



*Stephanie Neville, a member of the Therapeutic Recreation and Creative Arts Programming team, has residents laughing during videotaping for a segment to be broadcast on the Perley Rideau Active Seniors website.*

# Introducing *Active Seniors*, a New Program from Perley Rideau

Launch of *Perley Rideau Active Seniors* to provide online and offline resources to benefit the mind and body

Seniors and caregivers searching for new opportunities to engage their minds and bodies will soon have an easily accessible online



resource and in-person education programs thanks to the generous funding from the Centre for Aging and Brain Health Innovation's (CABHI) SPARK program.

Perley Rideau Active Seniors is a new website that will be supported by in-classroom resources developed under the leadership of the Perley Rideau Therapeutic Recreation and Creative Arts Programming staff and supplemented by a network of professionals. The mission: to educate, entertain and inform individuals on strategies to keep

their minds and bodies active.

The website, Perley Rideau Active Seniors, is not only speaking to seniors, it seeks to engage individuals of all ages and abilities to benefit from the decades' of experience compiled by the trailblazers working in Perley Rideau's recreation and creative arts training programs. From a rejuvenating video presentation of a meditative walk in the woods, to flower arranging for beginners, chair-adaptive yoga, laughter therapy and painting from memory, this interactive multi-media website will feature more than 15 original videos, providing step-by-step instructions and ongoing support to ensure seniors – and others – benefit from safe, effective programs and activities.

The website will launch later this year and additional information can be accessed through [www.PerleyRideau.ca](http://www.PerleyRideau.ca).

## The Perley Rideau Lifelong Learning Program

As a complement to the Active Seniors website, the Perley Rideau is committed to extending the journey of discovery and personal fulfillment with the launch of Perley Rideau Lifelong Learning. Built on the philosophy that learning has no age limit, these in-person classes and studio sessions are intended to encourage individuals to learn, grow and to connect with others who share common interests. Different from university art classes or lectures, participants will enjoy a welcoming and collaborative learning experience in the Perley Rideau environment without the pressure of grades or exams. Classes will be open to anyone with a passion for learning, including residents of the Perley Rideau, volunteers, tenants, family and all members of the Ottawa community.

### Course Selection

Participants can choose from a selection of studio-based and lecture-based courses led by engaging instructors who are experts in their fields. Studio-based courses

provide hands-on learning in the creative arts, including music and visual art. Lecture-based courses explore topics through presentations, discussions, short films and reading materials. Topics will range from Canadian history and culture to science and the humanities. Courses last four to six weeks and are hosted in existing facilities at the Perley Rideau, including the fully-equipped ceramic art and painting studios and spacious meeting rooms. All of the courses will be fee based, with a typical six-week course charging \$150, not including the costs for supplies, if applicable.

### Starting Soon!

The first sessions will begin January 2018 with two studio-based and two lecture-based courses to choose from.

Keep an eye out for course descriptions, dates and prices coming in early November. Registration will open soon, with participants invited to register over the phone or by mail. Be sure to secure your spot as soon as possible!

For more information, email [info@prvhc.com](mailto:info@prvhc.com).



*Her Excellency the Right Honourable Julie Payette, Governor General and Commander-in-Chief of Canada and patron of The Royal Canadian Legion, received the symbolic first poppy of the 2017 National Poppy Campaign. In this photo, the Governor General greets Veterans and members of The Perley Rideau's Therapeutic Recreation and Creative Arts Programming team.*



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Credit: MCpl Vincent Carbonneau, Rideau Hall, OSGG