

FALL 2024



PROGRAM GUIDE

SEPTEMBER - DECEMBER



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 Monday September 2 and October 14 as well as December 24 - January 1

Abbotsford membership has its privileges!

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

Only \$50 a year (HST included)

* [new members can join for \\$25 in July](#)



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.

Mr. Mrs.
Miss Ms _____
First name Surname

Address: _____
Street
City Postal Code

Phone: _____ Birth Date: _____

Email Address: _____

Emergency Contact _____

Interests/Skills: _____

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

- 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 Street (613-230-6434) 10% discount on all flowers and floral accessories

Compact Music

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

Amica The Glebe

33 Monk Street (613-233-6363)

Sponsoring Abbotsford Learn & Explore 'Speaker's Series' & Special Events

Chartwell Lord Lansdowne Retirement Living

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

Venvi Living Colonel By Retirement Residence

43 Aylmer Avenue (613-730-2002) Sponsoring Special Events

Abbotsford is *your* Seniors Active Living Centre.

We are the community programs of **The Glebe Centre Inc.**, a charitable, not-for-profit, organization which includes a 254 bed long term care home. *We are not fully funded and need to fundraise and partner in order remain viable.*

Insider Information

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

You are welcome to wear a mask in the building but are no longer 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 Active Living 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!

Member Registration for Fall PROGRAMMING will begin on:
Wednesday, August 28 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. 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. Payment must be made at the time of registration to secure your place in the class. You may be asked to show your membership card. 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.

Clubs & Pastimes for Members

Stained Glass Club **LIVE**

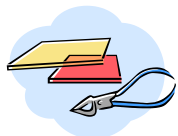
Have your own project and skill set, work with fellow stained glass enthusiasts and knowledgeable volunteer facilitator:
Henriette Watkins

**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

September 6 - December 13

Cost: Drop-in fee \$2.00



Play Reading Club* **LIVE**

Tuesdays 1:00 - 2:30 pm

Sept 24 - Nov 12 (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: Alexandra

FULL Mondays* Sept 16 - Dec 16 2:30 - 4:15 pm (13 weeks) \$26
-Abbotsford is closed on Monday Oct 14

FULL Tuesdays* Sept 17 - Dec 17 2:00 - 4:15 pm (14 weeks) \$28

FULL Thursdays* Sept 19 - Dec 19 11:00 am -1:00 pm (14 weeks) \$28

*must register and pay to participate

(13 person maximum per group)

* 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

Sept 12, 26 & Oct 10, 24 & Nov 7, 21 & Dec 5, 19= (8weeks)

Cost: \$16.00 (10 person maximum)

Word Play (Writing Club) **FULL**

Thursdays 1:00 - 3:00 pm

Sept 5,19, & Oct 3,17 ,31 & Nov 14, 28 & Dec 12 = (8 weeks)

Cost: \$16:00 (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 in advance



Caregiver Groups **LIVE** (Lounge)

Facilitator: Joan Auden

Thursdays Sept 19 - Dec 12 10:00 am - 12:00 noon Cost: \$35

OR

Fridays Sept 6 - Dec 13 10:00 am -12:00 noon Cost \$35

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

FULL

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 !



Abbotsford's MEN'S BREAKFAST



Men's Breakfast is back with a HOT Breakfast!

Once a month in a new location...
Lord Lansdowne Penthouse:

-Thursday mornings 9:00 - 10:30 am

-September 5, October 10 & November 7

Cost: \$5 (to be paid upon registration)

Call us at : 613-230-5730

Reviving the Book Club?



We need to hear from you...we can meet once a month on Wednesday afternoons but you need to call us to register your interest!

Mah-jong Club LIVE

Thursdays 10:00 - 12:00 noon

Sept 5 - Dec 19

Cost: Drop-in fee:\$2

Please register your interest at Reception

(16 person maximum)



Bridge Club & Mahjong LIVE (Dining Room)

Tuesdays & Thursday 1:30 - 4:00 pm

Cost : Drop-in fee: \$2

(some restrictions on Thursdays*)



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!

*Thursdays Nov 7 - Dec 19 NOT Sept/Oct

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 then sell (fundraise) these items at Abbotsford.

Thursdays 1:00 - 3:00 pm

Sept 12 - Dec 12

(12 person maximum)

No cost (*Must register as a volunteer*)



Ping Pong * LIVE

Fridays 12:30 - 4:30 pm

Sept 6 - Dec 20*

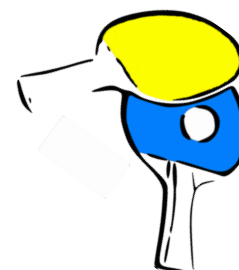
(*not Sept 20 or Nov 8 and 29)

2 tables available

(15 person maximum)

*Must register your interest at Reception

Drop-in fee: \$2



Snooker/Pool Anyone?* LIVE

Games Room (upstairs)

Mondays: 1:30 - 4:00 pm

Sept 9 - Dec 16 not Oct 14

Drop-in fee: \$2

*Must register your interest and pay at Reception



KEEP FIT **LIVE & ZOOM**

- See fitness descriptions pages 8 & 9

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	TYPE
Day	Course	Time	Dates	Instructor	Cost	Location
Monday	Aerobics Level 2	9:00 - 10:00 am	Sept 9 - Nov 25 (11 weeks*)	Isabel *No class Oct 14	\$80	ZOOM
Monday	Strength Training Level 2/3	9:00 - 10:00 am	Sept 9 - Nov 25 (11 weeks*)	Coleen *No class Oct 14	\$80	MPR LIVE
Monday	Zumba Gold	10:00 - 11:00 am	Sept 9 - Nov 25 (11 weeks*)	Isabel *No class Oct 14	\$80 FULL	MPR LIVE
Monday	Aerobics Level 2	11:00 - 12 noon	Sept 9 - Nov 25 (11 weeks*)	Joseph *No class Oct 14	\$80 FULL	MPR LIVE
Monday	Restorative Yoga CANCELLED	12:30 - 1:30 pm	Sept 9 - Nov 4 (8 weeks*)	Rhona *No class Oct 14	\$65	MPR LIVE
Monday	Gentle  Hatha Yoga	1:30 - 2:30 pm	Sept 30 - Nov 25 (8 weeks*)	Rhona *No class Oct 14	\$65	MPR LIVE
Tuesday	Balance & Stretch Level 1	9:00 - 10:00 am	Sept 10 - Nov 26 (12 weeks)	Heather	\$85	MPR LIVE
Tuesday	Combo Cardio/ Strength Level 2	10:00 - 11:00 am	Sept 10 - Nov 26 (12 weeks)	Janice	\$85 FULL	MPR LIVE
Tuesday	Functional Fitness Level 1	11:00 - 12 noon	Sept 10 - Nov 26 (12 weeks)	Carole	\$85 FULL	MPR LIVE
Tuesday	Belly Dancing	1:00 - 2:00 pm	Sept 10 - Nov 26 (12 weeks)	Caroline	\$85	MPR LIVE
Wednesday	Strength Training Level 2/3	9:00 - 10:00 am	Sept 11 - Nov 27 (12 weeks)	Coleen	\$85 FULL	MPR LIVE
Wednesday	Strength Training Level 2	9:00 - 10:00 am	Sept 11 - Dec 11 (12 weeks*)	Lisa *No class Oct 9 or Nov 13	\$85 FULL	ZOOM
Wednesday	Fun & Fit Level 1	10:00 - 11:00 am	Sept 11 - Nov 27 (12 weeks)	Coleen	\$85 FULL	MPR LIVE
Wednesday	Balance & Stretch Level 1	10:00 - 11:00 am	Sept 11 - Nov 27 (12 weeks)	Cassie	\$85	ZOOM
Wednesday	Low, Strength & Stretch Level 2	11:00 - 12 noon	Sept 11 - Nov 27 (12 weeks)	Mary	\$85 FULL	MPR LIVE
Wednesday	All That Jazz	12:00 - 1:00 pm	Sept 11 - Nov 27 (12 weeks)	Mary	\$85 FULL	MPR LIVE

KEEP FIT **LIVE & ZOOM:** - See fitness descriptions pages 8 & 9

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	TYPE
Day	Course	Time	Dates	Instructor	Cost	Location
Wednesday	Gentle Yoga (Hatha)	1:00 - 2:00 pm	Sept 11 - Nov 27 (12 weeks)	Mary	\$85	MPR LIVE
Thursday	Full Body Fitness Level 2	9:00 - 10:00 am	Sept 12 - Nov 28 (12 weeks)	Isabel	\$85	MPR LIVE
Thursday	Zumba Gold Level 2	10:00 - 11:00 am	Sept 12 - Nov 28 (12 weeks)	Isabel	\$85 FULL	MPR LIVE
Thursday	Yoga (Hatha)	1:30 - 3:00 pm	Sept 12 - Nov 28 (12 weeks)	Evelyn	\$95 FULL	MPR LIVE
Thursday	Functional Fitness Level 1	3:15 - 4:15 pm	Sept 12 - Nov 28 (12 weeks)	Carole	\$85	MPR LIVE
Friday	Chair Yoga	9:00 - 10:00 am	Sept 13 - Nov 29 (12 weeks)	Monia	\$85	MPR LIVE
Friday	Combo Cardio/ Strength Level 2	9:00 - 10:00 am	Sept 13 - Nov 29 (12 weeks)	Heather	\$85	ZOOM
Friday	Strength Training Level 1	10:00 - 11:00 am	Sept 13 - Dec 13 (12 weeks*)	Lisa <small>*No class Oct 11 & Nov 15</small>	\$85 FULL	MPR LIVE
Friday	Strength Training Level 2	11:00 - 12 noon	Sept 13 - Dec 13 (12 weeks*)	Lisa <small>*No class Oct 11 & Nov 15</small>	\$85 FULL	MPR LIVE
Friday	Laughing Yoga	1:00 - 3:30 pm	Nov 8 (1 week)	Yet Keen Seniors' Day Centre	FREE For Members	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**

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

Please join Rhona for a gentle yoga session this fall. If you are new to yoga, she will guide you as you learn the benefits of mindfulness with yoga

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

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

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.



Beginner Ballet Jazz with Rhona (Mon) **LIVE**



This class is for people who always wanted to take a dance class or did years ago and want to try it again.

CANCELLED

We will start warming up with some ballet barre exercises, with or without a chair to keep balance, followed by more free style jazz ballet movements, progressing towards a very simple choreography.



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.

'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 with Joseph (Mon) **LIVE** & Isabel (Mon) **ZOOM**

This class will keep you moving to a beat, keeping your heart rate and your feet and arms working.

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!



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.

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 & Thurs) **LIVE**

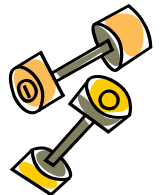
This course includes cardio warm-up and functional exercises to improve stability, balance, strength and flexibility. It is for participants who are comfortable with chair support or standing.

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 with Coleen

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 (Wed) **ZOOM**

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

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

Beginner Conversational Spanish: **LIVE** **FULL**

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)

Sept 9 - Nov 25 (11 weeks*) * no class Oct 14 **Cost: \$80**



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.

Thursdays 11:00 -12:00 noon (8 student maximum)

Sept 12 - Nov 28 (12 weeks) **Cost: \$85**



**Please make sure you are in the right level, if unsure ask to speak with Isabel. Let's keep learning at the right pace in the right place.*

Conversational Spanish: Level 3* **LIVE**

You have been in Level 2 for a number of sessions and feel ready to 'leap' into a more challenging level of Conversational Spanish. You had been taking classes, but took a break and are no longer confident about Level 4 or Intermediate. You need a refresher!

Mondays 11:00 - 12:00 pm (8 student maximum)

Sept 9 - Nov 25 (11 weeks*) * no class Oct 14 **Cost: \$80**

FULL



Please make sure you are in the right level, if unsure ask to speak with Isabel. Let's keep learning at the right pace in the right place.

Conversational Spanish: Level 4* **LIVE** **FULL**

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 12:30 -1:30 pm (8 student maximum)

Sept 12 - Nov 28 (12 weeks) **Cost: \$85**



**Please make sure you are in the right level, if unsure ask to speak with Isabel. Let's keep learning at the right pace in the right place.*

Conversational Spanish: Intermediate* **ZOOM**

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

Sept 9 - Nov 25 (11 weeks*) * no class Oct 14 **Cost: \$80**



**Please make sure you are in the right level, if unsure ask to speak with Isabel. Let's keep learning at the right pace.*

Conversational French* **LIVE**

Facilitated by: Jocelyne Despatis

FULL

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.

(6 student maximum)

Wednesdays 9:30 - 10:30 am Sept 18 - Nov 6 (8 weeks)

Cost: \$55

*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

Conversational French Club **LIVE**

Practice your language skills with fellow members

Mondays: 1:30 - 3:00 pm

Sept 9 - Dec 16 (14 weeks*) * no session Oct 14

Cost: \$28



Conversational Beginner Italian **LIVE**

Instructor: Roberta Perani

Tuesdays 9:30 - 11:00 am

Sept 17 - Nov 5 (8 weeks)

Cost: \$60 (6 person maximum)

FULL



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!

Memoir Writing 3 **LIVE**

If you've taken Memoir Writing 2, you are ready for Memoir Writing 3: Riding the Dragon. If you haven't taken MW 2, but have mastered the mysteries of MW 1 and have a goodly store of stories, sign up for the adventure. Expect a journey marked by good cheer, companionship, and challenge. You will write new stories, rework old ones, and begin to structure your book.

Mondays: 9:30 - 11:30 am

Oct 21 - Nov 25 (6 weeks)

(6 student maximum)

Cost: \$55



FULL

*What's
Your
Story?*



ART in Abbotsford! LIVE

Drawing with Josie LIVE

Instructor Josie De Meo

Tuesdays 10:00 -11:30 am

Sept 10 - Nov 19

(10 weeks*) *no class Oct 15

Cost: \$85

(10 student maximum)



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

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



Pottery Studio Time for Studio Members LIVE

Facilitator: Andrina Cox

Andrina will facilitate studio time with **seasoned members this fall** 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 other days on your own and meet up with other potters.

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

Cost: \$30* (Sept/Oct/Nov/Dec 2024)

*due in Sept

(must be a current member)

Studio Membership fee + \$2.00 daily drop in fee

Card Making Workshop with Josie LIVE

Instructor Josie De Meo

Friday 1:30 - 3:00 pm

November 15

Cost: \$45

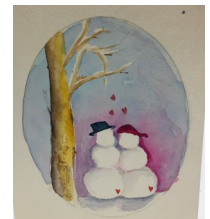
(10 student maximum)



Come and join our special holiday card creation workshop using the watercolor technique. Whether you are a beginner or an intermediate, this workshop is designed to provide you with a fun and relaxing creative experience. No previous painting experience is necessary - you just need to have the desire to express yourself artistically and let your creativity run wild!

No knowledge of drawing or painting is required, just your passion for art and the spirit of the season!

All materials are provided.



Beginner 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

Sept 12 - Oct 31 (8 weeks)

Cost: \$80



Watercolour with Ariel **ZOOM**

Instructor: Ariel Lyons

Mondays 1:00 - 2:30

Sept 9 - Nov 18 (10 weeks*)

*no class Oct 14

Cost : \$85

(8 person maximum)

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

Watercolour paper varies with quality. If you are beginning, a watercolour pad is good enough, as is a pan set of watercolours.

Art with Ariel **LIVE**

Instructor: Ariel Lyons

Mondays 10:00 -11:30 am

Sept 9 - Nov 18 (10 weeks*) *no class Oct 14

Cost: \$85

FULL

(10 person maximum)

Explore your creativity in watercolour or the medium of your choice. Students will look at different ways to approach the subject matter of landscape, floral, portrait, and still life.

You will need brushes, pencils, good paper and the paint of your choice whether you choose watercolours, tempera or acrylic. Any unusual items that we might use will be supplied.



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

Sept 16 - Nov 25

(10 weeks*) *no class Oct 14

Cost: \$55

(8 person maximum)

FULL



Advanced Watercolour with Yulia **LIVE**

Instructor: Yulia Lisitsyna

Thursdays 10:00 - 11:30 am

Sept 12 - Nov 14

(10 weeks)

FULL

Bring your own watercolours and paper if you have them or get advice on what to purchase at your first class.

Students are shown how to investigate experimental techniques in watercolour painting, through a series of brief, ready-to-hang projects. You can explore several effective and versatile methods and learn to create distinctively personal art.

Cost \$85

(10 person maximum)



Festive Block Printing* & Festive Fabric Ornaments Workshops **LIVE**

Instructor: Meg Richardson **LIVE**

Wednesday Nov 13 (Block Printing*) *and/or*

Wednesday Nov 20 (Folded Fabric Ornament)

9:30 - 12:30 pm (3 hours) **Register for one or both sessions**

Cost: \$50 per session, all materials included (12 person maximum)

Explore two different artistic techniques and take home items to decorate your home or to give as gifts. **Carve, ink and print a series of eye-catching holiday cards and/or fold and pin a colourful fabric ornament.** 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 graduate 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*



Special Programming... LIVE & ZOOM

Beginner and Beyond Ukulele LIVE

Instructor: Keith McCuaig

Want to play your ukulele with a small group? 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 new to the instrument you will be inspired to join in and learn.

Mondays 10:00 - 11:00 am

Sept 16 - Nov 11 (8 weeks*) *no class Oct 14

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

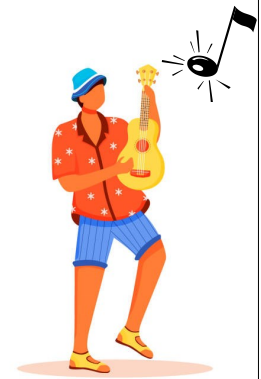
Let's continue to grow with fellow ukulele enthusiasts. If you can play a few three-chord songs and strum... you are no longer a beginner... welcome to Intermediate Ukulele!

Mondays 11:00 am - 12:00 noon

Sept 16 - Nov 11 (8 weeks*) *no class Oct 14

Cost: \$80

(10 student minimum)



Piano 101 One-on-One Piano (5 slots) LIVE

Instructor: Katharine Robinson Tuesdays Sept 17 - Nov 5 (8 weeks)

FULL

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' or you want to learn to play. Katharine will meet you where you are.

9:30 - 10:15 am Intermediate slot \$90	1:00 - 1:30 Beginner slot \$80
10:15 - 11:00 am Intermediate slot \$90	1:30 - 2:00 Beginner slot \$80
11:00 - 11:45 am Intermediate slot \$90	



Hoot it Up at the Hootenanny... LIVE

Monday Oct 28 & Dec 9 at 1:30 pm (30 person maximum)

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.

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



Poetry: Read/Write/Enjoy **LIVE**

Instructor: Pat McLaughlin

Wednesdays 10:30 - 12 noon

Sept 11 - Oct 16 (6 weeks)

(6 student maximum)

Intrigued by the idea of writing poetry? Want to read poetry from other poets? Want to learn about stanzas, lines, styles, rhythm, imagery... ?

Calling all people who have a poem that needs to be written.

Cost: \$50

Roses are red...?



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 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



Getting to know your iPhone **LIVE**

Instructor: Anne Hamilton

(6 student maximum)

Tuesdays 11:00 am - 12:30 pm

Sept 10 - Nov 5 (8 weeks*) *no class Oct 8

Cost: \$65

Bring in your own iPad or laptop

Your little iPhone is a phone, a calendar, an address book, an alarm clock, a map, an encyclopedia, a camera, and so much more. Starting with the basics, this course will teach you how to use some of the most popular applications in your everyday life safely and securely.



FULL



Guided Meditation by Telephone on **ZOOM** with Jan or Jane

FREE

Thursdays 3:30 - 4:00 pm

Sept 5 - Dec 19 Please register your interest with Reception: 613-230-5730

Relax in the comfort of your own home, use dial in zoom, or video with camera and microphone off. Jan with guide you through a relaxing meditation weekly. Find yourself a comfortable chair or lie down and listen in.



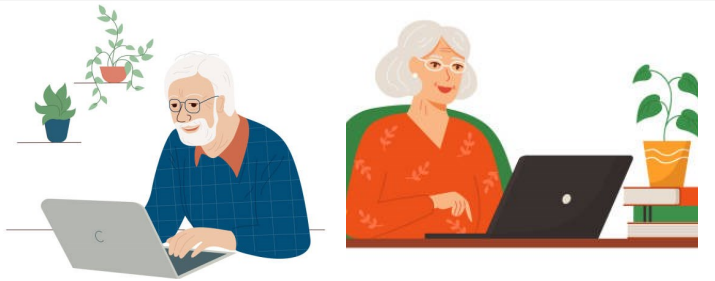
Abbotsford Discussion Club: ZOOM

Thursday Sept 5 - Dec 12 (15 weeks)

3:30 - 5:00 pm

Cost: \$30 (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.*

Bridge Refresher and Playing Tips LIVE

Facilitator: Rafal Przednowek

Thursdays 1:30 - 3:30 pm

Sept 12 - Oct 31 (8 weeks)

Cost: \$40



FULL



Lots of time to play and learn with Rafal. First, 'Let's hit the 'Refresh Icon'. Rafal will share tips and strategies once you are back in the bridge groove. Be prepared to play each week.

Free BINGO!

FRIDAY AFTERNOON LIVE

Sept 27, Oct 18 & Nov 15

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

FREE In-person Dance classes at Abbotsford on Wednesday afternoons in September LIVE

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

Classes held in Multipurpose Room (using projector)

Wednesdays 3:00 - 4:00 pm

Feed your creativity, keep flexible and move!

16 You can participate standing or seated.



CANADA'S
NATIONAL
BAJET
SCHOOL

Baycrest

Community Classes

On Your Feet

Learn & Explore

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

'Speaker's Series'

FREE Lecture: *must register in advance for a seat or zoom link*
950 Bank Street 230-5730 Wednesdays at 1:00 - 2:30 pm

SEPT 11 - Allan Bartley is the author of *The Ku Klux Klan in Canada: A Century of Promoting Racism and Hate in the Peaceable Kingdom*. Allan will give an overview presentation of his book so that we can better understand how the KKK infiltrated Canada in the 1920's and 1930's. The Klan's legacy of hate continues to endure in Canadian society. The presentation will be on **ZOOM**. You can come watch the large screen in-person at Abbotsford.

SEPT 18 - Jack Uppal & Heather Lafleur of Jack Uppal Team, Royal LePage will be speaking about the benefits of downsizing, how to picture your new home, how to make the most money from the sale of it and look into different housing options all the while being mindful of real estate scams. This information is in their book: *Less Home, MORE LIVING*. This will be held **LIVE** and on **ZOOM** simultaneously.

SEPT 25 - Join us for a discussion of *Home Care and Community Support* presented by the *Seniors Health Innovations Hub*. Kevin Babulic, Director, Home Care and Community Support Services, Ottawa, and Amy Boudreau, Vice-President - Strategy, Performance and Partnerships at Carefor, will discuss how one gets the services required to age at home. The discussion will be moderated by Peggy Edwards, a long time advocate for seniors issues in Ottawa. There will be a dialogue at the end of the session about how communities can develop innovations locally that may improve home care and support delivery. It will be held **LIVE** and on **ZOOM** simultaneously.

OCT 2 - Diana McCarthy, Piano teacher and music adjudicator will be presenting a musical travelogue: *Salzburg: In Mozart's Footsteps*. Diana will walk with us through the city of Mozart's birth, telling stories of Salzburg's history and its effect on Mozart's formative years. She'll then look at how Mozart's legacy has created one of the world's top classical music and artistic destinations. It will be held **LIVE** and on **ZOOM** simultaneously.

OCT 9 - *Indonesia: One of the friendliest countries in the world*. Joanne Curran is a member of Friendship Force Ottawa (FFO) an international club. Our members learn about other cultures, develop a better understanding of our world, and discover our shared humanity through home hosting and meaningful travel experiences. Using shared experiences and vivid images Joanne will walk us through FFO's journey to Surabaya and Malang, two Friendship Force clubs in Indonesia. It will be held **LIVE** and on **ZOOM** simultaneously.

OCT 16 - No Learn & Explore 'Speaker's Series' today. **ALL DAY WORKSHOP: I'm retired! (now what?)** will be taking place in the dining room.(see page 18 of this guide for details)

OCT 23 - Join Abbotsford volunteers Deb Hogan and David Yurach for a trek on the Camino. In April of 2023, Deb & Dave fulfilled a dream of walking approximately 300 km along the *Camino Portuguese*, from Porto Portugal to Santiago Spain. Join us as they share their favourite photos of the journey, including the flora, architecture, food and land and seascapes. It will be held **LIVE** and on **ZOOM** simultaneously.

OCT 30 - *End of Life Options/including MAID given by Dying With Dignity Canada, Ottawa Chapter*. More details will be available closer to the date. It will be held **LIVE** and on **ZOOM** simultaneously.

NOV 6 - Peter Atkinson, son of well-known CFRA radio personality Gord Atkinson will present his book: *'Gord Atkinson: Ottawa's Oldest Teenager'*. The book chronicles Gord's early years with CFRA when his radio programs, Campus Corner and Showbill, were extremely popular. Peter includes video clips of his father's two 'discoveries' - Ottawa-born singer Paul Anka and impressionist Rich Little. There will be lots of photos, anecdotes, and special video clips from interviews with the stars of popular music in the 1950s and 1960s, including Tony Bennett, Buddy Holly, Connie Francis, and Elvis Presley. It will be held **LIVE** only

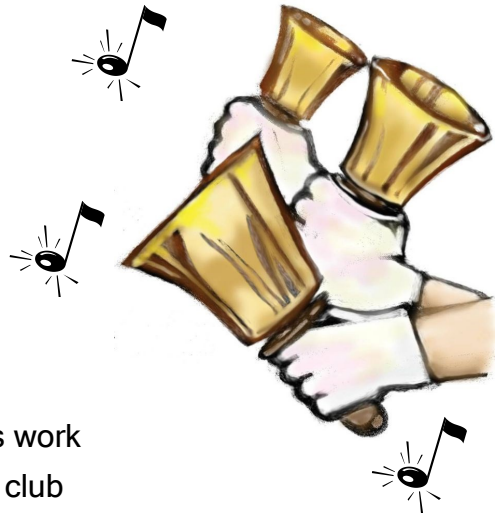
NOV 13 - Matt Burns MBA CFP and Jennifer Burns from David Burns & Associates, a local financial planning firm will present: *Financial Planning and Investing During Uncertain Economic Times*. Matt will be discussing investing in down markets and long-term investment strategies. It will be held **LIVE** and on **ZOOM** simultaneously.

NOV 20 - Mike Martin is an award winning author of the *Sgt. Windflower Mystery Series*, set in beautiful Grand Bank. Mike was born in St. John's NL, he is a long time freelance writer here in Ottawa. He will share his writing journey. His latest Sgt. Windflower mysteries are: *Better Safe Than Sorry* and *Too Close for Comfort*. It will be held **LIVE** and on **ZOOM** simultaneously.

We have Hand Bells to be Rung! **LIVE**

Facilitator: Merle Haltrecht-Matte

Let's make music with these beautiful bells...



Wednesday Sept 11 at 10:00 am (may be held weekly)

- group led (we decide where we go with this venture)
- you should have ability to read simple music
- we will need a minimum number of participants to make this work
- All members are welcome to try, if successful we will form a club

All Day Workshop: *I'm retired! (now what?)*

Wanting to make the most of your retirement - but not exactly sure how? Wanting to connect and share experiences with other newly, or about-to-be, retired people? Join us for a one-day, interactive workshop filled with ideas to help propel you into a more meaningful and fulfilling retirement. **Lunch included!**

Facilitators: Kathy Bol and Nadine Dawson, retired educators

Wednesday October 16

9:00 am - 3:00 pm

Cost: \$40



Abbotsford

holiday Craft Fair

Saturday, November 30

10:00 am - 2:00 pm

Abbotsford Seniors Centre 950 Bank Street:

- Home made Crafts, Ornaments, Baby Clothes, Knit Wear, Pottery and clever gift ideas.
- Hand made Teddy Bears & other delightful comfort creatures.
- Home baked goodies including frozen apple pies to go...
- Tea Room to restore, chat and enjoy the comfort of food and friends.

...all to support Abbotsford Seniors Centre

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, Van Driver

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 (Casual)

Tonya Parriage, Program Facilitator
Day Away Program (Casual)

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.

Tuesday, Sept 17, Oct 15 and Nov 19 at 9:30 am **LIVE**



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.

Thursday afternoon appointments available.

Initial Diagnosis (30 minute) = \$40

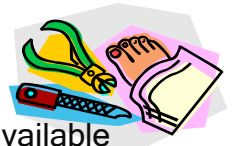
Initial Diagnosis with needling treatment for 90 minutes = \$120

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.

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 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.

Snow Go

Assists seniors and people with disabilities find reliable snow removal. You pay provider directly.



Snow Go Assist

Financial subsidies to a maximum of \$250 for snow removal for approved, low-income seniors and people with disabilities.

Call Kirsten: 613-230-5730

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.

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.

- 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 Monday September 2 and October 14 as well as December 24 - January 1