

WINTER 2025

PROGRAM GUIDE JANUARY - MARCH



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 from Tuesday December 24–Wednesday January 1st & Monday February 17

Abbotsford membership has its privileges!

Membership year runs from January 1st to December 31st, 2025

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**

Mr. Mrs.
Miss Ms _____
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 2025 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

CAA, North and East Ontario

Save up to 20% on CAA memberships. Offer includes Every day, Classic, Plus and Premier membership levels

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

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, 2025 to December 31, 2025

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 Winter PROGRAMMING will begin on:
Friday, December 6 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 2025 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**

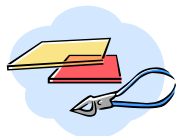
Have your own project and skill set, work with fellow stained glass enthusiasts and knowledgeable volunteer facilitator:
Henriette Watkins

**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

Jan 10 - Mar 28

Cost: Drop-in fee \$2.00



Play Reading Club* **LIVE**

Tuesdays 1:00 - 2:30 pm

Jan 14 - Mar 4 (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

Mondays* Jan 6 - Mar 31 2:30 - 4:15 pm (12 weeks) \$24

-Abbotsford is closed on Monday Feb 17

Tuesdays* Jan 14 - Mar 25 3:00 - 4:15 pm (11 weeks) \$22

Thursdays* Jan 2 - Mar 27 11:00 am - 1:00 pm (13 weeks) \$26

*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

Jan 9, 23 Feb 6, 20 Mar 6, 20 = (6 weeks)

Cost: \$12.00 (10 person maximum)

Word Play (Writing Club)

Thursdays 1:00 - 3:00 pm

Jan 2, 16 & 30, Feb 13, 27, March 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 in advance



Caregiver Groups **LIVE** (Lounge)

Facilitator: Joan Auden

Thursdays Jan 9 - Mar 27 10:00 am - 12:00 noon Cost: \$35

OR

Fridays Jan 10 - Mar 28 10:00 am - 12:00 noon Cost: \$35

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 !

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

-Jan 9, Feb 6 & Mar 6

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

Book Club LIVE

This group picks books to read and discuss amongst themselves.

Wednesdays 1:00 - 3:00 pm

Dec 11th: *Passionate Mothers, Powerful Sons: The Lives of Jennie Jerome Churchill and Sara Delano Rosevelt*

Charlotte Gray (2023)

Upcoming dates: Jan 15, Feb 19, Mar 19



Chinese Mah-jong Club LIVE

Thursdays 10:00 - 12:00 noon

Jan 2 - Mar 27

Cost: Drop-in fee:\$2

Please register your interest at Reception

(16 person maximum)



Bridge Club & Mahjong LIVE (Dining Room)

Tuesdays 1:30 - 4:00 pm

Cost : Drop-in fee: \$2

Jan 14 - Mar 25



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

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

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

Jan 14 - Mar 25

(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

Jan 9 - Mar 27

(12 person maximum)

No cost (Must register as a volunteer)

FULL



Ping Pong * LIVE

Fridays 12:30 - 4:30 pm

Jan 3 - Mar 28

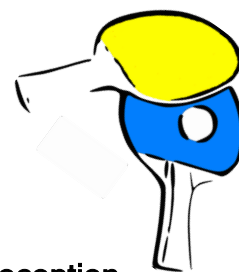
2 tables available

(15 person maximum)

***Must register your interest at Reception**

Drop-in fee: \$2

All Members are welcome join in.



Snooker/Pool Anyone?* LIVE

Games Room (upstairs)

Mondays: 1:30 - 4:00 pm

Jan 6 - Mar 31 closed Feb 17

Drop-in fee: \$2

***Must register your interest and play at Reception**



KEEP FIT **LIVE & ZOOM**

- See fitness descriptions pages 8 & 9

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	TYPE
<i>Day</i>	<i>Course</i>	<i>Time</i>	<i>Dates</i>	<i>Instructor</i>	<i>Cost</i>	<i>Location</i>
Monday	Aerobics Level 2	9:00 - 10:00 am	Jan 6 - Mar 31 (11 weeks*)	Isabel *No class Feb 10, 17	\$80	ZOOM
Monday	Strength Training Level 2/3	9:00 - 10:00 am	Jan 6 - Mar 31 (12 weeks*)	Coleen *No class Feb 17	\$85	MPR LIVE
Monday	Zumba Gold	10:00 - 11:00 am	Jan 6 - Mar 31 (11 weeks*)	Isabel *No class Feb 10, 17	\$80	MPR LIVE
Monday	Aerobics Level 2	11:00 - 12 noon	Jan 6 - Mar 31 (12 weeks*)	Joseph *No class Feb 17	\$85	MPR LIVE
Monday	Gentle Hatha Yoga	1:30 - 2:30 pm	Jan 6 - Mar 17 (10 weeks*)	Rhona *No class Feb 17	\$75	MPR LIVE
Tuesday	Balance & Stretch Level 1	9:00 - 10:00 am	Jan 14 - Mar 25 (11 weeks)	Heather	\$80	MPR LIVE
Tuesday	Combo Cardio/ Strength Level 2	10:00 - 11:00 am	Jan 14 - Mar 25 (11 weeks)	Heather	\$80	MPR LIVE
Tuesday	Functional Fitness Level 1	11:00 - 12 noon	Jan 14 - Mar 25 (11 weeks)	Carole	\$80	MPR LIVE
Tuesday	Belly Dancing	1:00 - 2:00 pm	Jan 14 - Mar 25 (11 weeks)	Caroline	\$80	MPR LIVE
Tuesday	Beginner Tai Chi Modified Yang	2:00 - 3:00 pm	Jan 14 - Feb 18 (6 weeks)	Ray	\$45	MPR LIVE
Tuesday	Beyond Beginner Tai Chi*	2:00 - 3:00 pm *experience required	Feb 25 - Apr 1 (6 weeks)	Ray *see page 8	\$45 	MPR LIVE
Wednesday	Strength Training Level 2/3	9:00 - 10:00 am	Jan 8 - Mar 26 (12 weeks)	Coleen	\$85	MPR LIVE
Wednesday	Strength Training Level 2	9:00 - 10:00 am	Jan 8 - Mar 26 (12 weeks)	Lisa	\$85	ZOOM
Wednesday	Fun & Fit Level 1	10:00 - 11:00 am	Jan 8 - Mar 26 (12 weeks)	Coleen	\$85	MPR LIVE
Wednesday	Low, Strength & Stretch Level 2	11:00 - 12 noon	Jan 8 - Mar 26 (11 weeks)	Mary *No class Jan 22	\$80	MPR LIVE
Wednesday	All That Jazz	12:00 - 1:00 pm	Jan 8 - Mar 26 (11 weeks)	Mary *No class Jan 22	\$80	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	Jan 8 - Mar 26 (11 weeks*)	Mary *No class Jan 22	\$80	MPR LIVE
Thursday	Full Body Fitness Level 2	9:00 - 10:00 am	Jan 2 - Mar 27 (11 weeks*)	Isabel *No class Feb 6 & 13	\$80	MPR LIVE
Thursday	Zumba Gold Level 2	10:00 - 11:00 am	Jan 2 - Mar 27 (11 weeks*)	Isabel *No class Feb 6 & 13	\$80	MPR LIVE
Thursday	Yoga (Hatha)	1:30 - 3:00 pm	Jan 9 - Mar 27 (12 weeks)	Evelyn	\$95	MPR LIVE
Thursday	Functional Fitness Level 1	3:15 - 4:15 pm	Jan 9 - Mar 27 (12 weeks)	Carole	\$85	MPR LIVE
Friday	Chair Yoga	9:00 - 10:00 am	Jan 31 - Mar 28 (9 weeks)	Monia	\$70	MPR LIVE
Friday	Combo Cardio/ Strength Level 2	9:00 - 10:00 am	Jan 10 - Mar 28 (12 weeks)	Heather	\$85	ZOOM
Friday	Stretch/Strength & Balance Lev 1	10:00 - 11:00 am 	Jan 10 - Mar 28 (12 weeks)	Julie	\$85	MPR LIVE
Friday	Stretch/Strength & Balance Lev 2	11:00 - 12 noon 	Jan 10 - Mar 28 (12 weeks)	Julie	\$85	MPR LIVE
Friday	Strength Training Level 2	11:00 - 12 noon	Jan 10 - Mar 28 (12 weeks)	Lisa	\$85	ZOOM 

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**

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.



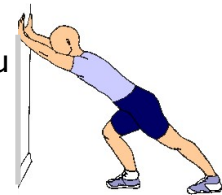
CHAIR Yoga: with Monia (Fri) **LIVE**

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.



Stretch/Strength & Balance Levels 1 & 2 Julie (Fri) **LIVE**

With a range of movement using bands, weights, chairs and mats (Level 2) you will challenge your and strengthen your body. You will be using stretching and balance techniques to help 'tune' you up!



Beyond Beginner* Tai Chi is for those who have taken one or more Beginner class with Ray and are confident with the first set and are ready to add new sequences to your set.



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 (Wed & Fri) **ZOOM**

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



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

This class will keep you moving to a beat, keeping your heart rate up 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 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. Ending with a brief and relaxing stretch of all the muscles you worked during the class.



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

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



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

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

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

Beginner Plus Conversational Spanish: **LIVE**

Instructor: Isabel Gonzalez

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 Spanish in a while.

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

Jan 6 - Mar 31 * (11 weeks) * no class Feb 10 & 17 **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)

Jan 2 - Mar 27 * (11 weeks) * no class Feb 6 & 13 **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 in the right place.*

Conversational Spanish: Level 3* **LIVE**

Instructor: Isabel Gonzalez

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 need a refresher!

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

Jan 6 - Mar 31 * (11 weeks*) * no class Feb 10 & 17 **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 in the right place.*

Conversational Spanish: Intermediate* **LIVE**

Instructor: Isabel Gonzalez

You have had a number of level 4 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)

Jan 2 - Mar 27 * (11weeks) * no class Feb 6 & 13 **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 in the right place.*



Conversational Spanish: Advanced* **ZOOM**

Instructor: Isabel Gonzalez

You have had intermediate 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)

Jan 6 - Mar 31 * (11 weeks*) * no class Feb 10 & 17 **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

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)

Wednesdays 10:30 - 12:00 noon (1.5 hrs) 

Jan 8 - Mar 12 (10 weeks)

Cost: \$70



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

Conversational French Club LIVE

Practice your language skills with fellow members

Mondays: 1:30 - 3:00 pm

Jan 6 - Mar 31 (12 weeks*) * no session Feb 17

Cost: \$24



Beyond Beginner Conversational Italian LIVE

Instructor: Roberta Perani

Tuesdays 9:00 - 11:00 am (5 weeks)

Dec 9, 16 and Jan 14, 21 & 28

Cost: \$60 (6 person maximum)



You have done a class with Roberta in the past or have been exposed to some Italian. You are you thinking of traveling and want to learn and practice some basic Italian? This is the class for you.

You can use your key-tag it to register for winter programming on-line:

<https://myactivecenter.com/>

Use your key tag daily at kiosk for capturing attendance... thank you !



ART in Abbotsford! LIVE

Wednesday One Day Workshops with Ariel LIVE

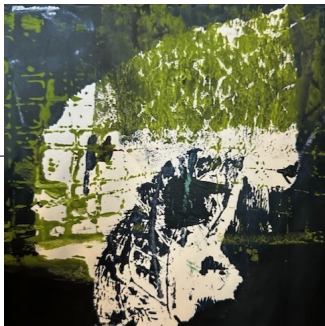
Instructor: Ariel Lyons

Wednesdays: 1:30 - 3:30 pm 2 hour artistic projects to take home (10 student maximum)

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

Wednesday January 22:

Use multiple layering techniques to make papers and prints with acrylics and a Gelli plate. All supplies are included. You will then use them in a project. Below are examples of a possible layering techniques....



Wednesday March 19:

Use multiple layering techniques but this time you will be combining the acrylic and Gelli plate with drawing materials such as charcoal and pastel. All supplies are included. You will also do an abstract or landscape with multiple layers so that you understand how to register for multiple colours. You have your choice of subject matter for all the projects. I will have source material but you can also bring your own source material.



Pottery Studio Time for Studio Members LIVE

Facilitator: Andrina Cox

Andrina will facilitate studio time with **seasoned members this winter** 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* (Jan/Feb/Mar/Apr 2025)
***due in January**

(must be a current member)

Studio Membership fee + \$2.00 daily drop in fee

Beyond Beginner Pottery Wheel LIVE

Instructor: Andrina Cox



Make your own cups bowls and decorative plates tips and techniques to make your tableware functional and uniquely yours of lasting beauty.

Instruction in understanding the parameters and protocols to make your sculptural vases or table ware a pleasure to use and behold.

Thursdays 10:00 - 12:00 noon

Jan 9 - Feb 27 (8 weeks)

Cost: \$90



Drawing and Watercolour Class: Expressive Techniques & Skills ZOOM

Instructor: Josie De Meo

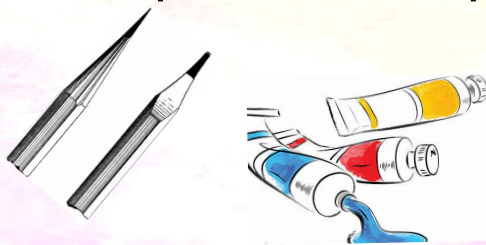
Mondays 1:00 - 2:30

Jan 13 - Mar 24 (10 weeks*)

*no class Feb 17

Cost : \$85

(10 person maximum)



Unleash your creativity in this dynamic class where you will learn essential drawing foundations and vibrant watercolour techniques. From sketching basics to colour blending, layering and creating textures, this class guides you through key skills. It will bring your ideas to life on paper.

Perfect for beginners and experienced artists alike, join us via ZOOM to explore your unique style with supportive instruction.

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

Jan 13 - Mar 24

(10 weeks*) *no class Feb 17

Cost: \$55

(8 person maximum)



Acrylic Avenue Mixed Media with Yulia LIVE

Instructor: Yulia Lisitsyna

Fridays 1:00 - 2:30 am

Jan 10 - Mar 14 (10 weeks)

Cost \$85

(10 person maximum)



Get acquainted with diverse water-based media, combine acrylic paints with gouache, chalk pastes, ink, marker and more!

Students are invited to try varied painting surfaces: printmaking papers and wooden panels. Experiment with stencils, rollers and foam plates to create multi-media compositions. Explore contemporary trends and create individual projects ... unleash your artistic self.

Needle-Felted Animals Workshop LIVE

Instructor: Meg Richardson

Wednesday Feb 19 12:30 - 3:30 pm

Cost: \$45 (12 person maximum)



Explore some of the many wonders of wool fibre through an ingenious and rewarding technique! Using a barbed needle, foam pad and fluffy wool roving, create a small soft sculpture of a furry, woolly or feathered friend. Enjoy this relaxing process 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 but you do need manual dexterity.

ART CLUBS LIVE

Mondays Jan 6 - Mar 31 (12 weeks*) 10:00 - 11:30 am =**\$24** *no club on Feb 17

Wednesdays Jan 8 - 29 (4 weeks) 10:00 - 11:30 am =**\$8**

Thursdays Jan 9 - Mar 27 (12 weeks) 10:00 - 11:30 am =**\$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.

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

Jan 6 - Mar 17 (10 weeks*) *no class Feb 17

Cost: \$100

(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

Jan 6 - Mar 17 (10 weeks*) *no class Feb 17

Cost: \$100

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



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

Instructor: Katharine Robinson Tuesdays January 14 - March 4 (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' 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 Jan. 20 and Mar 24 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



Hand Bells Ringing Club **LIVE**

Facilitator: Merle Haltrecht-Matte

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

- you should have ability to read simple music
- All members are welcome to try.

Wednesday 10:00 - 11:30 Feb 5 - March 12 (6 weeks)

Cost \$12.00



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



Get *SuperSmart* - Your iPhone : Advanced!



Instructor: Anne Hamilton
(6 student maximum)

Tuesdays 11:00 am - 12:30 pm

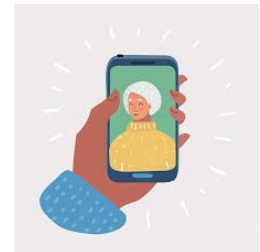
Jan 14 - Mar 4 (8 weeks)

Cost: \$65

Bring in your own iPad, iPhone or laptop

Find out about:

- App and Storage management (including cloud storage)
- Health related Apps
- Transportation related apps (e.g. bus apps, Uber/Lyft/taxi)
- Travel related app
- Social Media & entertainment apps



Memoir Writing Level 1 **LIVE**

Instructor: David Sims

Mondays: 9:30 -11:30 am

Jan 27, Feb 10, 24, Mar 3, 17, 24 (6 weeks)

Cost: \$55 (6 student maximum)

You aren't sure how to start your memoirs or you've started and would like to share your work in progress with a sympathetic audience—then Memoir Writing 1 is for you. Over the course of 6 weeks, you will examine extracts from published memoirs, write at least 6 pieces of your own, share your work with the other participants, listen to their helpful comments, and offer your observations on their writing. In the process, you will learn some of the basics of effective memoir writing and enjoy stimulating discussion in a congenial atmosphere.



American Mahjong Classes **LIVE**

Instructor: Merle Haltrecht-Matte

Wednesdays 10:00 - 11:30 Mahjong

Jan 8 - 29 (4 weeks)

(4 person maximum)

Cost: \$55 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!!



Beginner Bridge **LIVE**

Facilitator: Rafal Przednowek

Thursdays 1:30 - 3:30 pm January 9 - January 30 (4 weeks) Learn the basics of Bridge, find out if this is the card game for you! Let's get started!

Cost: \$30

Facilitated Bridge Playing **LIVE**

Facilitator: Rafal Przednowek

Thursdays 1:30 - 3:30 pm February 6 - March 20 (6 weeks*) Put your new skills into practice with Rafal engaging with you as you play. Practice will give you confidence and you will learn new and different ways to play.

Cost: \$20 * no class March 6



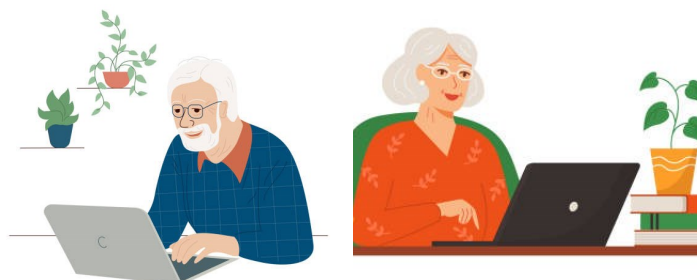
Abbotsford Discussion Club: **ZOOM**

Thursday Jan 2 - Mar 27 (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.**

Retirement Club **LIVE & ZOOM**

Facilitator: Bruce Hill

Wednesdays January 8, February 12 and March 12

12:30 - 2:30 pm

Cost: \$6 (Must register in advance)

(maximum of 12 participants)



A new Retirement Club has started and will meet monthly at Abbotsford to discuss topics suited to help you reflect consciously about your approach to this phase of life and healthy aging.

Areas of discussion include finding purpose as you transition, volunteering, hobbies, and travel.

An agreed-upon topic will be selected by the group each month, members can suggest reading materials and a facilitator will help move the conversation along. Participants are always welcome to use other reference materials and share their experiences. **Recent and**

longstanding retirees are welcomed.

FREE for Members

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

Thursdays 3:30 - 4:00 pm

Jan 2 - Mar 27 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.



Free BINGO!

FRIDAY AFTERNOON **LIVE**

Jan 24, Feb 21 & Mar 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. Give it try, it is a fun Friday activity!

Members register in advance (613-230-5730)

Hosted by: **Heather Lafleur** *Realter*



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FREE In-person Dance classes at Abbotsford on Wednesday afternoons in January February March. **LIVE** (using projector)

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!

You can participate standing or seated.

Must be a current member in good standing (2025)



Community Classes

On Your Feet

'Speaker's Series'

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

Wednesdays at 1:00 - 2:30 pm Series Sponsored by AMICA the Glebe

JAN 8 - Kieran Wilkins, Founder of **In Your Nature Resource Centre**, a local environmental not-for-profit, will be here to present: **Community Connections in the Environment**. Kieran will speak about how to connect with the community to make a meaningful difference for the environment and sustainability. The session will be interactive and include guided conversations about barriers to engaging with environmental initiatives and the outdoors. **LIVE** and on **ZOOM**.

JAN 15 - Marie Howell, team member of **ILC Canada**, International Longevity Centre & **CCAA**, Canadian Coalition Against Aging. **What is Ageism?** This presentation will explore how prevalent ageism is, the different ways it is expressed and how it negatively affects older people and Canadian society. **LIVE** and on **ZOOM**.

JAN 22 - Alfred LeBlanc is a recently retired Executive in the Government of Canada and **avid photographer**, originally from Margaree Forks, Cape Breton. Alfred will be presenting a recent collection of photographs found in his book **Portraits of Cape Breton**. This book is a collection of intimate, true and honest black and white portraits of Cape Bretoners at home, work and play. **LIVE** and on **ZOOM**.

JAN 29 - Aging-in-Community: Considering Alternatives to Long-Term Care Institutions. Researcher, writer, caregiver, and elder **John Lord** will discuss the growing advocacy among seniors groups for a more robust home and community care system. Based on his new book, **Aging and Elder Care: Time for Transformation**, he will explore how our aging society is impacting the way we need to "care" for each other, including age friendly communities and naturally occurring retirement community initiatives. John's book will be available to purchase. **LIVE** and on **ZOOM**.

FEB 5 - Join Marie-Chantal Ross, President and CEO of **SeniorSynCare**, a company whose mission is to transform the end-of-life experience from medical to meaningful by developing effective communities of care. She will provide **an overview of the typical end of life experience for seniors in Canada today** and how approaching death, dying and dependence within an effective community can radically change the experience to one that heals and connects. **LIVE** and on **ZOOM**.

FEB 12 - Join Kelly Beaton, MPA, R.H.N. **Registered Holistic Nutritionist** for her presentation: **Food for Thought - How to Feed an Aging Brain**. What are the food trends? Do they stand the test of time? Feed your brain some thoughtful, informed food and feel better. **LIVE** and on **ZOOM**.

FEB 19 - Join Shelagh Tuddenham, Coordinator, **Neighbours Helping Neighbours, Ottawa Branch, National Association of Federal Retirees** to learn some **simple ways to offer respite support and give a caregiver a temporary break**. The Neighbours Helping Neighbours program was created by the Victorian order of Nurses. This will be held **LIVE**.

FEB 26 - Lauren Parkes, Business Development Manager at **CAA for North and East Ontario**, will present **CAA's range of services**, including auto, life and home insurance as well as our CAA Travel agency services and travel insurance. She will highlight the benefits and discounts available to members of Abbotsford Seniors Centre. Held both **LIVE** and on **ZOOM**.

MAR 5 - Stacey Pryde, PFP | **Investment Specialist and Financial Planner | Mutual Fund Representative Scotiabank** is our neighbour and longtime supporter of Abbotsford. She will be talking to us about **fraud prevention and cybersecurity**. Her own mother was stung by fraud and she wishes to arm others against malicious fraud through education. Fraud has become very sophisticated and we need to know how to make sure we and our loved ones don't fall victim to it. **LIVE** and on **ZOOM**.

MAR 12 - Dr. Bruce Wallace Executive Director **AGEWELL** will be presenting: **Enabling Aging-in-Place: Supportive Smart Home Solutions**. The presentation will explore a new concept, the **Supportive Smart Home**, where technology solutions are focused on supporting the ongoing well-being and independence of older adults. The presentation will explore the solutions spanning the *many use* case models and specifically explore aspects of privacy that must be considered for the technology solutions we use in our day to day lives. **LIVE** and on **ZOOM**.

MAR 19 - Catherine Bennett, BSW and Community Engagement Lead with **BuildABLE** will explore the critical role of home modifications in enhancing the lives of people with disabilities and seniors. Covering home modification tips, grants/funding, and innovative design strategies that ensure safety, independence, & comfort. Gain valuable insights from **Sandy Alexander**, B. Sc. (O.T.) & **Health Craft's Clinical Education Specialist**, Sandy has an **Occupational Therapy** background, she will share information on latest stylish Grab bars and Super Poles and where and how to place them safely at home. **LIVE** and on **ZOOM**.

18 MAR 26 - Ian McKercher is back with his most recent novel **Home & Away**, the **fifth episode in the Frances McFadden** series of books. Ian will speak about the how this series began, how the stand alone then turned into a series. He will share some insight on his writing process and reading from the novel. This will be held **LIVE**.

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 Seniors Centre 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

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)

Madeline Curphey, Day Program
Facilitator *Day Away Program*
(Casual)

Sim Thong, Housekeeper

Tim Dale, Van Driver

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.

Tuesdays Jan 21 & Mar 18 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 offered 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. For more information, contact Karen Anne at 613-230-5730.



Acupuncture (starting in Feb)

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. 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 and returning clients (over three months) need to book two consecutive appointments. The first is an assessment the second is the treatment.

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. Have questions? Get in touch: 613-230-5730



Lockers:

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



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 from Tuesday December 24–Wednesday January 1st & Monday February 17