

# *SPRING 2025*

## *PROGRAM GUIDE* *APRIL - JUNE*



## *Abbotsford Seniors Centre\* 50 years!*



*'50 Years Building Community 1975-2025'*



950 Bank Street 613-230-5730

[www.glebecentre.ca](http://www.glebecentre.ca) (*Abbotsford Seniors Centre*)

e-mail us at: [abbotsford@glebecentre.ca](mailto: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. Donate on CanadaHelps noting Abbotsford House as the designated fund.**



Abbotsford will be closed Friday April 18 and Mondays April 21 & May 19 2025

## 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

Abbotsford Members save up to 20% on CAA Memberships. CAA is making it easier to stretch your dollars every day, from dining and travel to shopping, getting insurance, fuel savings, and great family activities.

#### Sponsors:

#### 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 Sustainable Sponsor of Abbotsford Men's Breakfast and other programming.



# 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 Spring PROGRAMMING will begin on:  
**Tuesday, April 1 at 9:00 am** 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.

# 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**

**Apr 7 - June 23 (10 weeks\*) \*no class Apr 21 or May 19**

**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**

**Apr 7 - June 23 (10 weeks\*) \*no class Apr 21 or May 19**

**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 Apr 8 - May 27 (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**

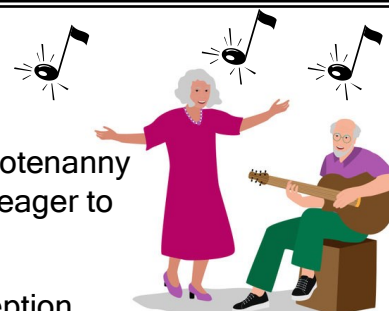


## Hoot it Up at the Hootenanny... LIVE

**Monday May 26 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





## Memoir Writing 4 **Armed with a Blue Pencil** LIVE

Instructor: David Sims

Mondays: 10:00 am -12 noon

May 5, 12, 26; June 2, 16, 23 (6 weeks\*) \*no class Monday May 19 or June 9

If you've completed Memoir Writing 2 or a writing course elsewhere and are brave at heart, gird up your loins and advance into Memoir Writing 4. As before, you will explore, write, read, analyze, discuss, and encourage. Now, though, is the time for the hard slog of editing, the agonies of pruning, the brow-furrowing effort of honing, and the blood, sweat, and tears of rewriting. Once more into the lounge, dear friends....

The course can accommodate six intrepid and dedicated writers with open minds, strong wrists, powerful fingers, and a good supply of paper.

**Cost: \$55** (6 student maximum)



## Writing Clubs **LIVE** Thursdays 1:00 - 3:00 pm

Thursdays 1:00 - 3:00 pm

**A Plus (Writing Club)** Apr 3, 17, May 1, 15 & 29, June 12 & 26 = (7 weeks) **\$14**

**OR**

**Word Play (Writing Club)** Apr 10, 24, May 8, 22, June 5 & 19 = (6 weeks) **\$12**

(10 person maximum in each club)

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**



## Play Reading Club\* **LIVE**

Tuesdays 1:00 - 2:30 pm

Apr 8 - May 27 (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.



## Canadian Movies **LIVE** Lord Lansdowne Theatre

Wednesday Apr 16

Join the Canadian One Day Film Festival in the Lord Lansdowne Theatre.

Watch your e-mail for movie titles and times (TBA).

**FREE for members, registration required.**



# 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                        | Apr 7- June 30 (11 weeks*) | Isabel             | \$80<br>*No class Apr 21 & May 19 | ZOOM            |
| Monday     | Strength Training Level 2/3     | 9:00 - 10:00 am                        | Apr 7- June 30 (11 weeks*) | Coleen             | \$80<br>*No class Apr 21 & May 19 | MPR<br>LIVE     |
| Monday     | Zumba Gold                      | 10:00 - 11:00 am                       | Apr 7- June 30 (11 weeks*) | Isabel             | \$80<br>*No class Apr 21 & May 19 | MPR<br>LIVE     |
| Monday     | Aerobics Level 2                | 11:00 - 12 noon                        | Apr 7- June 30 (11 weeks*) | Joseph             | \$80<br>*No class Apr 21 & May 19 | MPR<br>LIVE     |
| Monday     | Gentle Hatha Yoga               | 1:30 - 2:30 pm                         | May 5 - June 30 (8 weeks*) | Rhona              | \$70<br>*No class May 19          | MPR<br>LIVE     |
| Tuesday    | Balance & Stretch Level 1       | 9:00 - 10:00 am                        | Apr 8 - June 24 (12 weeks) | Heather            | \$85                              | MPR<br>LIVE     |
| Tuesday    | Combo Cardio/ Strength Level 2  | 10:00 - 11:00 am                       | Apr 8 - June 24 (12 weeks) | Janice             | \$85                              | MPR<br>LIVE     |
| Tuesday    | Functional Fitness Level 1      | 11: 00 - 12 noon                       | Apr 8 - June 24 (12 weeks) | Carole             | \$85<br>*No class Apr 15          | MPR<br>LIVE     |
| Tuesday    | Belly Dancing                   | 1:00 - 2:00 pm                         | Apr 8 - June 24 (12 weeks) | Caroline           | \$85                              | MPR<br>LIVE     |
| Tuesday    | Beyond Beginner Tai Chi*        | 2:00 - 3:00 pm<br>*experience required | Apr 8 - May 13 (6 weeks)   | Ray<br>*see page 8 | \$55                              | MPR<br>LIVE     |
| Tuesday    | Beginner Tai Chi                | 2:00 - 3:00                            | May 20 - June 24 (6 weeks) | Ray                | \$55                              | MPR<br>LIVE     |
| Wednesday  | Strength Training Level 2/3     | 9:00 - 10:00 am                        | Apr 9 - June 25 (12 weeks) | Coleen             | \$85                              | MPR<br>LIVE     |
| Wednesday  | Strength Training Level 2       | 9:00 - 10:00 am                        | Apr 9 - June 25 (12 weeks) | Lisa               | \$85                              | ZOOM            |
| Wednesday  | Fun & Fit Level 1               | 10:00 - 11:00 am                       | Apr 9 - June 25 (12 weeks) | Coleen             | \$85                              | MPR<br>LIVE     |
| Wednesday  | Low, Strength & Stretch Level 2 | 11: 00 - 12 noon                       | May 7 - June 25 (8 weeks)  | Mary               | \$70                              | MPR<br>LIVE     |
| Wednesday  | All That Jazz                   | 12:00 - 1:00 pm                        | May 7 - June 25 (8 weeks)  | Mary               | \$70                              | MPR<br>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   | May7 - June 25<br>(8 weeks)    | Mary                                   | \$70    | MPR<br>LIVE  |
| Thursday  | Full Body Fitness Level 2                           | 9:00 - 10:00 am  | Apr 10 - June 26<br>(12 weeks) | Isabel                                 | \$85    | MPR<br>LIVE  |
| Thursday  | Zumba Gold Level 2                                  | 10:00 - 11:00 am | Apr10 - June 26<br>(12 weeks)  | Isabel                                 | \$85    | MPR<br>LIVE  |
| Thursday  | Yoga (Hatha)                                        | 1:30 - 3:00 pm   | Apr 10 - June 26<br>(12 weeks) | Evelyn                                 | \$85    | MPR<br>LIVE  |
| Thursday  | Functional Fitness Level 1                          | 3:15 - 4:15 pm   | Apr10 - June 26<br>(11 weeks)  | Carole<br>*No class<br>April 17        | \$80    | MPR<br>LIVE  |
| Friday    | Chair Yoga                                          | 9:00 - 10:00 am  | Apr11 - June 27<br>(11 weeks)  | Monia<br>*No class<br>April 18         | \$80    | MPR<br>LIVE  |
| Friday    | Combo Cardio/ Strength Level 2                      | 9:00 - 10:00 am  | Apr11 - June 27<br>(11 weeks)  | Heather<br>*No class<br>April 18       | \$80    | ZOOM         |
| Friday    | Urban Pole Walking* (see page 9)<br>*poles required | 10:00 - 11:00 am | Apr 11 - May30<br>(7 weeks)    | Anita & Sarah<br>*No class<br>April 18 | \$30    | MPR<br>Canal |
| Friday    | Combo Cardio/ Strength Level 1                      | 11:00 - 12 noon  | Apr11 - June 27<br>(11 weeks)  | Heather<br>*No class<br>April 18       | \$80    | MPR<br>LIVE  |
| Friday    | Strength Training Level 2                           | 11:00 - 12 noon  | Apr11 - June 27<br>(11 weeks)  | Lisa<br>*No class<br>April 18          | \$80    | ZOOM<br>NEW! |

**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.



## 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.

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

This Functional Fitness class involves guided instruction in body movements designed to increase 'Range of Movement' through the joints. Specific muscles are targeted to improve their strength to better achieve this.

Resistance bands and weights are often and optionally used for this purpose. The overall goal is enhanced performance of muscles in their role to open the joints to better meet the physical challenges of daily living. Balance exercises are also used for the reduction in the risk of falls.

The instructor has training in osteoporosis and osteoarthritis related to fitness movements.

- 8 Classes begin with individual dancing to 50's and 60's music to have fun and to begin the warm up process for muscles. Classes are appropriate for participants more comfortable with chair sitting and standing exercises with the option of chair support.





*Please make sure you are in the right level, if unsure ask at Reception*



## 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!

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

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!

## Pole walking with Anita, Sarah & Friends (Fri) **LIVE**

Get started and take it to the next level. Some indoor training before we hit the canal pathways. Find out on Apr 11 what kind of poles to buy if you don't already have them. Learn the right way.



## Beyond Beginner\* TAI CHI with Ray (Tues) **LIVE**

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.

# 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)

**Apr 7 - June 30** \* (11 weeks) \* no class Apr 21 or May 19 **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)

**Apr 10 - June 26** (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**

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)

**Apr 7 - June 30** \* (11 weeks) \* no class Apr 21 or May 19 **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)

**Apr 10 - June 26** (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: 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)

**Apr 7 - June 30** \* (11 weeks) \* no class Apr 21 or May 19 **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)



Apr 9- June 11 (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

Apr 7 - June 30 (11 weeks\*) \* no session Apr 21 & May 19

Cost: \$22



## Intermediate\* Conversational Spanish Club **LIVE**

*Practice your language skills with fellow members, must have some fluency.*

Thursdays 3:00 - 4:15 pm

Apr 10 - May 29 (8 weeks) (10 person maximum)

Cost: \$16



Hola, ¿qué tal?



# ART in Abbotsford:

## 'Switch up' your Light Switch Plates Workshop **LIVE**

Instructor: Colleen Gray

Thursday May 15

9:30 - 11:30 am



Cost: \$45 (includes all materials\*)



\*bring your own light switch plates you plan to paint, do extras plates as supplied:

You will be using alcohol ink to paint the light switch plates from your home and those provided. (Bring your screws to paint too!)

Your finished plates will be transformed from boring to beautiful with this magical technique.

## Watercolour with Ariel **LIVE**

Instructor: Ariel Lyons

**Mondays** 10:00 - 11:30 am

**April 7 - June 23** (10 weeks\*)

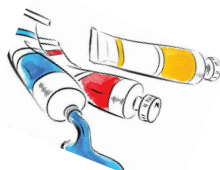
\*no class Apr 21 or May 19

(10 student maximum)

**Cost: \$85**

Watercolour Exploration

Students will explore variety of subject matter and watercolour techniques. You will need watercolours, brushes and paper for this class.



## Drawing and Painting with Ariel **LIVE**

Instructor: Ariel Lyons

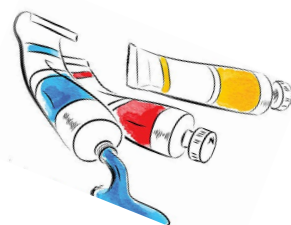
**Tuesdays** 10:00 - 11:30 am

**April 8 - June 10** (10 weeks)

(10 student maximum)

**Cost: \$85**

Explore your creativity through drawing and painting and the combination of media. You will need drawing and painting materials, a sketch book and surfaces to work on.



## Pottery Studio Time for Studio Members **LIVE**

Facilitator: Andrina Cox

Andrina will facilitate studio time with **seasoned members this spring/summer** who want to work on their own pieces. She will be on hand most **Tuesdays & Thursdays** afternoons to guide and encourage your creativity. You can come 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\* (May/June/July/August 2025)**

**\*due in MAY**

(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. Learn tips and techniques to make your tableware functional, of lasting beauty and uniquely yours.

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

**Thursdays 10:00 am - 12:00 noon**

**Apr 10 - May 29** (8 weeks)

**Cost: \$90**





## Artful Mondays **LIVE**

Facilitator: Joan Massey

Discover your own natural born talent, and create 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

**Apr 7 - June 23**

(10 weeks\*) \*no class Apr 21 & May 19

**Cost: \$55**

(8 person maximum)



## Watercolour with Yulia **LIVE**

Instructor: Yulia Lisitsyna

**Fridays** 1:00 - 2:30 pm

**Apr 11 - May 30** (7 weeks\*) \*no class Apr 18

**Cost \$75**

(10 person maximum)

This course focuses on practical exercises to help students face the challenges of watercolours and other water-based media. With simple, step-by-step guidance, you will learn how to use washes and mixes. You will avoid run downs and create multilayered and intricate compositions.

Develop your own style while experimenting with other water-based media such as ink, gouache, watercolour crayons, chalk pastels and more!

This course will help you reach your full creative potential!



## Lampshade Making Workshop **LIVE**

Instructor: Rebbecca from Oatcake Supply Company

**Wednesday** April 23 1:30 - 4:00 pm

**Cost: \$50** (6 person maximum)

This is a beginner workshop to learn the art of lampshade making. You will leave with your own unique 20 cm diameter drum lampshade. This size of shade can be used as a hanging pendant or on a lamp base of your choice. You will be instructed on how to apply the PVC to get the best of your material, how to attach the rings and create neat rolled edges (no glue or sewing) and other tips, tricks and techniques. Following this class, you will be ready to attend an advanced class or purchase supplies to make another lampshade on your own.

(all material included, let us know if you want to use your own fabric, we can share guidelines)



## ART CLUB **LIVE**

**Thursdays** Apr 10 - June 26 (11 weeks\*) 10:00 - 11:30 am \*no club May 15

**Cost: \$22**

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.



# Clubs & Pastimes for Members

## One on One Device Training: **ZOOM & LIVE**

Are you looking for one-on-one tutoring? Trying to learn how to use your iPad or Smart phone? 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 Reception: 613-230-5730



## Tai Chi Clubs **LIVE**

Facilitator: Ray & Alexandra

**Mondays\* Apr 7 - June 30 2:30 - 4:15 pm (10 weeks) \$20**

-Abbotsford is closed on Monday April 21 and May 19

**Tuesdays\* Apr 1 - June 24 3:00 - 4:15 pm (13 weeks) \$26**

**Thursdays\* Apr 3 - June 26 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**



## Caregiver Groups **LIVE** (Lounge)

Facilitator: Joan Auden

**Thursdays April 3 - June 26 10:00 am - 12:00 noon Cost: \$35**

**OR**

**Fridays April 4 - June 27\* 10:00 am -12:00 noon Cost \$35**

**Must register in advance to attend** \*no club Apr 18  
(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 !*



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

**Thursdays 3:45- 4:15 pm (no camera is on)**

**Apr 3 - June 26 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 will guide you through a relaxing meditation weekly. Find yourself a comfortable chair or lie down and listen 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

-Apr 3, May 1, June 5

**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

Upcoming dates: Apr 16, May 21 & June 18

-Apr 16th Book: Educated: a Memoir, Tara Westover (2018)



## Chinese Mah-jong Club **LIVE**

Thursdays 10:00 am- 12:00 pm

Apr 3 - June 26

**Cost: Drop-in fee: \$2**

Please register your interest at Reception

(16 person maximum)



## Stained Glass Club **LIVE**

Have your own project and skill set, work with fellow stained glass enthusiasts and knowledgeable volunteer facilitator(s): Henriette & Therese

*\*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

Apr 4 - June 27

**Cost: Drop-in fee: \$2.00**

## 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

Apr 1 - June 24

(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

Apr 3 - June 26

(12 person maximum)

**No cost** (Must register as a volunteer)

**FULL**



## Ping Pong **\*\* LIVE**

Fridays: 1:00 - 4:30 pm

Apr 4 - June 27\*

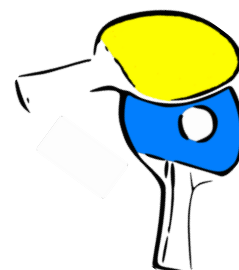
\*not available Apr 18 & May 9

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

Apr 7 - June 30 \*closed Apr 21 & May 19

**Drop-in fee: \$2**

**\*Must register your interest and pay at Reception**

Must be a current member to participate.



## American Mahjong Classes **LIVE**

Instructor: Merle Haltrecht-Matte

Tuesdays May 6 - June 3 (5 weeks)

9:30-11:00 am

(4 person maximum)

Cost: \$60



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!!

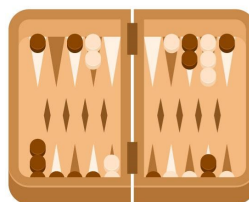
## Bridge, Mahjong, Scrabble, Backgammon, Cribbage & Cards CLUB **LIVE**

(Dining Room)

Tuesdays & Thursdays 1:30 - 4:00 pm

Apr 3 - June 26

Cost : Drop-in fee: \$2



## Abbotsford Discussion Club: **ZOOM**

Thursdays Apr 3 - June 26 (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.**

## Get *Super* Smart - Your iPhone : Advanced!

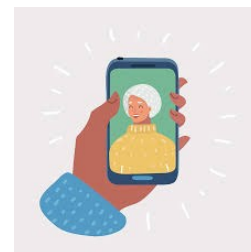


Instructor: Anne Hamilton  
(6 student maximum)

Tuesdays 11:00 am - 12:30 pm

Apr 8 - May 27 (8 weeks)

Cost: \$65



Find out about:

- App and Storage management (including cloud storage)
- Health related Apps
- Transportation related apps (e.g. bus apps, Uber/Lyft/Taxi)



# FREE for Members

## Neighbours Helping Neighbours **FREE** Workshop

Facilitators: Shelagh Tuddenham and Mary March

**Friday May 30 1:00 - 4:00 pm** (Dining room)



This free 3 hour workshop will help you make a difference in your community. Learn the skills and basic knowledge to help support and care for people in need. Topics will include: terminology, what is respite care, what is burnout and how is it manifested, values/attitudes/boundaries, caregiver rights and responsibilities, the role and contributions of family in caregiving, caregiving at a distance, nutrition, communication with caregivers and care recipients, grieving, elder abuse, normal vs. abnormal aging, what the respite caregiver needs to know and how to help!

## Free BINGO!

### FRIDAY AFTERNOON **LIVE**

Apr 25, May 23 & June 20

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 must register in advance (613-230-5730)

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



JUHL Realty Group  
EXPERIENCE THE MAGIC OF REAL ESTATE!



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

**APRIL 9:** Patrick McGarry of Hulse, Playfair & McGarry Funeral Home and Cremation Services will present: **Preserving Your Story: The Importance of Recording Your Life's Legacy with 'My Biography Book'** He will introduce *My Biography Book*, a meaningful tool to document your life story and share your personal journey with future generations. He will discuss how preplanning doesn't just include funeral arrangements but extends to crafting a personal legacy that celebrates who you are and what you've accomplished. The emotional and practical benefits of leaving behind a well-documented biography include guiding loved ones through your life's milestones, values, and experiences. Learn more about this valuable resource and how to start creating your biography today: [My Biography Book](#). This will be held **LIVE** and on **ZOOM** simultaneously.

**APRIL 16** German Chique-Alfonzo is the Education and Program Coordinator for the Dementia Society of Ottawa and Renfrew County. He will be presenting: **Mind Your Brain Health**, which offers an overview of the brain, aging, MCI and dementia. German will also share tips on healthy lifestyle choices that can help in preventing and delaying some forms of dementia. Session goals: Learn the lifestyle factors that help prevent dementia. Set a brain- healthy plan that helps prevent dementia. Understand the differences between normal aging, MCI and dementia. Obtain Information about DSORC services, website and what to do after a diagnosis. This will be held **LIVE** and on **ZOOM** simultaneously.

**APRIL 23** Dr. William Dalziel is a recently retired Geriatrician and served as the Medical Director of the Geriatric Day Hospital at the Ottawa Hospital Civic Campus. Dr Dalziel will present: **The Aging Brain: How to age as successfully as possible**. As a geriatrician, he has specialized in the healthcare needs of people who are aging. His vast experience in this field makes him uniquely qualified to share insights into aging successfully. This will be held **LIVE**.

**APRIL 30** Diana McCarthy, Piano teacher and music adjudicator has returned with an **encore** of her presentation last fall: **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.

**MAY 7** Dr. Richar Knapton is an avid birder and researcher. He has taught biology and ornithology courses at three universities and leads birding tours. He will be presenting: **Birds of Alta Vistas**. Let us herald in spring with our local feathered friends. This will be held **LIVE**.

**MAY 14** Karin Davidson-Taylor, School Programs Officer, Royal Botanical Gardens will be presenting: **Amazing Monarchs**. These iconic pollinators arrive in late May/early June after a multi-generational migration from Mexico. This was a good winter for Monarchs in Mexico. Join Karin to explore their amazing life cycle from egg to adult and what they need to survive, while discovering what you can do to support them and other pollinators. This will be held **LIVE** and on **ZOOM** simultaneously.

**MAY 21** John Gallop, a retired investment professional, **leads a discussion about obituaries** which can come in an infinite variety of shapes and flavours! He will talk about their components, options and, especially, **how to make them interesting and readable**. It will be illustrated with many colourful quotations – poetic, laudatory, joyous, even funny – all of them very memorable! Curious? Come along! This will be held **LIVE**.

**MAY 28** Jose Alejandro Fernandez Cruz (RECE) Andrew Fleck Children's Services Intergenerational Program Assistant will be presenting: **The Benefits of Intergenerational Programs, for children, older adults and people of all ages**. Let's talk about how intergenerational programming can fight isolation for seniors, improve patience, sensitivity and compassion in children and give all generations a sense of belonging and connection. This will be held **LIVE** and on **ZOOM** simultaneously.

**JUNE 4** The Abbotsford Members' Council Annual General Meeting will be held in the dining room for members. You are invited to attend and meet your representatives. Abbotsford is celebrating 50 years as a seniors centre in 2025. Pat Goyeche, Coordinator of Community Programming will be presenting: **A highlighted history of the building, services and programming then, now and into the future**. This will be held **LIVE** and on **ZOOM** simultaneously.

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 Parriag**, Program Facilitator  
*Day Away Program (Casual)*

**Sim Thong**, Housekeeper

**Tim Dale**, Van Driver

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

## Abbotsford Members Council **LIVE** 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 May 20 9:30 am &  
Annual Meeting on Wednesday June 4, 1:00 pm**



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.

## 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



## 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



SENIOR MOBILE  
DENTAL SERVICES



**Coming soon to Abbotsford Seniors Centre**

**Tuesdays...look for more information in our e-mailed newsletters and on our bulletin boards.**

## 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 Friday April 18 and Mondays April 21 and May 19 2025**