

WINTER 2026

PROGRAM GUIDE JANUARY - MARCH



*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 Wed Dec 24 through Thurs Jan 1 and on Monday February 16, 2026

Abbotsford membership has its privileges!

Membership year runs from January 1st to December 31st, 2026

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**

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 blue 2026 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 Cuff

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, 2026 to December 31, 2026

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

Regarding classes and clubs: Please ask to be placed on a waitlist if the class you desire is full or ask for a suitable alternative class suggestion.

Please Note!

Member Registration for WINTER Programming will begin on:
Friday, December 12 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 2026 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.

Please renew your membership starting December 1, 2025 for 2026. Pick up your key-tag at Reception if you haven't already done so. You can use it to register for winter programming on-line, and for capturing daily attendance... thank you for 'joining in!' <https://myactivecenter.com/>



Special Programming... LIVE

Intermediate Ukulele LIVE

Instructor: Keith McCuaig

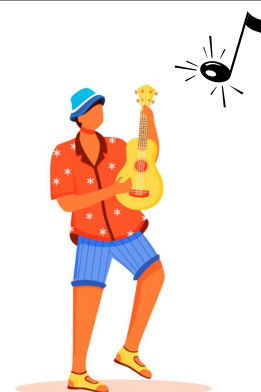
Let's continue to grow with fellow ukulele enthusiasts. If you can play a few three-chord songs and strum... you are no longer a beginner... welcome to Intermediate Ukulele!

Mondays 11:00 am - 12:00 noon

Jan 5 - Mar 30 (11 weeks*) *no class on Feb 2 or 16

Cost: \$100

(10 student minimum)



One-on-One Piano (only 4 slots available) LIVE

Instructor: Katharine Robinson Wednesdays Jan 14 - Mar 18 (10 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.

9:15 - 10:00 am Beginner or Intermediate slot \$100

10:00 - 10:45 am Beginner or Intermediate slot \$100

10:45 - 11:30 am Beginner or Intermediate slot \$100

11:30 - 12:15 pm Beginner or Intermediate slot \$100



Hoot it Up at the Hootenanny... LIVE

Monday Jan 19 and Mar 24 at 1:30 pm (30 person maximum)

Led by folk musicians with an emphasis on audience participation.

Hootenanny participants can look forward to actively singing and /or playing along, eager to experience the power of singing together.

Cost: \$5 (two sessions)



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

Jan 6 - Feb 24 (8 weeks)

Cost: \$70

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

Jan 16 - Mar 6 (8 weeks)

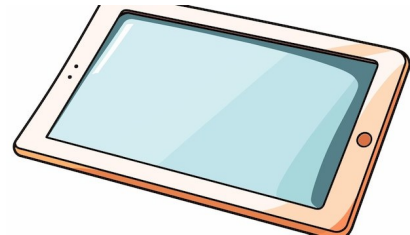
Cost: \$50

(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.



Evening Programming at Abbotsford...

We're excited to share that Abbotsford is introducing evening programming for the first time! This new initiative is part of our ongoing effort to broaden our offerings and make our centre more accessible to adults 55+ who may not be able to participate during the day. Currently, evening programs are in a trial phase, and **regular hours of operation remain unchanged**. However, we are closely monitoring participation and feedback as we explore how to make extended hours and additional programming sustainable in the future.



Look for posters in the 'missives' sent via-e-mail and on our bulletin boards!



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	Jan 5 - Mar 30 (12 weeks*)	Isabel No class Feb 16	\$90	ZOOM
Monday	Strength Training Level 2/3	9:00 - 10:00 am	Jan 5 - Mar 30 (12 weeks*)	Coleen No class Feb 16	\$90	MPR LIVE
Monday	Zumba Gold	10:00 - 11:00 am	Jan 5 - Mar 30 (12 weeks*)	Isabel No class Feb 16	\$90	MPR LIVE
Monday	Aerobics Level 2	11:00 - 12 noon	Jan 5 - Mar 30 (12 weeks*)	Joseph No class Feb 16	\$90	MPR LIVE
Monday	Empowered Movement Level 1	11:30 - 12:30 pm	Jan 5 - Mar 30 (12 weeks*)	Catherine No class Feb 16	\$90	ZOOM NEW!
Monday	Gentle Hatha Yoga	12:30 - 1:30 pm	Jan 12 - Mar 30 (10 weeks*)	Rhona No class Feb 16 & 23	\$80	MPR LIVE
Monday	Zumba Gold	2:00 - 3:00 pm	Jan 5 - Mar 30 (12 weeks*)	Isabel No class Feb 16	\$90	MPR LIVE
Tuesday	Combo Cardio/ Strength Level 2	10:00 - 11:00 am	Jan 6 - Mar 24 (12 weeks)	Janice	\$90	MPR LIVE
Tuesday	Functional Fitness Level 1	11:00 - 12 noon	Jan 6 - Mar 24 (12 weeks)	Carole	\$90	MPR LIVE
Tuesday	Belly Dancing	1:00 - 2:00 pm	Jan 6 - Mar 24 (12 weeks)	Caroline	\$90	MPR LIVE
Wednesday	Strength Training Level 2/3	9:00 - 10:00 am	Jan 7 - Mar 25 (12 weeks)	Coleen	\$90	MPR LIVE
Wednesday	Strength Training Level 2	9:00 - 10:00 am	Jan 7 - Mar 25 (11 weeks*)	Lisa No class Mar 4	\$85	ZOOM
Wednesday	Fun & Fit Level 1	10:00 - 11:00 am	Jan 7 - Mar 25 (12 weeks)	Coleen	\$90	MPR LIVE
Wednesday	Low, Strength & Stretch Level 2	11:00 - 12 noon	Jan 14 - Mar 25 (11 weeks)	Mary	\$85	MPR LIVE
Wednesday	All That Jazz	12:00 - 1:00 pm	Jan 14 - Mar 25 (11 weeks)	Mary	\$85	MPR LIVE

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

YOGA	DANCE	LEVEL 1	LEVEL 2	LEVEL 2/3	TAI CHI
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Wednesday	Gentle Hatha Yoga	1:00 - 2:00 pm	Jan 14 - Mar 25 (11 weeks)	Mary	\$85	MPR LIVE	👋
Thursday	Full Body Fitness Level 2	9:00 - 10:00 am	Jan 8 - Mar 26 (12 weeks)	Brenda	NEW! \$90	MPR LIVE	
Thursday	Functional Fitness Level 1	10:00 - 11:00 am	Jan 8 - Mar 26 (12 weeks)	Brenda	\$90	MPR LIVE	
Thursday	Gentle Hatha Yoga	1:30 - 2:30 pm	Jan 15 - Mar 26 (9 weeks)*	Rhona No class Feb 19 & 26	\$75	MPR LIVE	👋
Thursday	Beyond Beginner PLUS Tai Chi	11:00 - 12 noon	Jan 15 - Mar 5 (8 weeks)	Ray	\$70	MPR LIVE	
Friday	Chair Yoga	9:00 - 10:00 am	Jan 9 - Feb 27 (8 weeks)	Liane	\$70	MPR LIVE	
Friday	Combo Cardio/Strength Level 2	9:00 - 10:00 am	Jan 9 - Mar 27 (12 weeks)	Heather	\$90	ZOOM	👋
Friday	Strength/Stretch & Balance 2	10:00 - 11:00 am	Jan 9 - Mar 27 (12 weeks)	Julie	\$90	MPR LIVE	👋
Friday	Strength/Stretch & Balance 1	11:00 - 12:00 pm	Jan 9 - Mar 27 (12 weeks)	Julie	\$90	MPR LIVE	👋
Friday	Mixed Urban Poling and Balance/Strength	12:30 - 1:30 pm	Jan 9 - Mar 27 (12 weeks)	Sarah	\$90	MPR LIVE	

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

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

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

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



Descriptions **LIVE & ZOOM**

Gentle Hatha Yoga: Hatha with Rhona (Mon & Thurs) **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.



Gentle Hatha Method with Mary (Wed) **LIVE**

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

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.



Beyond Beginner Plus* TAI CHI with Ray (Thur) **LIVE**

*Beyond Beginner Plus is for those who have taken Beyond Beginner classes with Ray, and are confident with the first half of the set and are ready to add new sequences to your set. Those wishing to review key moves in the second half of the set are also welcome.

Empowerment Movement Catherine (Mon) **ZOOM**

The goal is to enhance balance and flexibility and maintain mobility in clients with Parkinson's and Multiple Sclerosis. Don't miss out, join in!



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) **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**

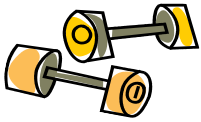
Full body strength and stretch using bands, weights and body weight. Exercises include squats, lunges and core work on the floor.



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 Brenda (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 & Brenda (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!



Mixed Urban Poling with Balance & Strength Training walking with Sarah & Friends (Fri) **LIVE** (indoors)

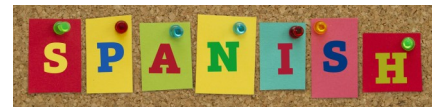
Grab your urban poles for an upbeat class improving balance, strength, and cardio fitness. Enjoy functional movements that boost mobility and confidence and prepare you for outdoor walking during warmer months. Bring poles or use ours.



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

Beginner Plus Conversational Spanish: **LIVE**

Instructor: Isabel Gonzalez



This is for folks who have taken a Beginner Spanish class in the past and are looking to grow their vocabulary and verb tenses. It is also a good refresher if you haven't spoken in a while.

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

Jan 5 - Mar 23 (12 weeks*) * no class **Feb 16** **Cost: \$90**

Please make sure you are in the right level, if unsure ask to speak with Isabel.

Conversational Spanish: Level 2* **ZOOM**

New Day

Instructor: Isabel Gonzalez

You have taken a few sessions with Isabel, you want to practice what you have learned and learn more. You are still relatively 'new' to Conversational Spanish.

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

Jan 6 - Mar 24 (12 weeks) **Cost: \$90**



**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)

Jan 5 - Mar 30 (12 weeks) no class **Feb 16** **Cost: \$90**



**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**

New Day & Time

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.



Mondays 3:00 - 4:00 pm (10 student maximum)

Jan 5 - Mar 30 (12 weeks) no class **Feb 16** **Cost: \$90**

**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)

Jan 5 - Mar 30 (12 weeks) no class **Feb 16** **Cost: \$90**



**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 Jan 7 - Mar 25 (12 weeks)

Cost: \$90

*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 - 2:45 pm

Jan 5 - Mar 30 (12 weeks)

Cost: \$30



*Beginner Conversational French **LIVE**

Facilitator: Corinne Packer

Fridays: 1:00 - 2:00 pm

Jan 9 - Feb 27 (8 weeks)

Cost: \$70 (6 person maximum)



You took French in high school, you love the language but haven't had a chance to speak it.

This is your chance to 'speak out loud' and dust off your language skills.

*must have some basic French to work with and a willingness to build vocabulary and confidence.

Conversational Spanish Club **LIVE**

Facilitators: Ximena & Marco

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

Thursdays 9:00 - 10:00 am

Jan 15 - Mar 26 (11 weeks) (10 person maximum)

Cost: \$28



Memoir Writing 4 Super Sessions OR Jamming with the Stars **LIVE** with David Sims



This series of six memoir-writing workshops is for anyone who has taken any other Abbotsford Memoir Writing course. Each week, two writers will offer a full piece of work for close examination by the rest of the group. Each of the other four will read aloud a short extract of a work in progress. Everyone will have the opportunity to submit a story to the editorial board at least once. There will be time every week for discussion, for in-session writing, for virtuoso solo flights and for tight ensemble playing.

Mondays: 10:00 am - 12 noon (6 student maximum)

Jan 5 - Feb 9 (6 weeks) Cost: \$60



WORD PLAY Writing Club **LIVE**

Thursdays 1:00 - 3:00 pm (ever two weeks)

Jan 8, 22 Feb 5, 19 & Mar 5, 19 = (6 weeks)

Cost: \$20 (15 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**

ART CLUB **LIVE**

Wednesdays 1:00 - 3:30 pm

Jan 7 - Mar 25 (12 weeks)

(10 person maximum)



Cost: \$30

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.

Jan 12 - Mar 9 (8 weeks*)

*No class Feb 16

Cost: \$70

(8 person maximum)



Pottery Studio Time for Studio Members **LIVE**

Facilitator: Andrina Cox

PLEASE!!
NOTE



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

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

Cost: \$50 (Jan/Feb/Mar/April 2026)

***due in January**

(*must be a current 2026 Member of Abbotsford)

Drop in fee no longer required



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.

Also, practical tips and techniques for independent projects.

Thursdays 10:00 - 12:00 noon

Jan 8 - Feb 26 (8 weeks)

Cost: \$90



Wintery Blast! **LIVE**

Instructor: Yulia Lisitsyna

Friday Jan 23

12:30–2:00 pm

Cost: \$45

(all materials included)

(10 person maximum)



We will paint truly winter-related, crispy cold landscape, using watercolour, oil pastels, and a little bit of white acrylic paint.

Let's embrace winter!



Didn't You Get Your Mittens On? **LIVE**

Instructor: Yulia Lisitsyna

Friday Feb 13

12:30 - 2:00 pm

Cost: \$45

(all materials included)

(10 person maximum)



With the help of colour pencils, we'll create a water-colour sketch, illustrating the winter scenes on the Rideau Canal, taking specific attention to rendering textures - ice, scraped by skating blades, fleece and woolly yarn texture.

Print Two-Ways Workshop **LIVE**

Instructor: Meg Richardson

Tuesday January 27

9:30 am - 12:30 pm



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



Learn two printmaking techniques in one workshop and take home a series of greeting cards and paper prints! Use Styrofoam, markers and gel medium to create and print bold designs. Using simple objects and acrylic paint, build up layers of texture and colour on a flexible base, then pull unique prints. 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 exhibits at the Wild Oat Bakery Café in the Glebe. Materials included, no previous experience required.

Spring Sunprints Workshop **LIVE**

Instructor: Meg Richardson

Tuesday March 24

10:30 am - 1:30 pm



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



Make beautiful blue-toned sunprints using nothing but sunshine, water, light-sensitive paper and a variety of small objects and flora. Unleash your creativity in great company with hot drinks and tasty cookies. Meg is a member of the Fibre Arts faculty at the Haliburton School of Art + Design, and exhibits at the Wild Oat Bakery Café in the Glebe. Bring your own bag lunch. Materials included, no previous experience required.

* Please note: *This activity requires sunlight. In the event of inclement weather, the class will be rescheduled.*

Clubs & Pastimes for Members

Rainbow Connection Club **LIVE**

Tuesdays: 9:30 - 11:00 am

Jan 20, Feb 17, Mar 17

(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

Feb 3 - Mar 24 (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.



Winter Book Club **LIVE** (please register your interest at Reception) (4 weeks)

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

Wednesdays 1:30 - 3:00 pm

Cost: \$10

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

Jan 14: *The Hare with Amber Eyes* (Edmund de Waal), 2010

Feb 11: *Born a Crime*, Trevor Noah

Mar 11: *Dandelion*, Jamie Chai Yun Liew



Tai Chi Clubs **LIVE**

Facilitators: Alexandra & Ray

Thursdays Jan 15 - Mar 26 12:00 pm -1:00 pm (11 weeks) **\$28**

Fridays Jan 2 - Mar 27 2:00 - 4:15 pm (13 weeks) **\$32**

***must register and pay to participate**

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



Caregiver Groups **LIVE** (Lounge)

Facilitator: Joan Auden

Thursdays Jan 8 - Mar 26

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

OR

Fridays Jan 9 - Mar 27

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 !

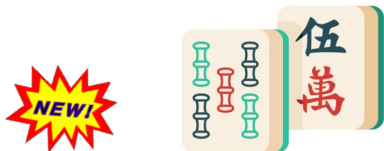


American Mah-jong Club **LIVE**

Wednesdays 9:00 - 12:00 noon

Jan 7 - Mar 25 (12 weeks)

Cost: \$24



You took the lessons with Merle, now you need the time and the place to play.

Practice makes perfect and this is your chance to join in with other players new to American Mah-jong.

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*)

FULL



Chinese Mah-jong Club **LIVE**

Thursdays 10:00 - 12:00 noon

Jan 8 - Mar 26 (12 weeks)

Cost: \$24

Please register at Reception or on-line.

(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

ongoing

(12 person maximum)

No cost (*Must register as a volunteer*)

FULL



Snooker/Pool Anyone?* **LIVE**

Games Room (upstairs)

Mondays: 1:30 - 4:00 pm

Jan 5 - Mar 30 not Feb 16

(12 weeks) Cost: \$24

Please register at Reception or on-line.



Ping Pong **LIVE**

New Day

Tuesdays 2:00 - 4:30 pm

Jan 6 - Mar 31 (13 weeks)

2 tables available

(15 person maximum)

*Please register at Reception

Cost: \$24 All Members are welcome join in.



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

Tuesdays Jan 6 - Mar 31 (13 weeks) Cost: \$26

Thursdays Jan 8 - Mar 26 (12 weeks) Cost: \$24

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'!





FREE Sunday 2:00 pm Movies at Lord Lansdowne Theatre

Dec 21: It's a Wonderful Life (Christmas)

Jan 18: 2:15 To be announced (look for posters)

Feb 15: 2:15 To be announced

Mar 29: 2:15 To be announced

Must register in advance through Abbotsford Reception

(Members Only)



Men's Breakfast LIVE

Abbotsford's

Once a month in ...
Lord Lansdowne Penthouse:

-Thursday mornings 9:00 - 10:30 am

-Jan 8, Feb 5 & Mar 5

Cost: \$15 (to be paid upon registration)

Call us at : 613-230-5730



Lunch is Served...

Lunch is served by volunteers (cafeteria style) on Tuesday and Thursdays at 12 noon in the dining room.

Soup, sandwiches, fruit, salad, dessert (individually priced)

First come first served, don't miss out!

Free BINGO!

FRIDAY AFTERNOON LIVE

Jan 22, Feb 19 & Mar 19

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!

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Current Affairs and Discussion Club **LIVE** (self guided group)



Wednesdays Jan 21, Feb 18 & Mar 18

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!**

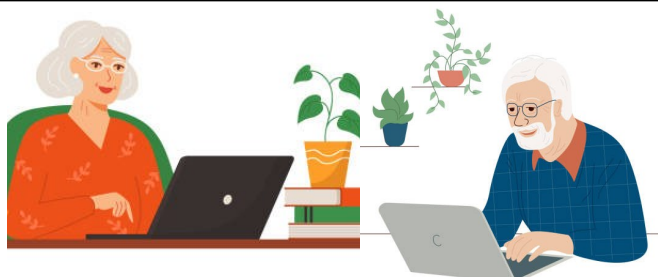
Abbotsford Discussion Club: **ZOOM**

Thursday Jan 8 - Mar 26 (12 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 (no camera on)

FREE for members

Thursdays 3:30 - 4:00 pm

Jan 8 - Mar 26 (12 weeks)

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.



Practice Playing Bridge With Bruno **LIVE**

Facilitator Bruno Dugas

Wednesdays 2:15 - 3:30 pm

Jan 14 - Mar 4 (8 weeks)

Cost: \$50



You have taken a Beginner Bridge Class, now you need to practice what you have learned with fellow 'newbies'. Bruno will be on hand to answer questions and guide you... *playing the hands you have been dealt!*

If you feel rusty and would like the assurance of a facilitator, this might be the session for you.

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

JAN 14: Paul Allen BA, BPE, M. Ed is a retired Ontario secondary school teacher and the author of: **When Tobacco Was King**, the story of the most profitable agricultural product ever. The book details the tobacco industry's birth in Virginia and North Carolina through its spread across the border into Canada. This biographical book is of a young North Carolinian, **Edward Dupree Allen** who was born and raised on a tobacco farm in Creedmoor, NC and came to Canada as a teenager to work in the tobacco fields of Ontario. Paul will share his father's story. It will be held **LIVE** and on **ZOOM** simultaneously.

JAN 21: Al Carl is the Chair of the Board of Directors of the **Prostate Cancer Support Group** here in Ottawa. Prostate Cancer Support Ottawa (PCSO) is a local volunteer organization of prostate cancer survivors and supporters. Prostate cancer is the most commonly diagnosed cancer among Canadian men, with one in eight men diagnosed in their lifetime. Alan will outline the statistics and flag how this group can help men recently diagnosed with prostate cancer and provide support to men and their families who continue to live with prostate cancer, while promoting awareness of this disease and associated issues. It will be held **LIVE** and on **ZOOM** simultaneously.

JAN 28: David Chernushenko is an Ottawa-based writer, speaker, photographer and explorer. He will be presenting his book, **Standing with Underdogs** which is a remarkable tale that is equally a family journey, personal voyage and universal story; a family that came from afar, at great risk, to start a new life against all odds. It will be held **LIVE** and on **ZOOM** simultaneously.

FEB 4: Micheal Price, Home Care Consultant, **Seniors Choice Home Care Inc.**, **Home Instead**, will be presenting **Fraud Prevention**, a practical presentation for seniors about recognizing, avoiding, and responding to common scams. He'll look at phone scams, online fraud, identity theft, and in-person deception, empowering us with tools to protect ourselves and our finances. It will be held **LIVE** and on **ZOOM** simultaneously.

FEB 11: Wanting Zhao, CFP, PFP, Senior Financial Planner, Personal and Business Banking, Ontario East Region, CIBC will be presenting on **wills and estate planning from a financial planning perspective**. Do you have a will? When did you last update it and what should you consider. Let's talk; bring pen and paper. This will be held **LIVE**.

FEB 18: 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: **Winter Birds of Ottawa**. Let's embrace winter; listen and look with informed ears and eyes. This will be held **LIVE**.

FEB 25: Laurence Wall spent 44 years working for CBC Radio at four different stations around the country. Included in that were 28 years as a radio news presenter for CBC Ottawa. He will share the role of the CBC in Canada's history when presenting: **Twentieth Century Canadian History through the Magic of Radio**. This will be held **LIVE**.

MAR 4: Ron Lavoie developed a passion for photography after a successful career helping immigrants learn English. His photographic practice includes architecture, the built environment, and landscapes. During the pandemic, he moved to Belleville, Ontario and completed a two-year program in Photojournalism. Ron will present **Japan Style, focusing on architecture and design in Japan**. It will be held **LIVE** and on **ZOOM** simultaneously.

MAR 11: Brian Lonsdale CIM, FCSI, CFP Senior Wealth Advisor & Portfolio Manager Canaccord Genuity Corp., will be presenting **investment strategies and products for seniors**. Bring a pen, we will be discussing complex tax considerations, registered accounts, not-registered investment accounts, income splitting and other financial considerations for those 'of a certain age'. This will be held **LIVE**.

MAR 18: Sachiko Okuda is a volunteer with the **Ottawa Japanese Community Association** whose parents were born on Vancouver Island. She will be presenting: **Japanese-Canadian Internment and Japanese-Canadian Redress**. During the Second World War, Sachiko's parents, along with 22,000 other Japanese Canadians, were forcibly uprooted, interned and dispossessed. Sachiko's presentation balances the story of systemic racism with the story of the community's resilience and the ultimate achievement of redress. It will be held **LIVE** and on **ZOOM** simultaneously.

MAR 25: Lori Mell is a volunteer with **Dying with Dignity**. She or one of her colleagues will be presenting: **End of Life Options, including MAID**. They will educate us on the options available to mitigate or end suffering at life's end, including palliative care, treatment options and medical assistance in dying (MAID). You will receive information on current legislation on MAID, the process for applying in Ontario and an explanation of the experience by a loved one. 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

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, Jan 20, Feb 17 & Mar 17 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.

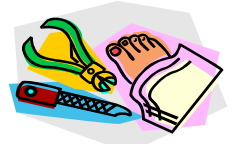
Lockers:

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



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.



Monthly Blood Pressure Clinic

FREE service for members monthly:

January 22, February 19 & March 26

This service, provided by *The Vista on Sparks Retirement Residence*.

Thursdays by appointment: 10 am - 12 noon

Call 613-230-5730 to register.



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



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 Wed Dec 24 through Thurs Jan 1 and on Monday February 16, 2026