

SUMMER 2025

PROGRAM GUIDE

JULY - AUGUST



Abbotsford Seniors Centre *Your Senior Active Living Centre*



950 Bank Street 613-230-5730

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

e-mail us at: abbotsford@glebecentre.ca

“Building Community Since 1975”



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

Abbotsford will be closed Tuesday, July 1, Monday, August 4 & Monday Sept 1

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

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

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

Registration for SUMMER PROGRAMMING will begin on:
Friday, June 27 at 1:00 pm and is ongoing.

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

You may wear a mask in the building for your own comfort but are not required to do so.

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



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

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



An Abbotsford membership has its privileges!

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

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

\$25 starting in July for new members.



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



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



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

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

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

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

Conversational French Class **LIVE**

Facilitated by:
Jocelyne Despatis

Bonjour!



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)

July 9 - Aug 27 (8 weeks)

Cost: \$70

Summer Memoir/Writing Club **LIVE**

Thursdays 1:00 - 3:00 pm

July 10 - August 28 (8 weeks)

Cost: \$16

(12 person maximum)



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

Conversational Spanish with Isabel:



Monday	Advanced Conversational Spanish	12:00 - 1:00 pm ZOOM	July 7 - August 25 (5 weeks*) *No class July 21 Aug 4, 18	Isabel	\$40
Thursday	Level 2 Conversational Spanish	9:00 - 10:00 am ZOOM	July 10 - August 28 (8 weeks)	Isabel	\$65
Thursday	Level 3 & 4 Conversational Spanish	11:00 am - 12 noon LIVE	July 10 - August 28 (8 weeks)	Isabel	\$65

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

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

Conversational French Club **LIVE**

Mondays 1:00 - 2:00 pm

July 7 - August 25 (7 weeks*) *no club Aug 4

Cost: \$14



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

Intermediate* Conversational Spanish Club **LIVE**

Thursdays 9:00 - 10:00 pm

August 7 - 28 (4 weeks)

Cost: \$8



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

Keep Fit:

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI
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Day	Course	Time	Dates	Instructor	Cost
Monday	Strength Training Level 2/3 LIVE	9:00 -10:00 am	July 7 - August 25 (7 weeks*) *No class Aug 4	Coleen LIVE	\$60 
Monday	Aerobic Fitness Level 2	9:00 - 10:00 am	July 7 - August 25 (5 weeks*) *No class July 21 & Aug 4, 18	Isabel ZOOM	\$40
Monday	Zumba Gold Level 2	10:00 -11:00 am	July 7 - August 25 (5 weeks*) *No class July 21, Aug 4,18	Isabel LIVE	\$40
Monday	Full Body Fitness Level 2	11:00 - 12:00 noon	July 7 - August 25 (5 weeks*) *No class July 21, Aug 4,18	Isabel LIVE	\$40
Monday	Gentle Hatha Yoga	12:30 - 1:30 pm	July 7 - 28 (4 weeks)	Rhona LIVE	\$35 
Tuesday	Combo Cardio/ Strength Level 2	10:00 - 11:00 am	July 8 - August 26 (8 weeks)	Heather LIVE	\$65 
Tuesday	Functional Fitness Level 1	11:00 - 12:00 noon	July 8 - August 26 (8 weeks)	Carole LIVE	\$65 
Tuesday	Beyond* Beginner Tai Chi (modified)	2:00 - 3:00 pm *must have taken Beginner with Ray	July 8 - August 26 (8 weeks)	Ray LIVE	\$65
Wednesday	Strength Training Level 2	9:00 - 10:00 am	July 9 - August 13 (6 weeks)	Lisa ZOOM	\$55 
Wednesday	Strength Training Level 2/3	9:00 -10:00 am	July 9 - August 27 (8 weeks)	Coleen LIVE	\$65 
Wednesday	Fun & Fit Level 1	10:00 - 11:00 am	July 9 - August 27 (8 weeks)	Coleen LIVE	\$65 
Thursday	Zumba Gold Level 2	10:00 - 11:00 pm	July 10 - August 28 (8 weeks)	Isabel LIVE	\$65
Friday	Combo Cardio/ Strength Level 2	9:00 - 10:00 am	July 11 - August 29 (8 weeks)	Heather ZOOM	\$65 
Friday	Stretch/Strength & Balance Lev 1	11:00 - 12 noon	July 11 - August 29 (8 weeks)	Julie LIVE	\$65 

Tai Chi Clubs **LIVE**

Facilitators: Alexandra & Ray

Monday 1:30 - 2:30 **Lokhup** July 7 - Aug 25 (7 weeks*) **\$14**

Monday 2:30 - 4:30

July 7 - August 25 (7 weeks*) *no club Aug 4 **Cost: \$14**

Tuesdays 3:00 - 4:30

July 8 - August 26 (8 weeks)

Cost: \$16

Thursday 11:00 - 1:00

July 3- August 28 (9 weeks)

Cost: \$18

-must register and pay in advance

(13 person maximum)

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

Yang Modified



Strength Training Level 2 (Wednesday) with Lisa **ZOOM**

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



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

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

Functional Fitness Level 1 with Carole (Tuesdays) **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.



Hatha Yoga with Rhona **LIVE** (Mondays)

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



Zumba Gold **LIVE** Instructor: Isabel (Mondays & Thursdays)

It is a great way to keep fit and have fun doing it!

Zumba will start you off on the road to fitness...

It works on cardiovascular, strength, endurance, flexibility.



Fun & Fit Level 1 **LIVE** Instructor: Coleen (Wednesdays)

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.



Stretch/Strength & Balance Levels 1 **LIVE** Instructor: Julie (Fridays)

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



PASTIMES

POP-UP WORKSHOPS



Look for FREE for Members Metis Nation Workshops:

Metis Jigging Workshop on Wednesday July 23 at 1:30 pm

Hoping for a Metis Beading Workshop in early July...

Stay tuned for news/dates/time of the beading workshop in the weekly e-mail 'missives' and on bulletin boards!

(limited registration, for 2025 Members only)

the Métis
Nation of
Ontario



Guided Meditation by Telephone on ZOOM with Jan or Jane FREE

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

July 3 - Aug 28 **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.



Register your interest with Reception and we'll help set you up for a weekly meditation.

ART CLUBS (Craft room) LIVE

Mondays July 7 - August 25 (7 weeks) *no session August 4

1:00 - 3:00 pm **Cost: \$14 AND/OR**

Wednesdays July 9 - August 27 (8 weeks)

1:00 - 3:00 pm **Cost \$16**

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



Pottery Studio Time LIVE Facilitator: Andrina Cox

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

May/June/July/August

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

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

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

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



CLUBS

Ping Pong **LIVE**

Fridays 1:00 - 4:30 pm

July 4 - Aug 29

2 tables available



Drop - in Fee: \$2

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

Book Club **LIVE**

This group picks books to read and discuss amongst themselves.



Wednesdays 1:00 - 3:00 pm

Upcoming dates: June 18, July 9 & Aug 13

June 18 *Three Daughters of Eve* (Elif Shafak), 2016

July 9 *Trust* (Herman Diaz), 2022

August 13 *The Huntress* (Kate Quinn), 2019

Drop - in Fee: \$2

Snooker/Pool Anyone?* **LIVE**

Games Room (upstairs)

Mondays: 1:00 - 4:00 pm

July 7- August 25 **no club Aug 4*

Drop-in Fee: \$2



**Must register your interest at Reception*

Must be a current member to participate.

Abbotsford Discussion Club: **ZOOM**

Thursday July 3- August 28 (9 weeks)

3:30 pm - 5:00 pm

Cost: \$18 (Must register in advance)

(6 participant maximum)



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

Teddy Bear Bees **LIVE**

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

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

Tuesdays 1:00 - 3:00 pm

(12 person maximum)



No cost (Must register as a volunteer)

Caregiver Club **LIVE**

Facilitator: Joan Auden

Thursday July 3 - August 14 **Cost: \$30**

Fridays July 4- August 15 **Cost : \$30**

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

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



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

Must be a Member of Abbotsford to join in

Mahjong Club **LIVE** (Dining Room)

Thursdays 10:00 - 12:00 noon

Drop - in

Fee: \$2



(12 person maximum)

Knowledge of how to play is needed.

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

Tuesdays & Thursday **1:30 - 4:00 pm**

Drop - in Fee: \$2



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

Find your people to play other card and word games.



Abbotsford Services

Medical Transportation

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

Footcare Service

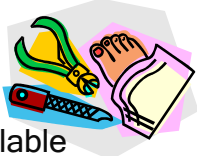
This service, provided by an R.P.N., is available **Wednesdays** by appointment. 24hr notice to cancel or you will be charged for the appointment.

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

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

New clients need to book two consecutive appointments.

All appointments are paid at the time of booking.



Community Support Services

Do you need help with housecleaning, yard work, odd jobs or minor repairs? Community Support Services can provide screened workers at reasonable rates for our members who live in our geographical catchment area. For isolated seniors we provide a Telephone Assurance Program, Friendly Visiting and the Luncheon Club Programming. Call 613-230-5730

Have Lunch at Abbotsford

Tuesdays at 12 noon

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



Seniors Fair and 50th Celebration of Abbotsford Seniors Centre

Friday September 5th an all day celebratory event, inside and outside!

Featuring fitness demonstrations with maximum participation, highlighting music, speakers, art, information tables, lunch, treats and interactive games.



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.

Abbotsford will be closed Monday, July 1 and Monday, August 5 th.