

FALL 2025

PROGRAM GUIDE

SEPTEMBER - DECEMBER



*Abbotsford
Seniors
Centre*
50 years!*

“Building Community Since 1975”

950 Bank Street 613-230-5730

www.glebecentre.ca (*Abbotsford Seniors Centre*)

e-mail us at: abbotsford@glebecentre.ca



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

Abbotsford will be closed Monday September 1 and October 13 as well as December 24 - January 1

Abbotsford membership has its privileges!

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

Only \$50 a year (HST included)

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

Member Registration



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

In Person: Fill out a form and pay at our Reception desk.

By Mail: Fill out this Member Profile, detach and return it with a cheque or credit card information or telephone us.

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

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 Abbotsford membership card to receive these privileges:

Bloomfields Flowers

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

Compact Music

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

Amica The Glebe

33 Monk Street (613-233-6363) Sponsoring Abbotsford 'Speaker's Series' & Special Events

Sustainable Sponsor: Chartwell Lord Lansdowne Retirement Living

920 Bank Street (613-230-9900) Sponsoring Men's Breakfast, Movies & Special Events

Venvi Living Colonel By Retirement Residence

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

Villagia Spring Living Retirement Community

480 Metcalfe Street (613-617-7888) Sponsoring Special Events & Blood Pressure Cluff

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.

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 FALL Programming will begin on:
Friday, August 29 at 11:00 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

Sept 15 - Nov 24 (10 weeks*) *no class Oct 13

Cost: \$100

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



Intermediate Ukulele LIVE

Instructor: Keith McCuaig

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

Mondays 11:00 am - 12:00 noon

Sept 15 - Nov 24 (10 weeks*) *no class Oct 13

Cost: \$100

(10 student minimum)



One-on-One Piano (only 6 slots available) LIVE

Instructor: Katharine Robinson Wednesdays Sept 17 - Nov 5 OR Thursdays Sept 18 - Nov 6 (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' ...Katharine will meet you where you are.

9:30 - 10:15 am Beginner or Intermediate slot **\$90**

10:15 - 11:00 am Beginner or Intermediate slot **\$90**

11:00 - 11:45 am Beginner or Intermediate slot **\$90**



Hoot it Up at the Hootenanny... LIVE

Monday Oct 20 & Dec 8 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

Suggested additional donation for payment of student to get projection of music: \$3:00 (day of)



Learn to Ring Hand Bells **LIVE**



Facilitator: Merle Haltrecht-Matte

Learn a beautiful way to make music! You will learn the basic techniques on holding, ringing and damping bells. You'll be reading musical notes, some familiarity with music is helpful. You will be learning and practicing in a group setting...Join in and grow your musical brain!

Wednesdays 10:00 - 11:00 am

Oct 29 - Nov 19 (4 weeks)

Cost: \$20



FREE Sunday 2:00 pm Movies at Lord Lansdowne Theatre

Sept 28: Come From Away (filmed Musical)

Oct 26: Knives Out (Murder Mystery)

Must register in advance through Abbotsford Reception



(Members Only)

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

Are you looking for one-on-one tutoring? Trying to learn how to use your iPad or need help making the most of Zoom? Anne will tutor you for one hour at a time when it is convenient for you both.

Cost is \$10 per session and is paid and arranged for you through Abbotsford, call: 613-230-5730



Getting to know your iPhone **LIVE**

Instructor: Anne Hamilton
(6 student maximum)

Tuesdays 11:00 am - 12:30 pm

Oct 14 - Dec 2 (8 weeks)

Cost: \$65

Bring in your own iPhone



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

Youth4Elders ... Lending Tablets and Knowhow **LIVE**

Instructors: University of Ottawa Students

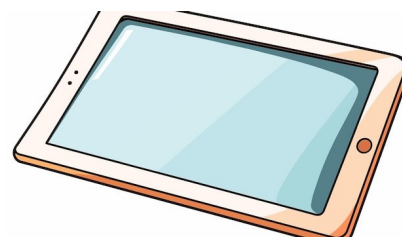
Fridays 10:30 am - 12 noon

Sept 19 - Oct 24 (6 weeks)

Cost: \$30

(10 person maximum)

Abbotsford will get you started by loaning you a tablet or you can bring in your own cell phone or tablet or laptop.



We'll start with the basics for those who have no experience and work our way up!

You will learn to set up your device, with tips and tricks to keep you confident.

Learn how to use ride-share apps, consider on-line banking...know more about on-line safety.

KEEP FIT **LIVE & ZOOM**

- See fitness descriptions pages 8 & 9

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	TYPE
Day	Course	Time	Dates	Instructor	Cost	Location
Monday	Aerobics Level 2	9:00 - 10:00 am	Sept 8 - Dec 1 (12 weeks*)	Isabel *No class Oct 13	\$85	ZOOM
Monday	Strength Training Level 2/3	9:00 - 10:00 am	Sept 8 - Dec 1 (12 weeks*)	Coleen *No class Oct 13	\$85	MPR LIVE
Monday	Zumba Gold	10:00 - 11:00 am	Sept 8 - Dec 1 (12 weeks*)	Isabel *No class Oct 13	\$85	MPR LIVE
Monday	Aerobics Level 2	11:00 - 12 noon	Sept 8 - Dec 1 (12 weeks*)	Joseph *No class Oct 13	\$85	MPR LIVE
Monday	Gentle Hatha Yoga	12:30 - 1:30 pm	Sept 8 - Dec 1 (12 weeks*)	Rhona *No class Oct 13	\$85	MPR LIVE
Monday	Empowered Movement 	1:30 - 2:30 pm	Sept 15 - Oct 27 (6 weeks*)	Catharine *No class Oct 13	\$55	MPR LIVE
Tuesday	Balance & Stretch Level 1	9:00 - 10:00 am	Sept 9 - Nov 25 (12 weeks)	Heather	\$85	MPR LIVE
Tuesday	Combo Cardio/ Strength Level 2	10:00 - 11:00 am	Sept 9 - Nov 25 (12 weeks)	Janice	\$85	MPR LIVE
Tuesday	Functional Fitness Level 1	11:00 - 12 noon	Sept 23 - Nov 25 (10 weeks)	Carole	\$75	MPR LIVE
Tuesday	Belly Dancing	1:00 - 2:00 pm	Sept 23 - Nov 25 (10 weeks)	Caroline	\$75	MPR LIVE
Tuesday	Beginner Tai Chi 	2:00 - 3:00 pm	Sept 9 - Oct 14 (6 weeks)	Ray	\$55	MPR LIVE
Tuesday	Beyond Beginner Tai Chi*	2:00 - 3:00 pm	Oct 21 - Nov 25 (6 weeks)	Ray	\$55	MPR LIVE
Wednesday	Strength Training Level 2/3	9:00 - 10:00 am	Sept 10 - Nov 26 (12 weeks)	Coleen	\$85	MPR LIVE
Wednesday	Strength Training Level 2	9:00 - 10:00 am	Sept 10 - Nov 26 (12 weeks)	Lisa	\$85	ZOOM
Wednesday	Fun & Fit Level 1	10:00 - 11:00 am	Sept 10 - Nov 26 (12 weeks)	Coleen	\$85	MPR LIVE
Wednesday	Low, Strength & Stretch Level 2	11:00 - 12 noon	Sept 10 - Dec 3 (12 weeks)	Mary *No class Oct 22	\$85	MPR LIVE
Wednesday	All That Jazz	12:00 - 1:00 pm	Sept 10 - Dec 3 (12 weeks)	Mary *No class Oct 22	\$85	MPR LIVE

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

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI	TYPE
Day	Course	Time	Dates	Instructor	Cost	Location
Wednesday	Gentle Yoga (Hatha)	1:00 - 2:00 pm	Sept 10 - Dec 3 (12 weeks)	Mary *No class Oct 22	\$85	MPR LIVE
Thursday	Full Body Fitness Level 2	9:00 - 10:00 am	Sept 11 - Nov 27 (12 weeks)	Isabel	\$85	MPR LIVE
Thursday	Zumba Gold Level 2	10:00 - 11:00 am	Sept 11 - Nov 27 (12 weeks)	Isabel	\$85	MPR LIVE
Thursday	Restorative Yoga	1:00 - 2:00 pm	Sept 11 - Nov 27 (12 weeks)	Rhona	\$85	MPR LIVE
Thursday	Functional Fitness Level 1	2:15 - 3:15 pm	Sept 11 - Nov 27 (12 weeks)	Susan	\$85	MPR LIVE
Friday	Chair Yoga	9:00 - 10:00 am	Sept 12 - Nov 28 (12 weeks)	Liane	\$85	MPR LIVE
Friday	Combo Cardio/ Strength Level 2	9:00 - 10:00 am	Sept 12 - Nov 28 (12 weeks)	Heather	\$85	ZOOM
Friday	Strength/Stretch/ Balance Level 2	10:00 - 11:00 am	Sept 19 - Dec 5 (12 weeks)	Julie	\$85	MPR LIVE
Friday	Strength/Stretch/ Balance Level 1	11:00 - 12 noon	Sept 19 - Dec 5 (12 weeks*)	Julie	\$85	MPR LIVE
Friday	Urban Pole Walking	12:30 - 1:30 pm	Sept 12 - Oct 31 (8 weeks)	Sarah	\$65	MPR & Hood

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

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

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

We are Watching you! As you dance and exercise on **ZOOM** we are watching you on-line as well. Please note that you are required to keep your camera on while you are on Zoom. Do make your own precautions: clear your space to work out, have your phone nearby, wear good shoes and let family/neighbour know your exercise routines. Keep safe!



Descriptions **LIVE & ZOOM**

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

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



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

Join Mary for a thorough yoga session that will challenge you and build your skill set. Working on flexibility and movement.

Yoga: Restorative Yoga Rhona (Thurs) **LIVE**

Restorative yoga is a style of yoga that emphasizes relaxation and stress reduction. It involves holding supported poses for extended periods, often with the aid of props like pillows, blocks, blankets and bolsters, to promote physical and mental calm. This practice activates the parasympathetic nervous system, which helps the body relax.



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

Offering seated yoga poses that make the practice more accessible, with some standing poses with chair support. A gentle practice to improve movement, balance, increase range of motion in the joints to improve flexibility.



Beginner Tai Chi & Beyond Beginner* TAI CHI with Ray (Tues) **LIVE**

Start your journey with Beginner Tai Chi in September.

Beyond Beginner * 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.

Empowerment Movement Catherine (Mon) **LIVE**

The goal is to enhance balance and flexibility and maintain mobility in clients with Parkinson's and Multiple Sclerosis.



Belly Dancing with Caroline (Tues) **LIVE**

This is a low impact dance that targets specific muscle groups and is helpful in developing flexibility, balance and improving posture. Wear comfortable clothing.

'All That Jazz' with Mary Tsai (Wed) **LIVE**

Travel back in time while we dance and sing along to some of our favourite tunes. From Jazz to rock and roll to famous Broadway Musicals, Broadway Dance promises to increase your heart rate, improve your range of motion while having some good laughs and feeling young-at-heart. Easy-to-follow footsteps that will help improve coordination, balance and memory.

All you need is a water bottle and some comfortable shoes.



Zumba Gold Level 2 with Isabel (Mon & Thurs) **LIVE**

It is a great way to keep fit and have fun doing it! Zumba will start you off on the road to fitness. It works on cardiovascular, strength, endurance, and flexibility.

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

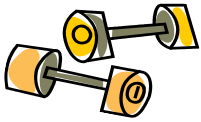
Full body strength and stretch using bands, weights and body weight. Exercises include squats, lunges and core work on the floor.



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

This class will keep you moving to a beat, keeping your heart rate 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 & Susan (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.

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

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

Fun & Fit with Coleen Level 1 with Coleen **LIVE**

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.



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

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



Pole walking with Sarah & Friends (Fri) **LIVE**

Get started and take it to the next level. Some indoor training before we hit the canal pathways. Learn the right way.



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

Beginner Plus Conversational Spanish: **LIVE**

Instructor: Isabel Gonzalez

This is a basic Spanish class. Whether you are thinking of traveling to a Spanish speaking country, have Spanish friends you would like to impress or would love to “taste” the language... this is a good starting place! It is also a good refresher if you haven’t spoken in a while.

Mondays 12:00 - 1:00 pm (10 student maximum)

Sept 8 - Dec 1 (12 weeks*) * no class Oct 13 **Cost: \$85**



Conversational Spanish: Level 2* **ZOOM**

Instructor: Isabel Gonzalez

You have taken a session or two with Isabel, you want to practice what you have learned and learn more. You are still ‘new’ to Conversational Spanish.

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

Sept 11 - Nov 27 (12 weeks) **Cost: \$85**



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

Conversational Spanish: Level 3* **LIVE**

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

Mondays 11:00 - 12:00 pm (10 student maximum)

Sept 8 - Dec 1 (12 weeks*) * no class Oct 13 **Cost: \$85**



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

Conversational Spanish: Intermediate* **LIVE**

Instructor: Isabel Gonzalez

You have had a number of level 2 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 12:00 - 1:00 pm (10 student maximum)

Sept 11 - Nov 27 (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 a number of 3 or 4 level classes with Isabel, you want to practice what you have learned and learn more. Habla Español en Abbotsford with the gang!

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

Sept 8 - Dec 1 (12 weeks*) * no class Oct 13 **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.*

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 am - 12 noon Sept 10 - Nov 26 (12 weeks)

Cost: \$85

*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

Sept 8 - Dec 15 (14 weeks*) * no session Oct 13

Cost: \$28



Conversational Spanish Club **LIVE**

Facilitator: Marie Alvarez

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

Thursdays 9:00 - 10:00 am

Sept 11 - Oct 30 (8 weeks) (10 person maximum)

Cost: \$16



Memoir Writing 1 **LIVE** with David Sims

Memoir Writing 1 this autumn is a series of six sessions spread over two months. Working in a small group, you will examine extracts from published memoirs, write at least six stories about your own life, share those stories with the other participants, listen to their helpful observations, and, in turn, respond to their writing. In the process, you will learn the basics of effective memoir writing, develop your writing skills, and engage in some stimulating discussions.

Mondays: 10:00 am - 12 noon

Oct 6 & 27, Nov 3, 10, 17 & 24 (6 weeks)

(6 student maximum)

Cost: \$55



Writing Club **LIVE**

Thursdays 1:00 - 3:00 pm

Sept 11 - December 11 (14 weeks)

Cost: \$28.00 (20 person maximum)



Join the club, come when you have something to share, skip a week if you don't! Meet with fellow writers/members in a casual club that fosters kinship, confidentiality and the love of writing.

***must register in advance**

ART in Abbotsford! **LIVE**

Scissors & Stories: Collage with Colour and Shape Workshop **LIVE**

Instructor: Rebecca Cloutre

Wednesday 10:00 - 12 noon Oct 8 (10 person maximum)



Cost: \$55

In this fun and hands-on 2-hour workshop, participants will create bold paper collages inspired by Matisse's signature cut-out technique. Combining his playful shapes and colours with textured, story-driven collage style, you'll experiment with both abstraction and narrative.

No experience needed—all materials provided.

ART CLUB **LIVE**

Wednesdays 1:00 - 3:30 pm

Sept 10 - Dec 10 (14 weeks)

(10 student maximum)



Cost: \$28

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.

Artful Mondays **LIVE**

Facilitator: Joan Massey

Discover your own natural born talent, and paint with abandon.

Bring your own projects in your medium of choice. (no oil paint)

Joan will be on hand to guide and inspire you as you create your own projects in the medium of your choice.

Mondays 1:00 - 2:30 pm

Sept 15 - Nov 24

(10 weeks*) *no class Oct 13

Cost: \$55

(8 person maximum)



Pottery Studio Time for Studio Members **LIVE**

Facilitator: Andrina Cox

Andrina will facilitate studio time with **seasoned members this fall** who want to work on their own pieces. **She will be on hand most Tuesdays & Thursdays afternoons to guide and encourage your creativity.** You can come other days on your own and meet up with other potters.

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

Cost: \$35* (Sept/Oct/Nov/Dec 2025)

***due in Sept**

(must be a current member)

Studio Membership fee + \$2.00 daily drop in fee



Beginner Pottery Wheel **LIVE**

Instructor: Andrina Cox

Beginner wheel course demonstrations of wheel throwing basics and hand building techniques.

Limited space of 4 participants as there are only 2 wheels. While one group throws a cylinder for a cup, group 2 will make slump bowls from slabs of clay.

Following week trimming and handles will be added to our wheel thrown and hand built vessels and we will explore new projects for those with limited experience.

Thursdays 9:30 - 11:30 am

Sept 18 - Nov 6 (8 weeks)

Cost: \$90



Acrylics with Ariel **LIVE**

Instructor: Ariel Lyons

Mondays 10:00 - 11:30 am

Oct 6 - Dec 1 (8 weeks*)

*no class Oct 13

Cost: \$75



This class is suitable for beginners or those with experience. If you are experienced you can work on a larger project and I will demonstrate some different materials that you might like to use. For beginners we will look at how acrylics differ from watercolours and oils and then move into a project. Most projects will take longer than the one class so that you have time to build on your ideas. We will look at landscape, still life, portrait and abstract subject matter and explore different approaches.

Supplies:

Acrylics, brushes and surfaces to work on. (Canvas board, canvas or heavy paper) Because acrylic is permanent you should wear "paint clothes" or have an apron. You can use a disposable palette or a covered palette. You should invest in some baby wipes for clean up.

Stained Glass Club **LIVE**

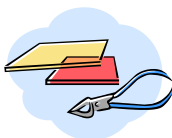
Have your own project and skill set, work with fellow stained glass enthusiasts.

** Note: You will be working with tools which require manual dexterity and prior knowledge of working with these tools.*

Fridays 9:30 - 11:30 am

September 26 - December 12

Cost: Drop-in fee \$2.00



Landscape Felting Workshop **LIVE**

Instructor: Meg Richardson

Wednesday October 22

9:30 am - 12:30 pm



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

Learn how to felt your own small scene using nothing but colourful wool fibre, a special needle... and friction from a repetitive poking motion! Unleash your creativity in great company with hot drinks and tasty baked goods. Meg is a member of the Fibre Arts faculty at the Haliburton School of Art + Design, and a regular exhibitor at the Wild Oat Bakery Café in the Glebe.

Materials included, no previous experience required.

** Please note: You will be working with tools which require manual dexterity*

Watercolour with Ariel **LIVE**

Instructor: Ariel Lyons

Tuesdays 10:00 - 11:30 am

Oct 7 - Nov 25 (8 weeks)

Cost: \$75

(10 person maximum)

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

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

Fall Colours Art Workshop with Yulia **LIVE**

Instructor: Yulia Lisitsyna

Friday Oct 17

12:30 - 2:00 pm

Cost: \$45 (all materials included)

(10 person maximum)

For this fall themed art session we will create a realistic representation of a Glebe-located Victorian manor, with all the charming Thanksgiving adornments and visible presence of harvest season, such as piles of gourds, dry sunflowers, asters and chrysanthemums in their last splash of brightness.

We will use rough texture of oil pastels and dark washes of Sepia Ink, to help us render the depth and solidify the transparent washes of watercolour.



Clubs & Pastimes for Members

Rainbow Connection Club **LIVE**

Tuesdays: 9:30 - 11:00 am

Oct 21, Nov 18, Dec 16

(Abbotsford Lounge)



Cost: FREE (can purchase coffee/tea/treats)

Let's begin with a discussion facilitated by folks who identify under the umbrella of 2SLGBQIA+ All welcome to come and share ideas for potential programming through Abbotsford whilst enjoying refreshments.

Please register your interest at Reception.

Play Reading Club* **LIVE**

Tuesdays 1:00 - 2:30 pm

Sept 23 - Nov 11 (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.



Book Club **LIVE** (please register your interest at Reception) (4 weeks) **Cost: \$8**

This group picks books to read and discuss amongst themselves. All welcome.

Wednesdays 1:00 - 3:00 pm

Sept 10: *The Gustav Sonata* (Rose Tremain) 20216

Oct 8: *American Dirt* (Jeanine Cummins) 2020

Nov 12: *Unbroken: A World War II Story of Survival Resilience, and Redemption* (Laura Hillenbrand) 2010

Dec 10: *Five Little Indians* (Michelle Good), 2020



Tai Chi Clubs **LIVE**

Facilitators: Alexandra & Ray

Mondays Sept 8 - Dec 22 2:30 - 4:15 pm (15 weeks) \$30

Abbotsford is closed on Monday Oct 13

Tuesdays Sept 2 - Dec 16 3:00 - 4:15 pm (16 weeks) \$32

Thursdays Sept 4 - Dec 18 11:00 am -1:00 pm (16 weeks) \$32

***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 Sept 11 - Dec 11 10:00 am - 12:00 noon **Cost: \$35**

OR

Fridays Sept 12 - Dec 12 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 ...
Lord Lansdowne Penthouse:

-Thursday mornings 9:00 - 10:30 am

-Sept 11, Oct 2, Nov 6 & Dec 11

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

Call us at : 613-230-5730

Teddy Bear Bees **LIVE**

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

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

Tuesdays 1:00 - 3:00 pm

ongoing

(12 person maximum)

No cost (*Must register as a volunteer*)



Mah-jong Club **LIVE**

Thursdays 10:00 - 12:00 noon

Sept 4 - Dec 18

Cost: Drop-in fee:\$2

Please register your interest at Reception

(16 person maximum)



Craft Group **LIVE**

All you crafty folk are welcome to join the Craft Group for creative afternoons.

Do you knit, crochet, sew or love to make things? We have lots of crafting materials and need crafty folks to make then sell (fundraise) these items at Abbotsford.

Thursdays 1:00 - 3:00 pm

Sept 11 - Dec 11

(12 person maximum)

No cost (*Must register as a volunteer*)

FULL



Snooker/Pool Anyone?* **LIVE**

Games Room (upstairs)

Mondays: 1:30 - 4:00 pm

Sept 8 - Dec 22 not Oct 13

Drop-in fee: \$2

**Must register your interest and pay at Reception*



Ping Pong * **LIVE** **New Start Time!**

Fridays 1:30 - 4:30 pm

Sept 12- Dec 19*

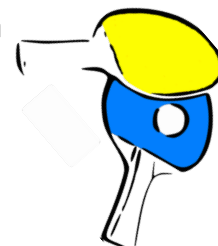
(**not Nov 28*)

2 tables available

(15 person maximum)

**Must register your interest at Reception*

Drop-in fee: \$2



Bridge, Mahjong, Scrabble, Backgammon, Cribbage & Cards CLUB **LIVE** (Dining Room)

Tuesdays Sept 2 - Dec 23

Thursdays Oct 30 - Dec 18

1:30 - 4:00 pm

Find you people to play Bridge, Hearts, Euchre, Mahjong, Scrabble etc...
Practice what you have learned, meet up with friends.

If you want to start up a game, keep coming week to week and meet 'your peeps'!

Cost :Drop-in fee: \$2





Beginner Bridge **LIVE**

Instructor Bruno Dugas

Wednesdays 2:15 - 3:30 pm

Sept 17 - Nov 5 (8 weeks)

Do you want to learn how to play bridge or need to start fresh again after not having played in many years? Join this beginners group! Learning Bridge is like learning a new language.

Cost: \$60



Intermediate Bridge **LIVE**

Instructor: Rafal Przednowek

Thursdays 1:30 - 3:30 pm

Sept 18 - Oct 23 (6 weeks)

Cost: \$40

For intermediate bridge players with some experience in playing and basic bidding. Course will cover playing tips and basic conventions such as: Weak twos, Stayman, Transfers, etc.



American Mahjong Classes **LIVE**

Instructor: Merle Haltrecht-Matte

Wednesdays 9:00 - 10:30

Sept 10 - Oct 8 (5 weeks)

(4 person maximum)

Cost: \$60 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!!**

Free BINGO!

FRIDAY AFTERNOON **LIVE**

Sept 19, Oct 17 & Nov 14

1:00 - 3:00 pm

Come enjoy a game or two of BINGO, pick a card, WIN prizes!!

Special treats for sale in the dining room.

Members register in advance (613-230-5730)

Hosted by: **Heather Lafleur** Realtor



JUHL Realty Group
EXPERIENCE THE MAGIC OF REAL ESTATE!

ROYAL LEPAGE®
Team Realty
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Current Affairs and Discussion Club **LIVE** (self guided group)



Wednesdays Sept 17, Oct 15, Nov 19, Dec 17 (4 weeks)

1:30 - 3:30 pm **Cost: \$8** (must register in advance) (8 person limit)

Meet and discuss current affairs, bring in articles, ideas and respectful dialogue. **Keep curious, meet new people, share!**

Abbotsford Discussion Club: **ZOOM**

Thursday Sept 11 - Dec 18 (15 weeks)

3:30 - 5:00 pm

Cost: \$30 (Must register in advance)

(6 participant maximum)



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

During weekly zoom get-togethers, participants discuss topics of interest to them in a 'dinner party format' but without the food! **There are no assignments or deadlines.**

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

FREE for members

Thursdays 3:30 - 4:00 pm

Sept 11 - Dec 18

Please register your interest with Reception: 613-230-5730

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



Abbotsford

holiday Craft Fair

Saturday, November 29

10:00 am - 2:00 pm

Abbotsford Seniors Centre 950 Bank Street:

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

...all to support Abbotsford Seniors Centre

Learn & Explore

'Speaker's Series'

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

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

950 Bank Street 230-5730 Wednesdays at 1:00 - 2:30 pm

SEPT 10: Rebecca Clouâtre, a mixed media visual artist based in Nepean, ON, will present **Collage Art and Environmentalism: Recycling and Reimagining**. This presentation will begin with a brief history of collage art, exploring its roots and its significance as an accessible and eco-friendly visual medium. Rebecca will then present an artist's talk, sharing insight into her creative practice and influences, including nature and motherhood. She will also discuss her past and current projects. It will be held **LIVE** and on **ZOOM** simultaneously.

SEPT 17: Tamara Levine is a retired adult educator and long-time Abbotsford member. She will present her new book for children, *The Warmest Blanket in the World*, inspired by her activist mother and grandmother, both women ahead of their time. When Ama shares a problem she is facing with her great-granddaughter Frida, Frida decides she has to do something to help, just like Ama taught her. "The book's messages of empathy and empowerment will resonate with all age groups, particularly with young girls." (Carol Sutherland-Brown, Glebe Report March 2025.) This will be held **LIVE**.

SEPT 24: Dr. Richard 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: **Local Birds Migrate**. Fall migration in birds is a fascinating topic with amazing recent discoveries on how birds navigate from their breeding ground to their winter grounds with no prior experience of the journey. This will be held **LIVE**.

OCT 1: Claude Paul Boivin is the Board Chair of CARP (Canadian Association of Retired Persons), Ottawa chapter. He will present **an overview of CARP's role in advocating for seniors**, including better access to health care, financial security, and fighting against ageism for older adults. CARP is a non-partisan, non-profit organization that focuses on issues such as long term care and fall prevention. It will be held **LIVE** and on **ZOOM** simultaneously.

OCT 8: Renu Pillay is the owner and pharmacist of **Whole Health Pharmacy Glebe**. Renu will speak to the changing role of the pharmacist, what they can advise and prescribe in 2025. Learn what seniors are entitled to if they are not covered under private insurance. He will also share some of the unique services offered through Whole Health Pharmacy Glebe. This will be held **LIVE**.

OCT 15: After a career as an academic archaeologist with a specialization in South America, **Dr. Emily Stovel** developed a career in Museum Administration, working to bring community stories into small rural museums throughout South and North America. **During her talk, she'll give examples of new museum practices and new museum ideas**. She looks forward to hearing your experiences in museums and demonstrating some of the activities she regularly develops and implements with staff. It will be held **LIVE** and on **ZOOM** simultaneously.

OCT 22: Nancy Edwards is a Professor Emeritus at the U of O. and heads **CARP's Fall Prevention Committee**. Nancy will enlighten us on how important Fall Prevention is, with practical advice for individuals in their own homes and how fall prevention can reduce health care costs in Canada. Bring a pen and paper and take notes to take action in your own environment. It will be held **LIVE** and on **ZOOM** simultaneously.

OCT 29: Karin Davidson-Taylor, former School Programs Officer, **Royal Botanical Gardens** and Abbotsford member is back to present: **Squash Season!** Have you got a favourite pumpkin or squash you like to use? Join Karin to discover more about this amazing group of popular summer and fall plants, including their origin, history, varieties and uses. It will be held **LIVE** and on **ZOOM** simultaneously.

NOV 5: Steve Zan, (mostly) retired aeronautical engineer will present: **Norfolk Island - Gem of the South Pacific**. Steve will recount the adventures he and his wife had on Norfolk Island, **an Australian territory** and one of the most isolated islands on Earth. The talk will provide insight on the history, geography, economy, and cultural aspects of the island. Fun fact - despite having no export economy to the USA, the Island was subject to a 29% tariff recently. It will be held **LIVE** and on **ZOOM** simultaneously.

NOV 12: Stewart Dudley is a local author, he has recently been published in *A Capital Mystery*, the first-ever Ottawa Mystery Anthology, on October 15, 2025. Curated by long-time Ottawa mystery writer Mike Martin, author of the award-winning Sgt. Windflower Mystery series, this anthology features 21 original short stories that uncover the hidden corners, rich history and shadowy secrets of Canada's capital. We've asked Stewart to speak to his contribution and to read aloud a portion of his story: *Dead End*. This will be held **LIVE**.

NOV 19: Alex Neve is the 2025 CBC Massey Lecturer. His [book](#), published on September 2, and five cross-Canada [lectures](#) this fall (culminating in Ottawa on October 30) deals with what is clearly an urgent and timely theme, *Universal: Renewing Human Rights in a Fractured World*. Alex will provide an overview of the concerns and recommendations that he explores in the lectures, and offer a behind the scenes look at what is involved in being passed the Massey torch. It 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 Staff

David O'Neill, Manager of Community Programs

Pat Goyeche, Coordinator of Community Programs

Elleni Adane, Reception/Program Support

Kirsten O'Brien, Program Facilitator
In Home Services, SnowGo & Luncheon Club

Jane Stallabrass, Program Facilitator
Transportation & Luncheon Club

Tim Dale, Van Driver

Shirley Lee, Program Facilitator
Day Away Program

Cassandra Ford, Program Facilitator
Day Away Program

Michelle Simard, Program Facilitator
Day Away Program

Rhoda Cober, Program Facilitator
Day Away Program (Casual)

Tonya Parriag, Program Facilitator
Day Away Program (Casual)

Sim Thong, Housekeeper

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

Abbotsford Members Council is ***your member*** representative body.

The Abbotsford Council is a group of members who advise on programs and policies that affect Abbotsford members. Members are encouraged to attend any/all meetings.

Tuesday, Sept 16 & Oct 21 & Nov 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 currently being offered both virtually and in person to serve seniors in the early stages of dementias and frail seniors, providing enjoyable activities, socialization and a nutritious snack.

Lockers:

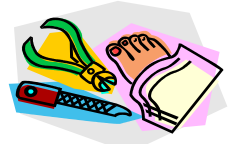
- We have some lockers available for rent
- \$20 for upstairs lockers
- \$15 for downstairs ones
- Limited # of available lockers
- Call Reception 613-230-5730



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: 613-203-5730

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 (Senior's Centre Without Walls). Call Kirsten 613-230-5730.



Footcare Service

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

Cost for (Member) is \$35 per 20 minute appointment, \$70 for (non-members). Call 613-230-5730

New clients need to book two consecutive appointments.

Snow Go

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



Snow Go Assist

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

Call Kirsten: 613-230-5730



Mobile Dentistry...at 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 Monday September 1 and October 13 as well as December 24 - January 1