active

Seniors and Veterans Living Centre

By Perley Health

November 2026

Community Program Schedule

1750 Russell Road,
Ottawa, ON K1G 5Z6

Contact: 613.526.7170 ext. 2846

Email: salcinfo@perleyhealth.ca

Perley Health

November Programs

SALC Crafters – Craft Club

Join us as we launch our Craft Club on August 17! We're excited to welcome a new volunteer Catherine Byrne who will be guiding the group.

Our first session will focus on getting to know one another, sharing our crafting interests, and building a creative community. Participants are encouraged to bring their own craft projects to work on while we chat and create together.

We look forward to seeing you there!

When: Monday, November 2nd, 9th, 16th, 23rd and 30th at 2:00pm

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

Cost: FREE. Please RSVP if you plan to attend by contacting salcinfo@perleyhealth.ca

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.

Facilitator: Gail Christy 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, November 4th at 10:30am

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

Cost: FREE

Yoga and Strength

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.

Facilitator: Gabrielle

When: Wednesday, November 4th, 18th, 25th at 1:30 pm

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

Cost: $10 a class for members, $15 for non-members. Please Register 48 hours in advance if you plan to attend by contacting salcinfo@perleyhealth.ca

Table Tennis Club (Drop-In)

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 welcome Chris Hill who will help 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.

When: Thursday, November 5th, 12th, 19th, and 26th at 2:30 pm – 3:30 pm

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

Cost: Free



Walking Club

Join us every Friday at 9:30am for our 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 Campus. 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 9:30 am

Where: 1750 Russell Road Main Entrance (1)

Cost: FREE

NEW! Movement Class with Kinnected Wellness

Meet Maria Cordova, Registered Kinesiologist, owner and founder of Kinnected Wellness. Join me this Friday November 6th for a gentle movement session designed to be accessible to veterans of all abilities. All exercises will be performed from a chair, with the option to progress to standing movements as comfortable. Following the movement session, I will lead a brief educational talk introducing kinesiology and its role in supporting health, mobility, strength, and independence as veterans age. Participants will learn how kinesiology can support healthy aging, improve physical function, and promote an active lifestyle. This special Remembrance Day event honours our veterans by encouraging movement, connection, and lifelong well-being.

When: Friday, November 6th at 2:00 pm

Where: Active Seniors and Veterans Living Centre - 1750 Russell Road.

Cost: FREE

KINNECTED WELLNESS

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, November 2nd, 16th, and 30th at 10:00am

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

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

NEW! Presentation Preventing Falls & Injuries

Join us for an informative and practical presentation focused on reducing the risk of falls and injuries among older adults. Falls are one of the leading causes of injury in seniors, but many risks can be prevented through education, awareness, and healthy lifestyle choices.

Dan Dalton, pharmacist from **CareRx Pharmacy** will discuss common factors that contribute to falls, including medication side effects, balance and mobility concerns, vision changes, and home safety hazards. Participants will learn strategies to stay safe, maintain independence, and improve confidence in everyday activities.

When: Tuesday, November 17th, 11:00am

Where: Active Seniors and Veterans Living Centre - 1750 Russell Road.

Cost: FREE

Please RSVP if you plan to attend by contacting salcinfo@perleyhealth.ca

Breakfast Club



Description: Join us for a cozy morning with good food and company. Breakfast will include scrambled eggs, fruit salad, bacon, and toast served with Coffee or tea and orange juice.

When: Wednesday, November 18th at 9:30am

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

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

Please note we can only accommodate up to 20 participants. Please register 48hours in advance by contacting salcinfo@perleyhealth.ca or call 613-526-7170 ext. 2846. Cancellations need to be made 48 hours in advance, so we can fill the spot with our wait-listed individuals.

Textile 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: Thursday, November 19th at 10:30am

Where: Active Seniors and Veterans Living Centre - 1750 Russell Road.

Cost: $15 for Members, and $30 for non-members

Please note we can only accommodate up to 10 participants.

Please register 48-hours in advance by contacting salcinfo@perleyhealth.ca or call 613-526-7170 ext. 2846.

Created: 10/30/2026

Perley Health Community Immunization Clinic

Perley Health will be hosting a **Community Flu Shot Clinic.**

This clinic is open to the public and welcomes all adults **18 years of age and older**. Getting your annual flu vaccine is an important step in protecting yourself and those around you during influenza season.

No appointment is required. We look forward to helping keep our community healthy this flu season.

Date:	Location:	Time
Monday November 9th, 2026	**1750 Russell Road – Active Seniors & Veterans Living Centre**	**2:30pm to 5:30pm**

Getting a vaccine helps protect:

Your family and friends.
Your community.
Yourself.



Together, we improve the well-being of the people we serve.

www.PerleyHealth.ca

Perley Health

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 session participants will be making ceramic candle luminaries. (pictured below)

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!

When: Thursday, November 12th 10:30am-12:00pm

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

Cost: FREE for members, $20 non-members

Please register 48-hours in advance.



Remembrance Day

Please note, we will not be hosting any activities in the Seniors Active Living Centre and will be closed on November 11th to the broader public.

On this day, the Perley Health community comes together in remembrance, to honour the courage, sacrifice, and service of our Veterans.

Residents, tenants, volunteers, families, friends, caregivers, and staff gather for a heartfelt ceremony and a moment of silence in tribute to all who served and continue to serve.

Lest we forget.



Poppies by Studio Painters, instructed by Andréa Fabricius

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, November 9th and 23rd at 10:00am

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

Cost: FREE for members $5 for non-members

Dance Class

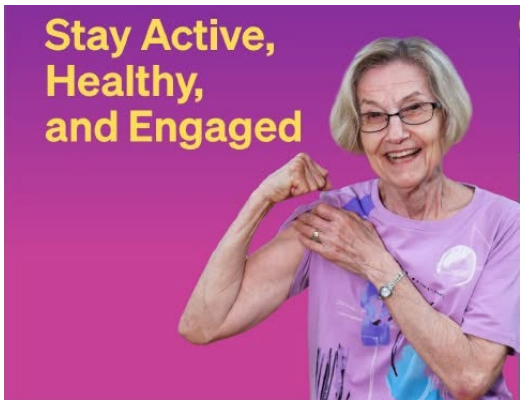
We're pleased to welcome back *Dancing with Parkinson's*. Dancing with Parkinson's offers safe, accessible, and inclusive movement programming designed to help people stay active, connected, and engaged through music and dance. Our specialized trained dance instructors deliver high-quality programs tailored 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: Friday, November 13th at 10:30am

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

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

Please Register 48 hours in advance salcinfo@perleyhealth.ca



Wine Tasting

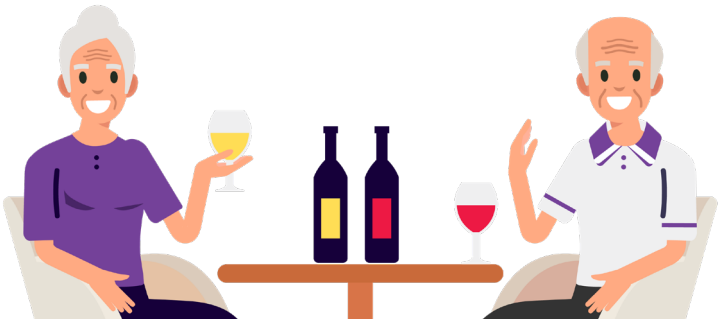
Join us for an evening of wine tasting led by special guest: Dwayne Lemon, a retired Canadian Armed Forces health care provider/executive, with 36 years of service, now a certified sommelier with a passion for sharing the joy of wine. Enjoy a relaxed evening sampling a curated selection of wines, learning fun facts, and engaging in great conversation with fellow guests. This session's theme will be Grapes of Bordeaux… Come sip, savor, and socialize!

When: Thursday, November 19th at 6:00pm

Where: Jo & Denny's Pub – Perley Health - 1750 Russell Road.

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.



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. 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.

When: Friday, November 20th from 1:00pm-4:00pm

Where: Active Seniors and Veterans Living Centre - Perley Health - 1750 Russell Road.

Cost: FREE for members $10 for non-members.
P*lease sign up 48hours in advance.*



November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Tai Chi 2:00 Craft Club	3	4 10:30 Gathering Grief 1:30 Yoga	5 2:30-3:30 Drop in Table Tennis 2:30-3:30 Office Hours	6 9:30 Walking Club 2:00 Movement class Kinnected wellness
9 10:00 Meditation 2:00pm Craft Club 2:30-5:30 Public Flu Vaccine Clinic	10	11 REMEMBRANCE DAY 	12 10:30am Pottery Class 2:30-3:30 Drop in Table Tennis 2:30-3:30 Office Hours	13 9:30 Walking Club 10:30 Dancing with Parkinsons
16 10:00 Tai Chi 2:00 Craft Club	17 11:00am Fall and Fractures Presentation with CareRX	18 9:30 Breakfast Club 1:30 Yoga	19 10:30 Textile Workshop 2:30-3:30 Drop in Table Tennis 2:30-3:30 Office Hours 6:00pm Wine tasting	20 9:30 Walking Club 1:00-4:00 Serenity Session
23 10:00 Meditation 2:00pm Craft Club	24	25 10:30 Book Club 1:30 Yoga	26 2:30-3:30 Drop in Table Tennis 2:30-3:30 Office Hours	27 9:30 Walking Club 11:00am Caregiving Stories from a hospice Nurse
30 10:00 Tai Chi 2:00pm Craft Club				

Book Club

We are excited to continue with our monthly book club. 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.

When: Wednesday, November 25th at 10:30 am

Where: Active Seniors and Veterans Living Centre - 1750 Russell Road.

Cost: FREE

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



Caregiving Stories by Gabriele McClure

We are pleased to welcome back Gabriele McClure who has just published her first book in the Heart and Healing series, "*Compassionate Connections*". "Gabi" is the founder of "Gabi's House of Healing" in Saskatoon. With more than two decades in caregiving and spiritual healing, she blends compassionate service with intuitive storytelling.

Gabi spent many years offering compassionate support to individuals at the end of life. Her work as a caregiver and hospice companion has shaped her gentle, insightful approach to dying, grief, and connection.

When: Friday, November 27th at 11:00 am

Where: Active Seniors and Veterans Living Centre - 1750 Russell Road.

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

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 salcinfo@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



Member & Program Registration Information

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 salcinfo@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 **salcinfo@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 salcinfo@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 December 24th, 2026 to January 1st 2027 for the Holidays.

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.

Ontario

With support provided by the Government of Ontario.