

SPRING 2024

PROGRAM GUIDE

APRIL - JUNE



Abbotsford Seniors Centre



“Building Community Since 1975”

950 Bank Street 613-230-5730

www.glebecentre.ca (*Abbotsford Seniors Centre*)

e-mail us at: abbotsford@glebecentre.ca



Abbotsford Seniors Centre is part of the Glebe Centre, a not-for-profit and registered Canadian charity (BN# 1052-15024 RR0001). All donations of \$20 or more (cheques can be made payable to the Glebe Centre, with Abbotsford Seniors Centre in the Memo line), qualify for a charitable tax receipt.

Abbotsford will be closed Friday March 29 and Monday April 1 & May 20, 2024

Abbotsford membership has its privileges!

Membership year runs from January 1st to December 31st, 2024

Only \$50 a year (HST included)

Member Registration



☐ Pay reduced rates for classes

☐ Participate in clubs and activities for members only

☐ Have the Program Guide and notices mailed or e-mailed to you

☐ Join Abbotsford Council - have a say in how your Centre is run

☐ Enjoy partnership benefits with local businesses

In Person: Fill out a form and pay at our Reception desk.

By Mail: Fill out this Member Profile, detach and return it with a cheque or credit card information or telephone us.

**Abbotsford
Seniors Centre
950 Bank St.
Ottawa, ON
K1S 5G6
613-230-5730**

First name Surname

Address: Street

City Postal Code

Phone: Birth Date:

Email Address:

Emergency Contact

Interests/Skills:

- Cheques payable to The Glebe Centre

Credit card number Expiry

Signature

Partnerships - These local businesses welcome Abbotsford members!

Simply show your Abbotsford membership card to receive these privileges:

Bloomfields Flowers

783 Bank St. (613-230-6434) 10% discount on all flowers and floral accessories

Compact Music

785 Bank St. (613-233-8922) 10% discount on all classical CD's

The Glebe Apothecary

778 Bank St (613-234-8587) 10% discount on all store merchandise; excludes prescriptions and stamps

Glebe Neighbourhood Activities Group (GNAG)

175 Third Ave (613-233-8713) discount on all GNAG programs offered at the Glebe Community Centre

Amica The Glebe

33 Monk Street (613-233-6363) Sponsoring Abbotsford Learn & Explore 'Speaker's Series'

Chartwell Lord Lansdowne Retirement Residence

920 Bank Street 613-230-9900 Sponsoring Men's Breakfast & Special Events

Old Ottawa South Community Association (Fire Hall)

260 Sunnyside Ave (613- 247-4946) discount on Special Seniors Fitness at the Fire Hall OSCA (see page 16 of guide for details)

Jack Uppal Team Royal Lepage

FREE BINGO (see page 18)

Insider Information

Abbotsford is open with **LIVE** classes and clubs as well as **ZOOM**.

You are encouraged to wear a mask in the building but are not required to do so.

- *Please help to clean shared equipment.*
- *Bring your dirty cups and dishes to the kitchen after use.*
- *If you feel unwell, stay home and take care of yourself.*



Abbotsford Seniors Centre is a Heart Wise Facility. When you see this symbol you know that your fitness teacher has been trained in Heart Wise.

Please fill out your annual Physical Activity Readiness form. (see Reception)



Membership & Class Information

The membership year runs from January 1, 2024 to December 31, 2024

Abbotsford Seniors Centre offers subsidized memberships to low income seniors. Please enquire at Reception if you are in need of a subsidized membership.

Regarding classes and clubs: Please ask to be placed on a waitlist if the class you desire is full or ask for a suitable alternative class suggestion.

Please Note!

Registration for SPRING PROGRAMMING will begin on:
Friday March 22 at 1:00 pm and is ongoing.

How to Register for Classes & Clubs

Online: <https://myactivecenter.com/> with your Key-tag

By Phone: 613-230-5730

In-Person: **Abbotsford Reception**

Payment Methods:



Note: The stated cost of classes is for **members** only. Non-members are welcome to register for any of our courses, but will be **charged an extra \$25 per course unless** otherwise indicated. Non-members cannot register on the first day of registration, that day is reserved for members only.

Members must have 2024 membership dues paid prior to registration.



THE FINE PRINT: You may register for courses at the Abbotsford Reception Desk or by telephone or on myactivecenter. Payment must be made at the time of registration to secure your place in the class. A minimum number of participants is required to run any course, and each course also has a maximum number of possible participants, so it pays to register early if you are interested!

Courses that have not met the minimum enrollment requirement one week prior to the scheduled start date will be cancelled. Full refunds will be granted if a course is cancelled. Refunds for any other reason will be made only if the Centre is notified at least one week prior to the course start date.

A \$5.00 administrative fee will be charged on these refunds.

Clubs & Pastimes for Members

Stained Glass Club **LIVE**

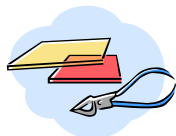
Have your own project and skill set, work with fellow stained glass enthusiasts and knowledgeable volunteer facilitator:
Henriette Watkins

**Note: You will be working with tools which require manual dexterity and prior knowledge of working with these tools.*

Fridays 9:30 -11:30 am

April 14 - June 28

Cost: Drop-in fee \$2.00



Play Reading Club* **LIVE**

Tuesdays 1:00 - 2:30 pm

April 9 - May 28 (8 weeks)

Cost: \$20

(10 person maximum) *must register in advance

Read plays aloud just for the fun of it! Discover how satisfying it is to do. We will read lighthearted comedies and take suggestions from the participants. All you need is your voice, your eyes and your interest in reading aloud. Tablets and plays will be provided.



Tai Chi Clubs **LIVE**

Facilitator: Ray and/or Alexandra

Mondays* Apr 15 - June 24 2:30 - 4:30 pm (10 weeks*) \$20

Tuesdays* Apr 9 - June 25 3:00 - 4:30 pm (12 weeks) \$24

Thursdays* Apr 11 - June 27 11:00 am -1:00 pm (12 weeks) \$24

*must register and pay to participate

(14 person maximum per group) *no club Monday May 20

* must have taken classes or clubs with Alexandra or Ray in the past. Yang Modified



Memoir/Writing Clubs **LIVE**

A+ (Writing Club)

Thursdays 1:00 - 3:00 pm

Apr 11, 25 + May 9, 23 + June 6 & 20 =
(6 weeks)

Cost: \$12.00 (10 person maximum)



Word Play (Writing Club)

Thursdays 1:00 - 3:00 pm

Apr 4, 18 + May 2, 16, 30 + June 13, 27 =
(7 weeks)

Cost: \$14:00 (10 person maximum)

Join in one of these clubs that meets every second week. Meet with fellow writers/members in a casual club that fosters kinship, confidentiality and the love of writing. ***must register and pay in advance**

Caregiver Groups **LIVE**

Facilitator: Joan Auden

Thursdays April 4 - June 27 10:00 am - 12:00 noon Cost: \$30

OR

Fridays April 5 - June 28 10:00 am -12:00 noon Cost \$30

Must register in advance to attend
(10 person maximum in each group)

These groups meet in our lounge. Come and chat with other caregivers, share ideas and experiences in a welcoming and confidential space.

Must be a Member of Abbotsford to join in !



Men's Breakfast Club* **LIVE**

Thursdays 9:00 - 10:30 am

April 4, May 2 & June 6

Cost: \$5 per day

Must register in advance (limited seating)

Our first men's breakfast and demonstration by Chef Mike of Lord Lansdowne was a great success.

This spring let's get together once a month in '*Margaret's Room*' (the upstairs kitchen) for coffee/tea/juice muffins, pastries and conviviality.

Let's see how this goes and grows. You might want to organize speakers, read and discuss current events...or just eat, drink and enjoy! Here is your chance to come together with other men for your own time and space at Abbotsford.

**sponsored by Chartwell Lord Lansdowne*



Teddy Bear Bees **LIVE**

For a 'warm & fuzzy' experience, join our volunteer teddy bear makers. If you like hand-work, you'll soon be creating lovable, furry fellows to be sold at Abbotsford.

Although finished bears are the property of the Centre, you'll have the skills to make your own at home.

Tuesdays 1:00 - 3:00 pm

ongoing

(12 person maximum)

No cost (*Must register as a volunteer*)



Craft Group **LIVE**

All you crafty folk are welcome to join the Craft Group for creative afternoons.

Do you knit, crochet, sew or love to make things? We have lots of crafting materials and need crafty folks to make items which are then sold at Abbotsford. (fundraising)

Thursdays 1:00 - 3:00 pm

April 4 - June 27

(12 person maximum)

No cost (*Must register as a volunteer*)



Mah-jong Club **LIVE**

Chinese & American Style

Thursdays 10:00 - 12:00 noon

April 4 - June 27

Cost: Drop-in fee:\$2.00

Please register your interest at Reception

Knowledge of how to play is needed.



Bridge Club & Mahjong & Games **LIVE**

Tuesdays & Thursday 2:00 - 4:00

Cost : Drop-in fee: \$2.00



Do you know how to play Bridge and want to play with fellow members? Yes? Then pick a day, a table and play Bridge!

You know how to play Mahjong...now come play with others!

Play Scrabble, Chess, Cribbage or Backgammon!

Ping Pong * **LIVE**

Fridays 1:00 - 4:30 pm

Apr 5 - June 28 *

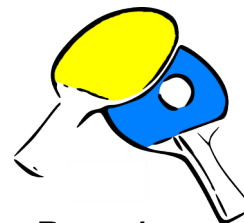
2 tables available

(15 person maximum)

***Must register your interest at Reception**

Drop-in fee: \$2.00 (*no Ping Pong May 24)

All **Members** are welcome to come and try this great pastime.



Snooker/Pool Anyone?* **LIVE**

Games Room (upstairs)

Mondays: 1:30 - 4:00 pm

Apr 5 - June 28

Drop-in fee: \$2.00

***Must register your interest at Reception**

Must be a current member to participate.



YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	
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KEEP FIT

LIVE & ZOOM





Monday	Aerobics Level 2	9:00 - 10:00 am	Apr 8 - June 17 (10 weeks*)	Isabel	\$75 *No class May 20	ZOOM
Monday	Strength Training Level 2/3	9:00 - 10:00 am	Apr 8 - June 17 (10 weeks)	Coleen	\$75 *No class May 20	MPR LIVE
Monday	Zumba Gold	10:00 - 11:00 am	Apr 8 - June 17 (10 weeks*)	Isabel	\$75 *No class May 20	MPR LIVE
Monday	Aerobics Level 2	11:00 - 12 noon	Apr 8 - June 17 (10 weeks*)	Joseph	\$75 *No class May 20	MPR LIVE
Monday	Line Dancing	12:30 - 1:30 pm	Apr 15 - June 10 (8 weeks*)	Rhona	\$65 *No class May 20	MPR LIVE
Monday	Yoga (Hatha)	1:30 - 2:30 pm	Apr 15 - June 10 (8 weeks*)	Rhona	\$65 *No class May 20	MPR LIVE
Tuesday	Balance & Stretch Level 1 	9:00 - 10:00 am	April 9 - May 28 (8 weeks)	Heather	\$65	MPR LIVE
Tuesday	Combo Cardio/ Strength Level 2	10:00 - 11:00 am	Apr 9 - June 25 (12 weeks)	Janice	\$85	MPR LIVE
Tuesday	Functional Fitness Level 1	11: 00 - 12 noon	Apr 9 - June 25 (12 weeks)	Carole	\$85	MPR LIVE
Tuesday	Belly Dancing	1:00 - 2:00 pm	Apr 9 - June 25 (12 weeks)	Caroline	\$85	MPR LIVE
Tuesday	Beginner Tai Chi Modified Yang	2:00 - 3:00 pm	Apr 9 - June 25 (12 weeks)	Ray	\$85	MPR LIVE
Wednesday	Strength Training Level 2/3	9:00 - 10:00 am	Apr 10 - June 26 (12 weeks)	Coleen	\$85	MPR LIVE
Wednesday	Strength Training Level 2	9:00 - 10:00 am	Apr 10 - June 19 (11 weeks)	Lisa	\$80	ZOOM
Wednesday	Fun & Fit Level 1	10:00 - 11:00 am	Apr 10 - June 26 (12 weeks)	Coleen	\$85	MPR LIVE
Wednesday	Low, Strength & Stretch Level 2	11: 00 - 12 noon	Apr 17- June 19 (10 weeks)	Mary	\$75	MPR LIVE
Wednesday	All That Jazz	12:00 - 1:00 pm	Apr 17- June 19 (10 weeks)	Mary	\$75	MPR LIVE
Wednesday	Gentle Yoga (Hatha)	1:00 - 2:00 pm	Apr 17- June 19 (10 weeks)	Mary	\$75	MPR LIVE

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	
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KEEP FIT **LIVE & ZOOM:**



- See fitness descriptions pages 8 & 9

Thursday	Full Body Fitness Level 2 	9:00 - 10:00 am	Apr 11 - June 27 (12 weeks)	Isabel	\$85	MPR LIVE
Thursday	Balance & Stretch Level 1 	10:00 - 11:00 am	Apr 11 - June 27 (12 weeks)	Cassie	\$85	ZOOM
Thursday	Zumba Gold Level 2	10:00 - 11:00 am	Apr 11 - June 27 (12 weeks)	Isabel	\$85	MPR LIVE
Thursday	Yoga (Hatha)	1:30 - 3:00 pm	Apr 11 - June 27 (12 weeks)	Evelyn	\$90	MPR LIVE
Thursday	Functional Fitness Level 1	3:15 - 4:15 pm	Apr 11- June 27 (12 weeks)	Carole	\$85	MPR LIVE
Friday	Chair Yoga	9:00 - 10:00 am	Apr 12 - June 21 (10 weeks*)	Monia 	\$75 *No class May 10	MPR LIVE
Friday	Combo Cardio/ Strength Level 2	9:00 - 10:00 am	Apr 12 - June 28 (12 weeks)	Heather 	\$85	ZOOM
Friday	Strength Training Level 1	10:00 - 11:00 am	Apr 12 - June 21 (11 weeks)	Lisa	\$80	MPR LIVE
Friday	Strength Training Level 2	11:00 - 12 noon	Apr 12 - June 21 (11 weeks)	Lisa	\$80	MPR LIVE

Level 1 Fitness Classes are designed to keep you fit and challenged without aggravating any underlying physical barriers that you might have. **Chairs are often used for support.** It is a great way to grow your fitness and/or enhance and maintain your fitness level.

Level 2 Fitness Classes are designed to keep you fit and challenged while offering alternative exercises for those with *some* physical limitations. **These classes may require mat work on the floor and free standing aerobic/cardiac exercises.**

Level 2/3 Fitness Classes are designed to keep you fit & challenged. All exercises include intensity options. There are alternatives for those with some physical restrictions, and also options for those seeking more challenge. A great blend of levels, where there is something for everyone. This hybrid format also encourages a natural progression in training and fitness. These classes encompass strength, balance, flexibility, functional movement, and may include mat work on the floor.

We are Watching you! As you dance and exercise on **ZOOM**, we are watching you on-line as well. Please note that you are required to keep your camera on while you are on Zoom. Do make your own precautions: clear your space to work out, have your phone nearby, wear good shoes and let family/neighbour know your exercise routines. Keep safe!



Descriptions **LIVE & ZOOM**

Yoga: Hatha Method with Rhona (Mon) **LIVE**

Classical Hatha Yoga for all levels of fitness, that will leave you energized and relaxed. Options will be given to accommodate all. We will start with breathing exercises, do a gradual warm up, some standing postures and finish with restorative poses.

Yoga: Hatha Method with Mary Tsai (Wed) **LIVE**

Join Mary for a thorough yoga session that will challenge you and build your skill set.

Yoga: Hatha Method with Evelyn (Thurs) **LIVE**

Those who have some experience will have an opportunity to further their knowledge of movement, breathing and meditation.



CHAIR Yoga: with Monia (Fri) **LIVE**

Offering seated yoga poses that make the practice more accessible, with some standing poses with chair support. A gentle practice to improve movement, balance, increase range of motion in the joints to improve flexibility.



Beginners Tai Chi with Ray (Yang Modified) (Tues) **LIVE**

As you improve your technique through repetition and encouragement your health will improve, increasing your aerobic capacity and enhancing your brain agility. This is for anyone who has never done Tai Chi or hasn't in a long time and wants to freshen up in order to join a Tai Chi Club.



Belly Dancing with Caroline (Tues) **LIVE**

This is a low impact dance that targets specific muscle groups and is helpful in developing flexibility, balance and improving posture. Wear comfortable clothing.

Line Dancing & Strength with Rhona (Mon) **LIVE**

Choreographed dance session. Have fun line dancing to some of your favourite tunes with easy to follow pacing. This class will help improve stability, balance, coordination and much more...



'All That Jazz' with Mary Tsai (Wed) **LIVE**



Travel back in time while we dance and sing along to some of our favourite tunes. From Jazz to rock and roll to famous Broadway Musicals, Broadway Dance promises to increase your heart rate, improve your range of motion while having some good laughs and feeling young-at-heart. Easy-to-follow footsteps that will help improve coordination, balance and memory.

All you need is a water bottle and some comfortable shoes.

Zumba Gold Level 2 with Isabel (Mon & Thurs) **LIVE**

It is a great way to keep fit and have fun doing it! Zumba will start you off on the road to fitness. It works on cardiovascular, strength, endurance, and flexibility.



Strength Training Level 2 with Lisa (Fri) **LIVE**

Full body strength and stretch using bands, weights and body weight. Exercises include squats, lunges and core work on the floor.



Strength Training Level 1 with Lisa (Fri) **LIVE**

You will use chairs for balance & resistance.

Aerobics Level 2 (Mon) with Isabel **ZOOM** Joseph **LIVE**

This class will have you moving to the beat, keeping your heart rate and your feet and arms pulsing.

A variety of lively, low-impact cardio exercises. These workouts also focus on flexibility, balance, and coordination through a variety of resistance equipment routines. This is an hour of fun and fitness that will keep you energized!



Low, Strength & Stretch Level 2 with Mary Tsai (Wed) **LIVE**

This is a comfortably paced, low-impact class that uses a variety of equipment and offers an array of exercises designed to increase cardio endurance, muscular strength, range of movement and activities for daily living. Have fun moving to some of your favourite tunes with easy to follow dance moves, then get ready to pick up those weights for some strength training. This class will help improve stability, balance, coordination, mental health and much more. At the end of the class, we will include a generous amount of time for a stretch that will leave you in bliss! Please wear comfortable clothing, running shoes, and get ready to move!



Functional Fitness Level 1 with Carole (Tues & Thursday) **LIVE**

This course includes cardio warm-up and functional exercises to improve stability, balance, strength and flexibility. It is for participants who are comfortable with chair support or standing.

Combo-Cardio/Strength Level 2 with Janice (Tues) **LIVE** & Heather (Fri) **ZOOM**

A class to address many of the important elements of your personal fitness. A cardio component that will help improve your heart rate and coordination. A variety of resistance exercises that will enhance your strength and balance. A brief and relaxing stretch of all the muscles you worked during the class.

Fun & Fit with Coleen Level 1 (Wed) **LIVE**

Continue to challenge your bodies to become stronger, more flexible and feel better having fun doing it! Chairs will be used for balance and resistance.



Balance & Stretch Level 1 with Heather (Tues) **LIVE** & Cassie (Thurs) **ZOOM**

Round out your week with these fitness classes. It will keep you limber and strong with an emphasis on balance. Keep standing strong!

Full Body Fitness Level 2 with Isabel (Thurs) **LIVE**

This class is a workout which includes a warm-up to get our muscles and bones moving, then cardio, balance & mobility exercises with light weights and winding down with stretching exercises.



Languages **LIVE** & **ZOOM**

Beginner Plus Conversational Spanish: **LIVE**

Instructor: Isabel Gonzalez

This is a basic Spanish class. Whether you are thinking of traveling to a Spanish speaking country, have Spanish friends you would like to impress or would love to “taste” the language... this is a good starting place! It is also a good refresher if you haven't spoken in a while.

Mondays 12:00 - 1:00 pm (8 student maximum)

April 8 - June 17(10 weeks*) *no class May 20

Cost: \$75



Conversational Spanish: Level 2 **ZOOM**

Instructor: Isabel Gonzalez

You have taken a session or two with Isabel, you want to practice what you have learned and learn more. You are still 'new' to Conversational Spanish.

Fridays 9:00 -10:00 (8 student maximum)

April 12 - June 28 (12 weeks)

Cost: \$85



Conversational Spanish: Level 3 **LIVE**

Instructor: Isabel Gonzalez

You have had a number of 2 or 3 level classes with Isabel, you want to practice what you have learned and learn more. Habla Español en Abbotsford with the gang!

Mondays 11:00 am - 12:00 noon (10 student maximum)

April 8 - June 17 (10 weeks*) *no class May 20

Cost: \$75



Conversational Spanish: Level 4 **LIVE**

Instructor: Isabel Gonzalez

You have had a number of level 3 classes with Isabel, you want to practice what you have learned and learn more. Make the leap, take the challenge to become a better speaker with your peers.

Thursdays 11:00 - 12 noon (10 student maximum)

April 11 - June 27 (12 weeks)

Cost: \$85



Conversational Spanish: Intermediate **ZOOM**

Instructor: Isabel Gonzalez

You have had a number of *sessions with Isabel*, you want to practice all that you have learned and go to the next level of fluency in order to gain confidence. Have Spanish... will travel!

Mondays 1:00 - 2:00 pm (8 student maximum)

April 8 - June 17(10 weeks*) *no class May 20

Cost: \$75



Conversational French* Wednesday LIVE

Please Note!

Facilitated by: Jocelyne Despatis

For those who enjoy chatting in French with cheerful, interesting people. The setting is spontaneous and flexible with participants choosing topics of interest. Short informal presentations are encouraged, but not assigned. The emphasis is always on free-flowing exchanges.

(8 student maximum)

Wednesday afternoons 1:00 - 2:00 pm April 10 - May 29 (8 weeks)

Cost: \$65

*Participants must have some French conversation skills on which to build.



One on One Conversational French on ZOOM

Jocelyne Despatis is available for private and semi-private tutoring in French conversation, each session adapted to your specific needs and interests. Cost is \$10 per session/hour or \$5 semi private if feasible. Call: 613-230-5730 to register and pay. A mutually agreeable time to meet on Zoom will be found.

Conversational French Club LIVE

Practice your language skills with fellow members

Mondays 1:30 - 2:30 pm

April 8 - June 24 (11 weeks*) * no session May 20

Cost: \$22 (8 person maximum)



Conversational Beginner Italian LIVE

Instructor: Roberta Perani

Tuesdays 10:00 - 11:00 am

April 9 - May 28 (8 weeks)

Cost: \$60 (6 person maximum)

Are you thinking of traveling and want to learn and practice some basic Italian? This is the class for you. Roberta will start at the beginning with basic words and key phrases to get you started!



Poetry Workshop: Read/Write/Enjoy LIVE

Facilitator: Pat McLaughlin

Wednesdays 10:00 - 11:30 am

April 10 - May 15 (6 weeks)

Cost: \$50 (6 student maximum)

Do you have some poetry ideas to discuss?

Bring them to the poetry workshop. This is an opportunity to hone your poetry skills and share ideas.



Special Programming... LIVE & ZOOM

Beyond Beginner Ukulele LIVE

Instructor: Keith McCuaig

Want to play your ukulele with people again? Feeling a bit rusty? Let's begin again where we left off, dust off your ukulele and your desire to play with fellow enthusiasts. If you are relatively new to the instrument you will be inspired to join in and learn.

Mondays 10:00 - 11:00 am

April 8 - June 3 (8 weeks*) *no class on May 20

Cost: \$80

(10 student minimum) *Supplies: Bring your own ukulele and a music stand if you have one. You can borrow a ukulele to try if you don't have one.*



Intermediate Ukulele LIVE

Instructor: Keith McCuaig

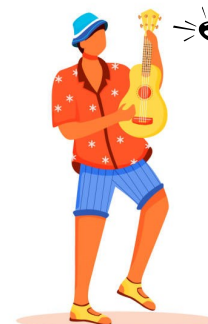
Let's continue to grow with fellow Ukulele enthusiasts. If you can play one three-chord song and strum... you are no longer a beginner... welcome to Intermediate Ukulele!

Mondays 11:00 am - 12:00 noon

April 8 - June 3 (8 weeks*) *no class on May 20

Cost: \$80

(10 student minimum) *Supplies: Bring your own ukulele and a music stand if you have one.*



Piano 101 One-on-One Piano (6 slots) LIVE

Instructor: Katharine Robinson Tuesdays April 9 - May 28 (8 weeks)

Whether this is your first time at the piano (something you always wanted to try) or it has been such a long time since your fingers crossed 'the ivories' you need a total refresher. Katharine will meet you where you are.

9:30 - 10:15 am Intermediate slot \$90

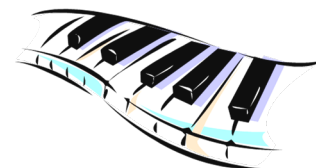
10:15 - 11:00 am Intermediate slot \$90

11:00 - 11:45 am Intermediate slot \$90

12:30 - 1:00 Beginner slot \$80

1:00 - 1:30 Beginner slot \$80

1:30 - 2:00 Beginner slot \$80



A Few Ideas on How Music Works LIVE

Instructor: Andrew Hodgson

Monday 9:00 - 10:30 am

April 15 - May 27 (6 weeks*) *no class on May 20

Cost: \$50

An exploration of some common harmonic ideas and music forms in classical music. Open to anyone who listens to and enjoys classical music. No formal musical training is required.

You don't even need to know how to read music!



Hoot it Up at the Hootenanny... LIVE



Led by folk musicians with an emphasis on audience participation, Hootenanny participants can look forward to actively singing and/or playing along, eager to experience the power of singing together.

Monday April 15 & May 27 at 1:30 pm (30 person maximum)

Cost: \$2.00 for Members, please register in advance by calling Reception



American Mahjong Classes LIVE

Instructor: Merle Haltrecht-Matte

Thursdays 1:00 - 2:30 pm

May 9 - 30 (4 weeks)

(4 person maximum)

Cost: \$60 per session

Learn to play **American Mahjong**, a tile-based game that was developed in the 19th century in China and has spread throughout the world. You will learn to name the 152 tiles, build the 'wall', and create 'hands' according to the card. It's a game of skill, strategy, and - luck! It's fun, too!!



Memoir Writing: Levels 1 & 2 LIVE

Instructor: David Sims (6 student maximum, 4 student minimum)

Memoir Writing 1: Mondays 9:30 - 11:30 am April 8, 15, 22, May 6, 27, June 3
OR

Memoir Writing 2: Mondays 12:30 - 2:30 pm April 8, 15, 22, May 6, 27, June 3



Cost: \$55 sessions (6 weeks in total)

Memoir Writing 1 is both an introduction to memoir writing for new writers and a refresher for veterans. Each week, you will examine extracts from published memoirs, write a story in response to a prompt, share your writing, comment on your colleagues' work, and participate in games and exercises for recovering aspects of memory and sharpening writing skills. At the end of six weeks, you should have at least five new or radically revised pieces of writing, a stock of fresh ideas about how to approach your memoirs, the satisfaction of having risen to new challenges, and happy memories of six stimulating sessions with some fine people.

Memoir Writing 2 is open to anyone who has taken a memoir-writing course at Abbotsford. In an atmosphere of trust and conviviality, participants will explore their memories more deeply, hone their writing skills, and start shaping their final product.

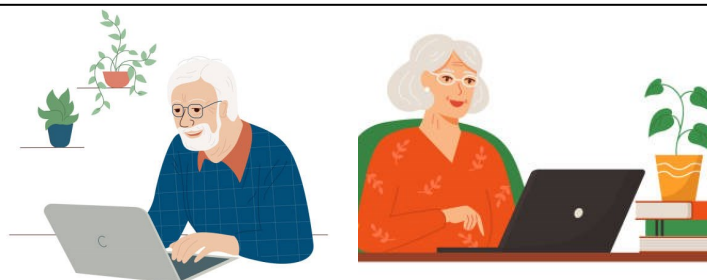
Abbotsford Discussion Club: ZOOM

Thursday April 4 - June 17 (13 weeks)

3:30 - 5:00 pm

Cost: \$26 (Must register in advance)

(6 participant maximum)



The Abbotsford Discussion Club is an informal venue for the exchange of ideas among people who enjoy chatting vigorously about a variety of thought-provoking issues that include current affairs.

During weekly zoom get-togethers, participants discuss topics of interest to them in a 'dinner party format' but without the food! **There are no assignments or deadlines.**

ART at Abbotsford!

ART CLUB (Craft room) **LIVE**



Wednesdays April 10 - June 26 (12 weeks)

10:00 - 11:30 am

Cost \$24



Do you need a bit of encouragement from your peers to get your artistic soul to flow? Enjoy the company of fellow member artists. Bring your own project and materials and use our craft room to work, enjoy a coffee and some companionship.

Artful Mondays **LIVE**

Facilitator: Joan Massey

Discover your own natural born talent, and paint with abandon.

Bring your own projects in your medium of choice. (no oil paint)

Joan will be on hand to guide and inspire you as you create your own projects in the medium of your choice.

Mondays 1:00 - 2:30 pm

April 15 - June 10

(8 weeks*)

*no class May 20

Cost: \$50

(8 student maximum)



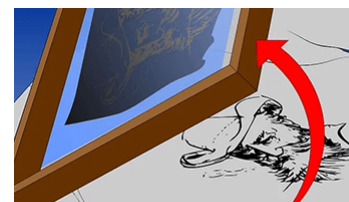
Block Printing & Silk-Screening Workshops

Instructor: Meg Richardson **LIVE**

Wednesdays April 17 (Block Printing) & May 8 (Silk-Screening)

12:30 - 3:30 pm (3 hours) [Register for one or both sessions](#)

Cost: \$45 per session, all materials included (10 person maximum)



Explore two different printmaking techniques and take home items to decorate your home, to wear or to give as gifts. Block print an eye-catching series of cards and silkscreen a one-of-a-kind design on fabric. Unleash your creativity in great company with hot drinks and tasty baked goods. Meg is the former Head of Education at the National Gallery of Canada and a recent grad of the Fibre Arts program at the Haliburton School of Art + Design. She brings extensive experience teaching art programs to participants of all ages. Materials included, no previous experience required. * Please note: *You will be working with tools which require manual dexterity*

Pottery Studio Time for Studio Members **LIVE**

Facilitator: Andrina Cox



Andrina will facilitate studio time with **seasoned members this spring & summer** who want to work on their own pieces. **She will be on hand most Tuesdays & Thursdays afternoons to guide and encourage your creativity.** You can come on other days if approved by Andrina to work on your own.

You may use our glazes and your work will be fired in our kiln. Bring/Buy your own clay.

Cost: \$30* (May/June/July/August 2024)

*due in May

(must be a current member)

14 [Drop in Fee for Current Studio Members \\$2 per day on top of Studio Membership fee](#)

Beginner/Intermediate Pottery Wheel **LIVE**

Instructor: Andrina Cox

Beginner wheel course demonstrations of wheel throwing basics and hand building techniques.

Limited space of 4 participants as there are only 2 wheels. While one group throws a cylinder for a cup, group 2 will make slump bowls from slabs of clay.

Following week trimming and handles will be added to our wheel thrown and hand built vessels and we will explore new projects for those with limited experience.

Thursdays 9:30 - 11:30 am

April 11 - May 30 (8 weeks)

Cost: \$80



Watercolour with Josie **ZOOM**

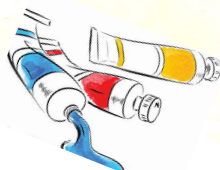
Instructor: Josie De Mao

Mondays 1:00 - 2:30 pm

April 8 - June 17 (10 weeks*) *no class May 20

Cost: \$80

(10 student maximum)



Learn a variety of water media techniques exploring different subject matter including still life, landscape, floral and design.

Bring your own supplies

Drawing with Josie **LIVE**

Instructor Josie De Mao

Tuesdays 10:00 - 11:30 am

April 9 - June 11 (10 weeks)

Cost: \$80

(10 student maximum)



Learn to draw what you see and experiment with a few techniques.

You will need a 2B and 6H pencil, eraser, sketch book or paper. We will discuss purchasing or using other materials once we have had a chance to meet and discuss projects.

Friday One Day Workshops with Josie **LIVE**

Instructor: Josie De Mao

Fridays 1:30 - 3:30 pm 2 hour artistic projects to take home (7 student minimum & 10 student maximum)

Cost: \$45 per workshop (all materials included)

Friday April 26: Mini, textured landscape using acrylic paints with GOLDEN artist colours.

Friday May 17: Painting tulips on silk.

Friday June 7: Watercolour on non-traditional surface: plexiglass and duralar.



Summer Hills by Eve Izzett



Advanced Watercolour with Ariel **LIVE**

Instructor: Ariel Watson-Lyons

Mondays 10:00 - 11:30 am

April 8 - June 17 (10 weeks*) *no class May 20

Cost: \$80

(10 student maximum)



Topics will include still life, landscape, abstraction and figurative. You may use your own photo sources or Ariel's. The paintings will extend longer than one a week, so that you can explore more advanced techniques with layering and glazes.

Expressive Portraits **LIVE**

Instructor: Ariel Watson-Lyons

Thursdays 10:00 - 11:30 am

April 11 - June 13 (10 weeks)

Cost: \$80 (10 student maximum)

You many choose either watercolour or acrylic and/or mix both to create expressive portraits.

We will look at basic facial structure with the emphasis on creating emotion. Colour, shape and line will be key.

Bring your own photos or use Ariels supplied photos.



One on One Device Training: ZOOM & LIVE

Are you looking for one-on-one tutoring? Trying to learn how to use your iPad or need help making the most of Zoom? Anne or Jerry will tutor you for one hour at a time when it is convenient for you both.

Cost is \$10 per session and is paid and arranged for you through Abbotsford, call: 613-230-5730

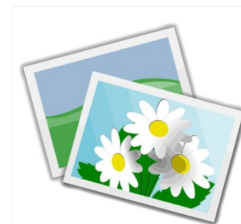


Your Smart-Phone is a Camera LIVE

Instructor: Anne Hamilton (6 student maximum)

Tuesdays 10:00 - 11:00 am April 9 - April 30 (4 weeks)

Cost \$30



How do you get the most out of your iPhone camera? Learn about different camera modes, editing photos and videos and organizing photos into albums etc. **Bring your own iPhone**

Get to Know Your Own iPhone LIVE

Instructor: Anne Hamilton (6 student maximum)

Tuesdays 10:00 - 11:00 am May 7 - May 28 (4 weeks)

Cost \$30



You will get the knowledge and the practice you need to make the most use of your iPhone. Get to know and use what you have! **Bring in your own iPhone**

There's a Google App for That! LIVE

Instructor: Anne Hamilton
(6 student maximum)

Tuesdays 11:15 - 12:15 April 9 - May 28 (8 weeks)

Cost: \$60

Bring in your own iPad or laptop



Do you want to write your memoirs? Keep a blog while travelling? Share documents with your friends, families or others? Create a presentation? Find your way to Timbuctoo? Speak to someone in their language? Find out just about anything? There's a Google app that will help you for all these tasks. This course will teach how to use Google Drive, Google Docs, and other Google apps selected by the group.

Keeping Fit at the FIRE HALL (OSCA) (260 Sunnyside Avenue) LIVE

Instructor: Carole Earle

Wednesdays 11:00 pm - 12:00 noon

April 10 - June 19 (11 weeks)

Cost: \$80 + tax (discounted in partnership with OSCA for Abbotsford 2024 Members only)

To Register call the Fire Hall at: 613-247-4946



Explore the benefits Keeping Fit with our program that features low-impact exercises designed to mimic daily movements, promoting independence in daily living. Whether performed from a chair or in a standing position, these exercises focus on strengthening muscles to enhance flexibility and increase range of motion in associated joints.

Learn & Explore

'Speaker's Series'

Tea/Coffee and treats available for purchase in dining room courtesy of your Members Council.

FREE Lecture: *must register in advance for a seat or zoom link*

950 Bank Street 613-230-5730 Wednesdays at 1:00 - 2:30 pm

APR 3 - What's important for students to learn in today's schools? What special role do schools in democratic societies have? What kind of citizens do we want students to be when they graduate? **Joel Westheimer** is professor and former research chair in democracy and education at the University of Ottawa. He will discuss the second edition of his now classic book, *What Kind of Citizen? Educating Our Children for the Common Good*. It will be held **LIVE** and on **ZOOM** simultaneously.

APR 10 - **John Archer M.A., B.Arch.** is an artist who followed his passion to paint after retiring from a career in research, architecture and the construction industry. John is back by popular demand to present: **Painting in Nunavut**, with a brief exposition on Nunavut geography and the history of his subject matter, the Barren Ground Inuit, who once occupied this area. He will show us some of his on site paintings as well as those completed in his studio. It will be held **LIVE** and on **ZOOM** simultaneously.

APR 17 - **Jody Maffett** is a self-employed graphic designer with a background in journalism. In 2015, her 79-year-old father suffered a traumatic brain injury while curling - something that could happen to anyone. While he had all of his legal papers in place and up-to-date, it was up to Jody and her sister to sort out all of his "stuff". Then, after Jody had her own mishap last summer, she created a journal for her kids with all of her own "stuff" listed. What stuff? She recently published a cheeky end-of-life workbook called **'It's been nice but now I'm dead—or just really, really sick'**. Jody will talk about "stuff" and how to start the conversation with your loved ones. **LIVE** only.

APR 24 - **Nick Karrandjas** from **Ottawa General Contractors** will be speaking about the **new zoning changes**, **coach homes (ADU's)**, **modifying your home for multigenerational living**, and **aging in place**. Many of us are wondering about next steps, 'should I stay or should I go'. Nick will help clarify some of our burning questions. It will be held **LIVE** and on **ZOOM** simultaneously.

May 1 - **Debbie Charbonneau** and **Valerie Oldfield** are **Death Doulas**. They will present on **what Death Doulas do as well as how they can be a vital support to clients, caregivers and families at the-end-of-life, whether a natural death or a MAID death**. Our own death and/or the death of a loved one can be a difficult topic, let's begin the conversation with the help of these compassionate professionals and find out how to access Death Doulas and why we might want to. It will be held **LIVE** and on **ZOOM** simultaneously.

MAY 8 - **Pat McLaughlin** is a member and volunteer who has facilitated two sessions of **Poetry Workshops for members as part of Abbotsford programming**. She and some of her students will be on hand to read excerpts from their creations and challenge us to a bit of fun by writing a verse or two ourselves. Roses are red, poetry is fun. Join us You might write some poetry. **LIVE** only.

MAY 15 - **Alex Neve**, **OC Senior Fellow, Graduate School of Public and International Affairs, University of Ottawa** will present on **The Universal Declaration of Human Rights**. The UDHR, the first human rights instrument adopted by the United Nations, on December 10, 1948, **recently marked its 75th anniversary**. Alex will reflect on what the anniversary means, the progress and setbacks in protecting human rights over those 75 years, and the renewed commitment needed moving forward. It will be held **LIVE** and on **ZOOM** simultaneously.

MAY 22 - **Dr. Gerd Schneider** is a member of the College of Family Physicians of Canada, providing comprehensive, continuing care to patients, most particularly in his role as the Medical Director at the Glebe Centre long-term care home. **Dr. Schneider has been ask to speak to some of the common ailments that seniors might experience** such as dehydration, urinary and bladder infections, and other general ill health that may have serious side effects. It will be held **LIVE** and on **ZOOM** simultaneously.

MAY 29 - **Debbie Charbonneau** and **Valerie Oldfield** are back in their roles as **Death Doulas** to speak to the issue of **ritual and commemoration upon death**. Most particularly they have been asked to consider and help us discuss the role of ritual in the **relatively new reality of MAID (Medical Assistance in Dying) deaths**. What could/should you do when you know of, but are not present at the time of death? Is there a 'protocol'? How do we discuss this? **LIVE** only.

JUNE 5 - **The Abbotsford Members' Council Annual General Meeting** will be held in the dining room for members. You are invited to attend and to nominate new members to the executive as this is an election year. For more information on your Members' Council and its role in helping support your seniors centre please look on the Glebe Centre website: www.glebecentre.ca under Abbotsford Seniors Centre and Members Handbook 2024. It will be held **LIVE** and on **ZOOM** simultaneously.

Series Sponsored by: AMICA the Glebe

AMICA
THE GLEBE

Free for Members

Senior Centre Without Walls (SCWW) Telephone Programming: **FREE**

-Guided Meditation with Jane Stallabross Thursdays at 3:30 pm April 5 - June 27 (ongoing)

-Trivia and Coffee Club with Kirsten O'Brien Thursday 11:00- 11:30 am April/May/June (ongoing)

Please register your interest with Reception: 613-230-5730

All you have to do is call 613-686-1547 (this is a free program for members)

It will ask you for a passcode, you press/dial in 190223 #, it will ask your name (verbal cue) then press (pound) # and you are in the session.



Community Classes

On Your Feet



FREE In-person Dance classes at Abbotsford on Wednesday afternoons in April/May/June LIVE

Must register your interest either online with your key-tag or by calling us at 613-230 - 5730

Some space limitations, classes held in Multipurpose Room (using projector)

Wednesdays 3:00 - 4:00 pm

Feed your creativity, keep flexible and move!



Free BINGO! **LIVE**

FRIDAY AFTERNOON:

April 19, May 17 & June 21

1:00 - 3:00 pm

*Come enjoy a game or two of BINGO, pick a card **WIN prizes!!***

Special treats for sale in the dining room

Members register in advance (613-230-5730)

Hosted by: Heather Lafleur Realter

Sponsored by:



JACK UPPAL TEAM

"Your Residential Transition Specialist"

ROYAL LEPAGE
Team Realty
Independently Owned and Operated, Brokerage

Patrons of Abbotsford Seniors Centre are encouraged to ***LOITER WITH US!***

Coffee & Tea, muffins and granola bars are available for purchase in the dining room courtesy of your Members Council.

Let's get together...



Abbotsford Staff

Karen Anne Blakely, Director of Community Programs

Pat Goyeche, Coordinator of Community Programs

Elleni Adane, Reception/Program Support

Kirsten O'Brien, Program Facilitator
In Home Services, SnowGo & Luncheon Club

Jane Stallabrass, Program Facilitator
Transportation & Luncheon Club

Tim Dale & Terry Dale, Van Drivers

Shirley Lee, Program Facilitator
Day Away Program

Cassandra Ford, Program Facilitator
Day Away Program

Michelle Simard, Program Facilitator
Day Away Program

Rhoda Cober, Program Facilitator
Day Away Program

Sim Thong, Housekeeper

Volunteer Coordinator: Bridget Macinnis 238-2727 (ext 353) volunteerservices@glebecentre.ca

Abbotsford Members Council is *your member*representative body.

The Abbotsford Council is a group of members who advise on programs and policies that affect Abbotsford members. Members are encouraged to attend any/all meetings.

Council Meets on Tuesday March 19 & May 21st at 9:30 am (all members encouraged to attend)

Annual General Meeting Wednesday June 5th at 1:00 pm in the dining room



Members Council AGM

Election Year

Nominate a Member

Make a difference

**Must register to attend, please call to register at 613-230-5730
or on-line at <https://myactivecenter.com/> with your key-tag #**

Abbotsford Services

Medical Transportation

Do you need transportation to medical appointments? Do you find taxis too expensive and public transportation too difficult? We offer reasonably priced transportation to medical appointments for seniors living in our catchment area. Call Jane at 613-230-5730.



Day Programs

These programs are currently being offered both virtually and in person to serve seniors in the early stages of dementias and frail seniors, providing enjoyable activities, socialization and a nutritious snack. It also offers respite for caregivers (Senior Centre Without Walls). For more information, contact Karen Anne at 613-230-5730.



Acupuncture

Winnie Fok, R.Ac, R.TCMP is a Registered Acupuncturist and Traditional Chinese Medicine Practitioner with the College of Traditional Chinese Medicine Practitioners & Acupuncturists of Ontario (CTCMPAO) since 2013.

Wednesday afternoon appointments for available.

Initial Diagnosis (30 minute) = \$40

Initial Diagnosis with needling treatment for 90 minutes = \$120

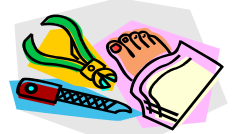
Follow up needling treatment 60 minutes = \$80

Call 613-230-5730 to book. (Add \$25 per session for non-members) 24 hour notice of cancellation required.

Some healthcare plans cover some of the cost.

Community Support Services

Do you need help with housecleaning, yard work, odd jobs or minor repairs? Community Support Services can provide screened workers at reasonable rates for our members who live in our geographical catchment area. For isolated seniors we provide a Telephone Assurance Program, Friendly Visiting and the Luncheon Club Program (Senior's Centre Without Walls). Call Kirsten 613-230-5730.



Footcare Service

This service, provided by an R.P.N., is available Tuesdays by appointment. 24hr notice to cancel or you will be charged for the appointment.

Cost for (Member) is \$30 per 20 minute appointment, \$60 for (non-members). Call 613-230-5730

New clients need to book two consecutive appointments.

Lockers:

- We have some lockers available for rent
- \$20 for upstairs lockers (12 months)
- \$15 for downstairs ones (12 months)
- Limited # of available lockers
- Call Reception 613-230-5730



Massage Therapy

We offer this service with Registered Massage Therapist. Lisa Guadamuz Friday appointments available.



Cost : \$80 for a 45 minute session (Members) \$100 (Non-members)

Call 613-230-5730 to book.

Most healthcare plans cover some of the cost.

How to get to Abbotsford: (the old stone house)

950 Bank Street (across from Lansdowne Park)

By bus: # 6 & 7 stop in front of Abbotsford.

By bike: Bike rack in front of Abbotsford

By car: Nine parking spots in front of Abbotsford for Members & Volunteers.

Ask about parking passes at Reception.

- 4 hour parking in Lansdowne Park's underground parking lot for \$4 (entrance on Exhibition Way). You pay at Abbotsford Reception and we validate your ticket here. *(subject to change)*
- REMINDER: Parking in OUR lot is ONLY while you are inside the building...*no shopping etc...!*
- The accessible ramp at the side of the building is our main entrance.
- 2 hour parking on side streets behind Abbotsford.
- 3 hour parking on side streets further afield.



Abbotsford will be closed Friday March 29 and Monday April 1 & May 20, 2024