yourself and enjoy a guided painting experience designed for all. Our session will be focused on Irish landscapes.

Program cost covers all painting supplies. Participants get to take home their creations. This class accommodates up to 20 people.

When: Tuesday March 17th at 11:00am

Where: Seniors Active Living Centre, 1750 Russell Road

Cost: \$12 for members, \$20 for non members

Please Register 48 Hours 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 session will feature a special focus on South American wines, highlighting regions such as Argentina and Chile. It's a perfect chance to discover new favourites and explore the vibrant wine culture of the Southern Hemisphere.

When: Thursday March 19th, 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

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.

FranCTcreative 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 March 20th, 1:00pm – 4:00pm

Where: Seniors Active Living Centre

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

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

Breakfast Club

Description: Join us for a cozy morning with good food and company. Breakfast will include a two-egg western omelette (or plain) with a side of bacon, and whole wheat toast served with Coffee or tea and orange juice.

When: Wednesday March 25th, 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. February's Breakfast had a high volume of interest, and we had to turn people away due to reaching capacity. Unfortunately, we had some no-shows, which prevented others from being able to attend. To address **this please 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.*

refunds are only permitted to extenuating circumstances such as personal emergencies or illness.

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 like pinch pots, scoring and slip, adding texture, and decorating with underglaze. Led by Alissa, owner of Kiln It Ottawa, this fun and creative 1.5-hour class will focus on making hand-built trays and small vessels.

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: Friday March 27th, 10:30am

Where: Seniors Active Living Centre

Cost: \$20 members \$25 non-members

Please register 48-hours in advance.

Tai Chi with Fung Loy Kok Institute of Taoism

Facilitator: Charity

Description: Experience the gentle, meditative movements of Taoist Tai Chi arts with a special demonstration from the Fung Loy Kok Institute of Taoism (FLKTTC). This practice supports overall well-being by helping unify body, mind, and spirit. Participants will see how Tai Chi can build natural strength, improve flexibility, and promote calmness. The flowing movements reduce stress and encourage balance, resilience, and ease in everyday life. Join us to learn how this moving meditation can bring greater vitality and joy.

When: TBD

Where: Seniors Active Living Centre

Cost: this class will be FREE

FLKTTC has graciously offered to do a demo class of tai chi at our centre. This class will help us to determine, interest amongst our members. We may choose to renew for running series following the demo class. Details to come in the next few weeks.

Drop-In billiards

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

When: Tuesday March 31st 2:00-3:30pm

Where: Seniors Active Living Centre

Cost: FREE

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 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 in 2026.

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?

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>

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.