

Generations Connected at Perley Health



Sharing news about the Intergenerational Early Learning Centre

Edition 8
March 27, 2026

Welcome to the eighth edition of our **Generations Connected** newsletter, your home for project schedules, safety measures, programming information and opportunities to support.

Andrew Fleck Children's Services Intergenerational Early Learning Centre at Perley Health is a partnership between Perley Health, which provides a community of care and services for Seniors and Veterans; the Perley Health Foundation, which raises and manages funds to support programs, services, and capital needs; and Andrew Fleck Children's Services (AFCS), a non-profit organization that operates child care centres across the region.

Read recent updates and visit our webpage: PerleyHealth.ca/generations-connected

Andrew Fleck Children's Services Intergenerational Early Learning Centre at Perley Health Update

Project Completion: 82%

Help Bring The Vision Home

By Tracy Holmes, CFRE, Annual Giving Program Manager

As construction progresses and the opening draws closer, we are filled with gratitude for the caring community that has brought us this far. Your support is already shaping a place where generations will come together, bringing energy and joy into everyday life.



We are so close to the \$2M goal.

Your support today can help ensure we open the doors to a fully realized, welcoming space, designed with intention, warmth, and the needs of both young children and older adults in mind. If you have been considering a gift, now is the moment to help bring this vision across the finish line.

Ways to give:

- Online at PerleyHealthFoundation.ca/bridging-generations
- Call the Foundation office at 613-526-7173
- Visit the Foundation office 8:00 am - 4:00 pm, Monday – Friday

**Your generosity today will create meaningful moments for generations to come.
Thank you for caring.**

Nature-Based Play for All: Exploring the benefits of outdoor programs for people of all ages

By Emily Collins, RECE, Program Coordinator Assistant, Forest Explorers Early Learning Centre

What is Nature-Based Play?

Whether you've heard it referred to as Forest School, Nature Kindergarten, or simply playing outside, nature-based play is a staple of early learning and is becoming increasingly popular around the world. At Andrew Fleck Children's Services, it is a focus across our programs. While it may look different at each site, the goal is the same: to provide intentional, extended time outdoors and give children the opportunity to dive deeply into play.

Nature-based play focuses on child-led experiences and the relationships built with the land through repeated access. It promotes connection to the natural world, fosters lifelong stewardship, and creates opportunities for healthy risk-taking.

When children engage in nature-based play regularly, they experience a wide range of benefits. In contrast, spending most of their time indoors may limit opportunities for active, exploratory play and increase exposure to sedentary behaviours and sensory overload.

What We See at Forest Explorers

At Forest Explorers, we spend the majority of our days outdoors, and we see these benefits firsthand. Children take risks and build confidence and resilience. They move their bodies for extended periods and return home ready to rest and refuel.



Using loose parts and natural materials, their creativity and imagination flourish. We also notice a shift in the environment itself. What can feel loud, bright, and overstimulating indoors often becomes calm, focused, and grounded once children enter the forest.

Outdoor Play in All Seasons

Our time outdoors continues across seasons and weather conditions. Whether it's sunny, rainy, or snowy, being prepared with the right clothing allows children to stay comfortable and engaged.

This consistency reinforces that outdoor play is not an occasional activity, but a regular and valuable part of daily learning and development.

Why Outdoor Play Matters for Everyone

The growing body of research on outdoor play highlights that these benefits extend far beyond early childhood. The [2025 position statement](#) on active outdoor play notes that outdoor play supports holistic health and well-being for people of all ages, communities, and environments.

Similarly, the [Outdoor Play Canada AOP10 Position Statement](#) emphasizes that active outdoor play contributes to physical, mental, social, and environmental well-being, while also fostering stronger communities and a deeper connection to nature.

Research also shows that regular outdoor activity can improve sleep, enhance mood, and support overall health across the lifespan, reinforcing that outdoor play is not just for children, but for people of all ages.

Looking Ahead: Intergenerational Opportunities

With this in mind, the Intergenerational Early Learning Centre presents an exciting opportunity to extend nature-based play beyond early learning. By creating shared outdoor experiences for both young children and older adults, we can foster connection, well-being, and a sense of community across generations.

Nature-based play offers a simple yet powerful way to bring people together, support healthy development, and strengthen our relationship with the world around us.



Your Safety is Our Top Priority

Your safety is paramount throughout this construction project. Please help us keep everyone safe by paying close attention to all signs and following all safety directions in and around construction areas.

Free hearing protection is available from the Support Services offices on the second floor of the Perley Centre for anyone affected by the noise disruptions construction may cause.

Stay Informed

We frequently produce two newsletters: one provides construction updates and the second is dedicated to all topics related to the Intergenerational Early Learning Centre.

Print: Copies are available throughout the Perley Health community.

Online:

1. Visit our Generations Connected webpage for updates, FAQs and more:
PerleyHealth.ca/generations-connected
2. Access the Construction Newsletter:
PerleyHealth.ca/public-announcement

For questions or concerns, please contact info@PerleyHealth.ca.

