

SUMMER 2024

PROGRAM GUIDE JULY - AUGUST



Abbotsford Seniors Centre *Your Senior Active Living Centre*

950 Bank Street 613-230-5730

www.glebecentre.ca (see Abbotsford Programs/Services)

e-mail us at: abbotsford@glebecentre.ca

“Building Community Since 1975”



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 Monday, July 1 and Monday, August 5 th.

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 and cardio 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.

Registration for SUMMER PROGRAMMING will begin on: Friday, June 21 at 1:00 pm and is ongoing.

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

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



An Abbotsford membership has its privileges!

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

Only \$50 a year (HST included) and lots of benefits:

\$25 starting in July for *new* members.



- Pay reduced rates for classes
- Have the Program Guide and notices mailed or e-mailed to you
- Participate in clubs and activities for members only
- Join Abbotsford Council - have a say in how your Centre is run



Call Us: To fill out a form and pay over the telephone call 613-230-5730



THE FINE PRINT: You may register for courses by telephone. 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. 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 enrolment requirement one week prior to their 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.

2 \$5.00 administrative fee will be charged on these refunds.

Non-Members can join programming for an extra \$25 per course/session

Conversational Beginner PLUS Italian **LIVE**

Instructor: Roberta Perani
 Tuesdays 10:00 - 11:00 am
 July 9 - August 13 (6 weeks)



Cost: \$55 (7 person maximum)

You have some experience with Italian, you have taken Beginner with Roberta or you have some relevant experience/confidence.

Are you thinking of traveling and want to practice some basic Italian? This might be just for you!

Summer Memoir/Writing Club **LIVE**

Thursdays 1:00 - 3:00 pm
 July 11 - August 29 (8 weeks)

Cost: \$16

(12 person maximum)



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



Conversational Spanish with Isabel:

Monday	Intermediate Conversational Spanish	12:00 - 1:00 pm ZOOM	July 8 - August 26 (6 weeks*) *No class August 5 or 19	Isabel	\$50
Thursday	Level 2 Conversational Spanish	9:00 - 10:00 am ZOOM	July 11 - August 29 (7 weeks*) *no class August 22	Isabel	\$55
Thursday	Level 3 & 4 Conversational Spanish	11:00 am - 12 noon LIVE Class Full	July 11 - August 29 (7 weeks*) *no class August 22	Isabel	\$55

Many of you will be returning students of Isabel's. Most of you will stay in the same group and some will be moving days/times to get the right fit. We have combined Level 3 & 4 on Mondays, this will be a bit more challenging...you can do it! **No beginner or intermediate class until the fall.**

Please clarify with Isabel directly or through Reception if you have any doubt as to which class you should register in. 613-230-5730 or abbotsford@glebecentre.ca

Conversational French Club **LIVE**

Mondays 1:00 - 2:00 pm
 July 8 - August 26 (7 weeks*) *no club Aug 5
Cost: \$14



Practice your French language skills with fellow members. No facilitation, you set your own objectives...enjoy each others company.

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.



Keep Fit:

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	
Day	Course	Time	Dates	Instructor	Cost	
Monday	Strength Training Level 2/3 LIVE	9:00 -10:00 am	July 8 - August 26 (7 weeks*) *No class August 5	Coleen	\$55	
Monday	Aerobic Fitness Level 2 ZOOM	9:00 - 10:00 am	July 8 - August 26 (6 weeks*) *No class August 5 or 19	Isabel	\$50	
Monday	Zumba Gold Level 2 LIVE	10:00 -11:00 am	July 8 - August 26 (6 weeks*) *No class August 5 or 19	Isabel	\$50	
Monday	Aerobic Fitness Level 2 LIVE	11:00 - 12:00 noon	July 8 - August 26 (6 weeks*) *No class August 5 or 19	Isabel	\$50	
Monday	Restorative Yoga LIVE 	12:30 - 1:30 pm Class Full	July 8 - August 12 (5 weeks*) *No class August 5	Rhona	\$45	
Tuesday	Combo Cardio/ LIVE Strength Level 2	10:00 - 11:00 am	July 9 - August 27 (8 weeks)	Heather	\$65	
Tuesday	Functional Fitness Level 1 LIVE	11:00 - 12:00 noon Class Full	July 9 - August 27 (8 weeks)	Carole	\$65	
Tuesday	Beyond* Beginner Tai Chi (modified)	2:00 - 3:00 pm *must have taken Beginner with Ray	July 9 - August 13 (6 weeks)	Ray	\$50	
Wednesday	Strength Training Level 2 ZOOM	9:00 - 10:00 am Class Full	July 3 - August 28 (8 weeks*) *no class July 31	Lisa	\$65	
Wednesday	Strength Training Level 2/3 LIVE	9:00 -10:00 am	July 10 - August 28 (8 weeks)	Coleen	\$65	
Wednesday	Fun & Fit Level 1 LIVE	10:00 - 11:00 am	July 10 - August 28 (8 weeks)	Coleen	\$65	
Thursday	Zumba Gold Level 2 LIVE	10:00 - 11:00 pm	July 11- August 29 (7 weeks*) *no class Aug 22	Isabel	\$60	
Thursday	Hatha Yoga LIVE	1:30 - 3:00 pm Class Full	July 11 - August 29 (8 weeks)	Evelyn	\$95	
Thursday	Functional Fitness Level 1 LIVE	3:15 - 4:15 pm	July 11 - August 29 (8 weeks)	Carole	\$65	
Friday	Combo Cardio/ ZOOM Strength Level 2	9:00 - 10:00 am	July 12 - August 30 (8 weeks)	Heather	\$65	
Friday	Strength Training Level 1 LIVE	10:00 - 11:00 pm Class Full	July 5 - August 30 (8 weeks*) *no class Aug 2	Lisa	\$65	
Friday	Strength Training Level 2 LIVE	11:00 - 12:00 pm Class Full	July 5 - August 30 (8 weeks*) *no class Aug 2	Lisa	\$65	

Tai Chi Clubs **LIVE**

Facilitators: Alexandra & Ray

Monday 2:30 - 4:30  **Class Full**

July 8 - August 12 (5 weeks*) *no club Aug 2

Cost: \$10

Tuesdays 3:00 - 4:30

July 2 - August 13 (7 weeks)

Cost: \$14

Thursday 11:00 - 1:00

July 4 - August 15 (7 weeks)

Cost: \$14

-must register and pay in advance

(13 person maximum)

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

Yang Modified



Aerobics Fitness Level 2 (Mon) with Isabel **ZOOM & 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.



Combo-Cardio/Strength Level 2 with Heather (Tues) **LIVE** (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.

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.



Restorative Yoga with Rhona **LIVE**

Restorative Yoga is a restful practice that holds yoga poses for a longer duration using props like yoga blocks, blankets and pillows. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga.



Zumba Gold **LIVE** Instructor: Isabel Gonzalez

Monday 10:00 - 11:00 am July 8 - Aug 26 (6 weeks) *no class on August 5 & 19

AND/OR

Thursday 10:00 - 11:00 July 11 - Aug 29 (8 weeks*) *no class August 22

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, flexibility.

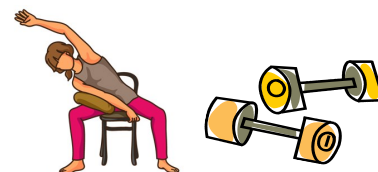


Fun & Fit **LIVE**

Instructor: Coleen

Level 1 Wednesday 10:00 - 11:00 am July 10 - Aug 28 (8 weeks)

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.



ART One Morning Workshops with Ariel **\$45 each** (all materials included)

Thursday July 11 10:00 - 12:30 Make a painting on the unusual surface of crackle paste. Ariel will have subject matter for you but you can also choose your own. The small cradled panels will be already prepared with gel and a coat of crackle paste. Because it is on a cradled panel it will be ready for you to hang as is or buy a frame to fit. (6 person min, 10 person max)

Monday August 12 10:00 - 12:30 Using GOLDEN Heavy gels....your choice of creating a finished painting that has the texture and feel of an oil painting although it is acrylic. These will be done on a backing and there is a mat (8 X 10) and plastic sleeve so they will feel like a finished product when you leave with your painting. I have chosen some tulips as subject matter but you are able to use your own subject matter with this technique. (6 person min, 10 person max)

Thursday August 22, 10:00 - 12:30 Mono Printing with Gel plates You will have the opportunity to explore the beautiful textures and prints that you can do with this process. (6 person min, 10 person max)



Art by Ariel



Art by Ariel



Art by Kim Herringe

Collaged Wine Bottle Vases or Candle Holders

One Morning Workshop: Monday July 15 10:00 - 12:00 with Tonya Parriag

Here's something for those that enjoy upcycling while creating art with everyday items around the house. Design your own functional vase and/or candle holder using the relaxing technique of collage.

Cost \$45 (all materials included)



ART CLUBS (Craft room) LIVE

Mondays July 8 - August 26 (6 weeks) *no session August 5 or 12

1:00 - 2:30 pm Cost: \$12 AND/OR

Wednesdays July 10 - August 28 (8 weeks)

10:00 - 11:30 am Cost \$16

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.



Pottery Studio Time LIVE Facilitator: Andrina Cox

Monday - Friday 9:00 am - 4:00 pm

May/June/July/August

Andrina will facilitate studio time with **seasoned members** who want to work on their own pieces. She will often be on hand to guide at times to encourage your creativity.

Please register your attendance and pay your drop in fee at Reception.

You may use our glazes and your work will be fired in our kiln. Buy your clay through Abbotsford.

Cost: Summer membership (May/June/July/August) = \$30+ \$2 drop in fee per day



CLUBS

Ping Pong **LIVE**

Fridays 1:00 - 4:30 pm

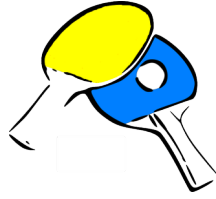
July 5 - Aug 30

2 tables available

Drop - in

Cost: \$2

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



Senior Centre Without Walls
(SCWW) Telephone Programming:
FREE

-Guided Meditation with Jan & Jane Thursdays at 3:30 pm July 4 - Aug 29 (ongoing)

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

Please register your interest with

Reception: 613-230-5730



Snooker/Pool Anyone?* **LIVE**

Games Room (upstairs)

Mondays: 1:00 - 4:00 pm

July 8 - August 26 *no club Aug 5

Drop-in Fee: \$2

**Must register your interest at Reception*

Must be a current member to participate.



Abbotsford Discussion Club: **ZOOM**

Thursday July 4 - August 29 (9 weeks)

3:30 pm - 5:00 pm

Cost: \$18 (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.



Teddy Bear Bees **LIVE**

For a 'warm & fuzzy' experience, join our volunteer teddy bear makers. If you like handiwork, 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

(12 person maximum)

No cost (Must register as a volunteer)



Caregiver Club **LIVE**

Facilitator: Joan Auden

Thursday July 4 - August 15 Cost: \$30

Fridays July 5 - August 16 Cost : \$30

10:00 am - 12:00 noon (10 person maximum in each group)

Please register at 613-230-5730 if you wish to join a group.

Caregiver Coffee Club meets from 10 am -12 noon in the lounge. Come and chat with other caregivers, share ideas and experience in a welcoming, confidential space.

Must be a Member of Abbotsford to join in



Mahjong Club **LIVE** (Dining Room)

Thursdays 10:00 - 12:00 noon

Drop - in

Cost: \$2



(12 person maximum)

Knowledge of how to play is needed.

Bridge Club & Mahjong **LIVE**
(Dining Room)

Tuesdays & Thursday 2:00 - 4:00 pm

Drop - in Cost: \$2

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, form a club!



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 613-230-5730

Footcare Service

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

Cost for (Member) is \$35 per 20 minute appointment.

\$70 for (non-members). Call 613-230-5730

New clients need to book two consecutive appointments.

All appointments are paid at the time of booking.



Massage Therapy

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



Cost : \$90 for a 45 minute session (Members)

\$110 (Non-members)

Call 613-230-5730 to book.

Most 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 Programming. Call 613-230-5730

Have Lunch at Abbotsford

Tuesdays & Thursdays at 12 noon

Limited quantities, first come first served. Items individually priced.



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.

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.



- We can no longer validate parking at Lansdowne, we no longer have a subsidy. The going rate is currently \$4.00 per hour, you pay per hour there. **We no longer can validate tickets.**
- 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.

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