



Seniors and Veterans  
Living Centre

By Perley Health

# September 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

# September Programs

## 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.

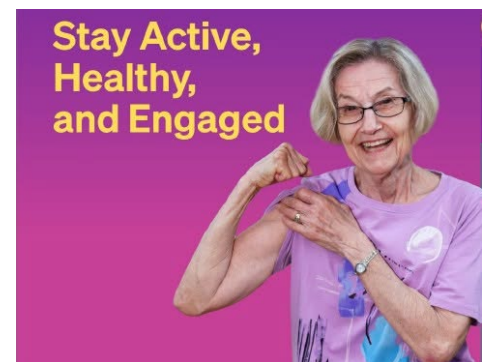
Our walks will begin at a gentle pace of approximately 1.5–2 km around the Perley Cam. Rain or shine, we'll keep moving, if the weather is poor, the walk will move indoors. Our meeting point will be at the front entrance of Perley Health, by the commissioner's desk.

Please welcome new walking group facilitator, **Cynthia Adam**, she looks forward to meeting you and walking with you.

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

**Where:** 1750 Russell Road Main Entrance (1)

**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 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 September 9th 10:30am

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

**Cost:** FREE

## 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 48 hours in advance

**When:** Wednesday September 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> 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:** Friday September 11<sup>th</sup> 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](mailto:salcinfo@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 September 14<sup>th</sup> and September 28<sup>th</sup> at 10:00am

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

**Cost:** FREE *Please register 48 hours in advance*

## 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 will explore a variety of wines from Italy! Come sip, savor, and socialize!

**When:** Thursday September 17<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 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.



## 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 September 21<sup>st</sup> and Monday September 28<sup>th</sup>, both at 2:00pm

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

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

## 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 September 25<sup>th</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*



# You're Invited: Perley Health Open House and Community Engagement Day

“Our home is not separate from the community, it is part of the community.”



Join us for a FREE day of connection, celebration, and innovation. Discover how our vibrant community supports dignity, safety, and belonging for Veterans and Seniors.

- **Date:** Friday, September 18, 2026
- **Location:** Perley Health
- **Admission:** FREE (Space is limited.)

## Choose your session—or stay all day!

- **Morning** (9:00 am - 12:00 pm): Learn & Connect
  - **Presentations and Exhibition:** Presentations start at 9:00 am sharp! Please be registered and seated for 8:50 am
- **Afternoon** (12:00 pm start): Celebrate & Participate
  - **Join in a FREE Active Living Centre Class:**
    - Wine Tasting from 12:00-1:00 pm.
    - Yoga from 1:30-2:30 pm
    - **Take a Tour:** Attend a guided walk through of Perley Health from 12:00-12:45 pm
  - **Space is limited**, register for the activity you wish to participate in today by emailing: [salcinfo@PerleyHealth.ca](mailto:salcinfo@PerleyHealth.ca)

[PerleyHealth.ca/open-house](https://PerleyHealth.ca/open-house)



## 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.

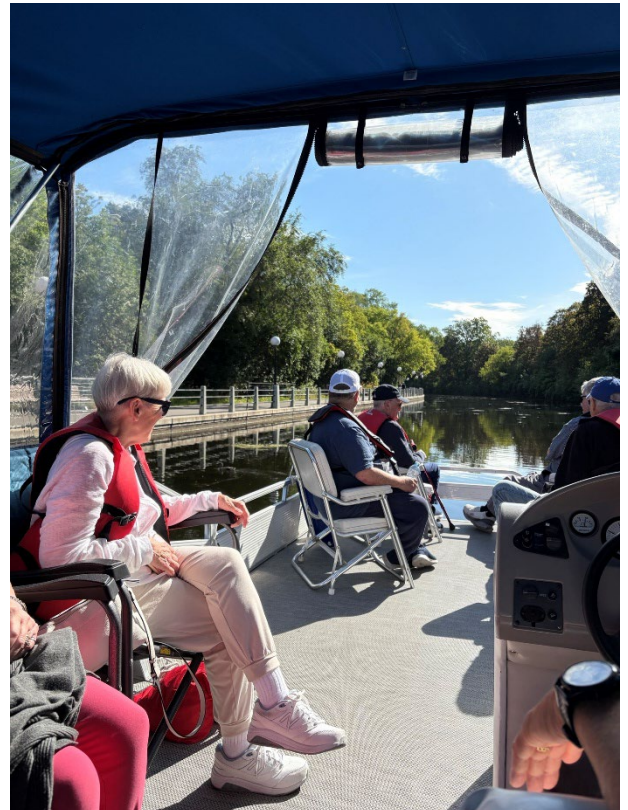
**When:** Wednesday September 30<sup>th</sup> 10:30am

**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)

**Take a peek at photos from our August boat outing...**  
**Stay tuned for our next outing October 2026**



# September 2026

| Monday                                                                  | Tuesday             | Wednesday                                                            | Thursday                                                    | Friday                                                                              |
|-------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                         | 1                   | 2                                                                    | 3<br>2:30-3:30 Office Hours                                 | 4<br>9:30 Walking Club                                                              |
| 7<br><br>Closed Labour Day                                              | 8 <i>Dana away</i>  | 9 <i>Dana away</i><br><br>10:30 Gathering our Grief<br><br>1:30 Yoga | 10 <i>Dana away</i>                                         | 11 <i>Dana away</i><br><br>9:30 Walking Club<br><br>1:30pm Dancing with Parkinson's |
| 14<br><br>10:00 meditation<br><br>Crafting club cancelled               | 15                  | 16<br><br>Breakfast club cancelled<br><br>1:30 Yoga                  | 17<br><br>10:30 Pottery Workshop<br><br>6:00pm Wine tasting | 18<br>9:00-2:00 OLTCA Engagement Day<br><br>9:30 Walking Club                       |
| 21 <i>Dana away</i><br><br>10:00 Tai Chi<br><br>2:00pm Crafting Club    | 22 <i>Dana away</i> | 23 <i>Dana away</i><br><br>1:30 Yoga                                 | 24 <i>Dana away</i>                                         | 25 <i>Dana away</i><br><br>9:30 Walking Club<br><br>1:00-4:00 Serenity Session      |
| 28 <i>Dana away</i><br><br>10:00 meditation<br><br>2:00pm Crafting Club | 29 <i>Dana away</i> | 30 <i>Dana away</i><br><br>10:30 Book Club<br><br>1:30 Yoga          |                                                             |                                                                                     |

## 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 September 17<sup>th</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.***



## 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 September 21<sup>st</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)

# 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 **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](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 Monday, September 7<sup>th</sup>, 2026 for Labour Day.

**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.