



Seniors and Veterans  
Living Centre

By Perley Health

October  
2026

Community Program Schedule

1750 Russell Road,  
Ottawa, ON K1G 5Z6

Contact: 613.526.7170 ext. 2846

Email: [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)



Perley  
Health

# October Programs

## Walking Club

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

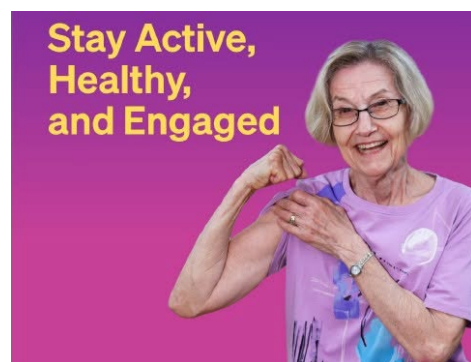
Our walks will begin at a gentle pace of approximately 1.5–2 km around the Perley Campus. Rain or shine, we'll keep moving, if the weather is poor, the walk will move indoors. Our meeting point will be at the front entrance of Perley Health, by the commissioner's desk.

Our walking group facilitator, **Cynthia Adam**, looks forward to meeting you and walking with you!

**When:** Every Friday at 9:30am

**Where:** 1750 Russell Road Main Entrance

**Cost:** FREE



## 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 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 October 7<sup>th</sup> at 10:30am

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

**Cost:** FREE. Please Register 48 hours in advance if you plan to attend by contacting [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)

## 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, sign up 48hours in advance

**When:** Wednesday October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> at **1:30pm**

**Where:** Seniors Active Living Centre, 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](mailto:salcinfo@perleyhealth.ca)

## Breakfast Club

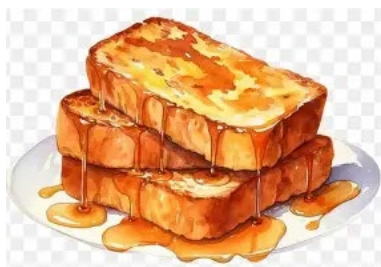
**Description:** Join us for a cozy morning with good food and company. Breakfast will include Cinnamon Apple French Toast, bacon and baked beans served with Coffee or tea and orange juice.

**When:** Wednesday October 14<sup>th</sup> 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 48hours in advance by contacting [salcinfo@perleyhealth.ca](mailto: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 waitlisted individuals.



**NEW!!**

## **Chair Zumba Gold**

We are very pleased to welcome Carolina who will provide a fun and uplifting dance-fitness class designed for older adults.

Enjoy easy-to-follow Zumba-inspired movements from a chair, with gentle cardio, mobility, coordination, and music.

Move, smile, and feel energized — at your own pace!

**When:** Monday, October 5<sup>th</sup> at 10:00 am

**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](mailto:salcinfo@perleyhealth.ca)

## **Wine Tasting**

Join us for an evening of wine tasting led by 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 will explore a variety of wines from Eastern Europe (Hungary, Greece, Croatia and perhaps Romania...) Come sip, savor, and socialize!

**When:** Thursday October 8<sup>th</sup>, at 6:00pm

**Where:** Perley Health Jo & Denny's Pub

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

Program space is limited to 18 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.



## SALC Crafters – Craft Club

Catherine Byrne continues to guide our group.

We 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 October 5<sup>th</sup>, October 19<sup>th</sup> and October 26<sup>th</sup> at 2:00pm

**Where:** 1750 Russell Road, Seniors Active Living Centre

**Cost:** Free. Please Register 48 hours in advance if you plan to attend by contacting [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)



## NEW..

**A heartfelt presentation by Gabriele McClure**

We are pleased to welcome 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.

We hope you can come to this special presentation.

**When:** Friday, October 16<sup>th</sup> at 11:00 am

**Where:** 1750 Russell Road, Seniors Active Living Centre

**Cost:** Free. Please Register 48 hours in advance if you plan to attend by contacting [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)

## 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:** Friday October 16<sup>th</sup> at 1:30pm

**Where:** Seniors 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 48hours in advance by contacting  
[salcinfo@perleyhealth.ca](mailto: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. 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 October 23<sup>rd</sup> 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*



## 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!

**When:** Thursday, October 22<sup>nd</sup>, 10:30am-12:00pm

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

**Cost:** Free for members, \$20 non-members; please register 48 hours in advance if you plan to attend by contacting [salinfo@perleyhealth.ca](mailto:salinfo@perleyhealth.ca)



## 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 October 26<sup>th</sup> at 10:00am

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

**Cost:** FREE. Please Register 48 hours in advance if you plan to attend by contacting [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)

## 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 October 28<sup>th</sup> 10:30am

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

**Cost:** FREE

Please Register 48 hours in advance if you plan to attend by contacting [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)



## NEW!! - Eye Health Screening 15<sup>th</sup> and 29<sup>th</sup> of October

We are pleased to offer the Eye Health Screening Initiative in partnership with Vision Loss Rehabilitation Canada, which aims to reduce the risk of vision loss through community-based screening and the early detection of diabetic retinopathy.

Diabetic retinopathy is the most frequent cause of new cases of blindness among adults younger than 75. Research has shown that early detection and timely treatment can reduce the risk of vision loss by 95%.

Digital photographs will be taken of both retinas and uploaded into an automated AI diabetic retinopathy screening software, approved by Health Canada. The screening results will be presented to you immediately and can be shared with your GP and/or your eye care provider.

If needed, a referral is made to Vision Loss Rehabilitation Canada who will coordinate a review of your images and process ongoing referrals.

**Important Note:** The Eye Health Screening Initiative focuses solely on increasing access to diabetic retinopathy screening and does not screen for other eye conditions. It does not replace regular care with your eye specialist.

**When:** 15<sup>th</sup> and 29<sup>th</sup> of October – 9:00am to 12:00pm

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

**Cost:** FREE, drop-in

**Note:** We ask that you please register in advance if you plan to attend, and at approximately what time, by contacting [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca).



## **NEW!! Webinar**

### ***The Ten Stories: What aging parents want us to hear***

***by Mary Ann McColl***



Have you ever wondered about the stories that an aging loved one tells over and over? Out of the millions of episodes and anecdotes in his or her life, why is a finite set of stories told and re-told?

Join us on-line for a webinar that explores the stories told by older adults, and what they are really about. Based on her new book, The Ten Stories: What aging parents want us to hear (University of Toronto Press, 2026), Dr. Mary Ann McColl shares her research on the five reasons elders tell stories, and the themes expressed in those stories. Learn how to listen for the messages that just below the surface of those stories, and that are curated and customized for you.

This 50-minute seminar will include a 25-minute presentation, several examples of rich, evocative stories, and time for questions and discussion. It is primarily geared to those who are currently or have previously cared for an aging loved one, and who have experienced the phenomenon of repeated storytelling.

**When:** Tuesday, October 20<sup>th</sup> at 12:00 pm

**Where:** Seniors Active Living Centre, 1750 Russell Rd

**Cost:** Free

Please register 48 hours in advance by contacting [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca) or call 613-526-7170 ext. 2846.

# October 2026

| Monday                                                           | Tuesday                                                               | Wednesday                                                     | Thursday                                                                                                      | Friday                                                                                             |
|------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|                                                                  |                                                                       |                                                               | 1 Dana away                                                                                                   | 2 Dana away<br><br>9:30 Walking Club                                                               |
| 5 Dana away<br><br>10:00 Chair Zumba<br><br>2:00pm Crafting Club | 6 Dana away                                                           | 7 Dana away<br><br>10:30 Gathering our Grief<br><br>1:30 Yoga | 8 Dana away<br><br><br>6:00pm Wine Tasting                                                                    | 9 Dana away<br><br>9:30 Walking Club                                                               |
| 12<br><br>Closed<br><br>Thanksgiving                             | 13                                                                    | 14<br><br>9:30 Breakfast Club<br><br>1:30 Yoga                | 15<br><br>9:00-12:00 Eye Health Screening<br><br>2:30-3:30 Office Hours                                       | 16<br><br>9:30 Walking Club<br><br>11:00 Presentation by Gabi McClure<br><br>1:30 Textile Workshop |
| 19<br><br>10:00 Tai Chi<br><br>2:00pm Craft Club                 | 20<br><br>12:00 Virtual Webinar: "What aging parents want us to hear" | 21<br><br>1:30 Yoga                                           | 22<br><br>10:30 Pottery<br><br>2:30-3:30 Drop-in Table Tennis<br><br>2:30-3:30 Office Hours                   | 23<br><br>9:30 Walking Club<br><br>1:00-4:00 Serenity Session                                      |
| 26<br><br>10:00 Meditation<br><br>2:00pm Craft Club              | 27                                                                    | 28<br><br>10:30 Book Club<br><br>1:30 Yoga                    | 29<br><br>9:00-12:00 Eye Health Screening<br><br>2:30-3:30 Drop-in Table Tennis<br><br>2:30-3:30 Office Hours | 30<br><br>9:30 Walking Club                                                                        |

## Tai Chi with Aging Gracefully Ottawa

We are pleased to once again welcome Mayumi, from Aging Gracefully Ottawa, to lead our Tai Chi class.

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 October 19<sup>th</sup> 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 [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)

## Billiards & 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, October 22<sup>nd</sup> and 29<sup>th</sup> - 2:30pm – 3:30PM

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

**Cost:** Free



# 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](mailto: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](mailto: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 **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](mailto: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](mailto: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 [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca)

**Tanya Mac Donald** - Director, Senior Living & Community Programs, Extension 2454  
Email: [tmacdonald@perleyhealth.ca](mailto:tmacdonald@perleyhealth.ca)

**Dana Lawless** – Program Coordinator, Extension 2846  
Email: [dlawless@perleyhealth.ca](mailto:dlawless@perleyhealth.ca)

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

**Volunteer Services** – Extension 2305  
Email: [volunteer@perleyhealth.ca](mailto:volunteer@perleyhealth.ca)

**Care Clinic** – 613-526-7125  
Email: [careclinic@perleyhealth.ca](mailto: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 on Monday, October 12<sup>th</sup> for Thanksgiving.

**We look forward to welcoming you!**

## 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.