



Business Hours Monday to Friday 8:30 am - 3:30 pm

2020 OGILVIE ROAD, OTTAWA, ONTARIO K1J 7N8
Tel: (613) 749-1974 • Fax: (613) 749-8211 •
gsac@storm.ca www.storm.ca/~gsac

Fun, Friendship and Activities for 50+

Sept - Dec 2017

Gloucester 50+ Needs your help.

Your generous donation will help provide a safe, fun, social environment for seniors 50+ to energize their spirit, mind and body! Meals, exercise, games and socialization are tools that help reduce social isolation that may lead to a decline in overall health. Your donations will result in untold benefits to many! We are a Charitable Organization that provides Income Tax receipts for donations \$20.00 and over. Please include us as a priority Charity on your list of Charities and share that information with your family. Our Centre has been a life line for many people, if you are one of them or know one of them please make sure our story is heard for many years to come.

Donations are accepted by Cheque, Cash, Debit, Credit or over the phone by Credit.

Carol Nicholson (President)
On behalf of 2017-2018
Board Of Directors
11894 0535 RR0001



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Insert:

JOHNSON 

The mission of this Centre is to enhance the quality of life of seniors of the City of Ottawa by disseminating relevant information and providing recreational, educational, cultural and related support services mainly through the utilization of senior volunteers.

The Centre gratefully acknowledges the financial support of:

Volunteer Board of Directors

Carol Nicholson - President
Leonard Klein - Secretary
Danielle Lapointe - Treasurer
Cecile Schryburt - Vice President
Marilyn Johnson - Vice President
Jim Eadie

Carol-Anne Faucher
Albert Faucher
Jackie Lafontaine
Mark Merriman
June Ranger
Hélène White



We are a registered Charity #11894 0535 RR0001. Tax receipts will be provided for donations over \$20.00. Please remember us as your Charity of Choice. Many Thanks.

Reports

President's Report

Hi everyone. Hope you all had a nice summer. It's amazing how fast it goes by – especially when we started the season with so much rain!

I would like to welcome our two newest board members June Ranger and H el ene White. It's great to have our full complement of Board Members around the table.

As a result of our Vice President Marilyn Johnson's hard work with the Food Services Survey, we have taken your responses to heart and we are going to change the format of the Thursday Lunches for a four month trial basis.

Thursday lunches will be offered on a "first come, first serve" basis, there will be no pre-registration required. An   la carte menu and a three course meal will be available. The cost for a three course meal will remain at \$8.00 and all other food choices will remain at their present prices. All meals will be paid for as you order at the food counter.

The suggestion box is located by the microwave at the back of the main hall and we welcome any comments or suggestions you have. Please include your name so the Board can respond.

We have a lot of things in store for our members from now until the end of December.

Your donations are very important to the operation of our Centre. Dollars raised contribute to our programs and activities and create a centre of which we can all be proud.

Don't forget to come out and support our most popular and largest fundraising event, the Annual Tinsel Tea and Bazaar on Saturday, November 4, 2017.

Looking forward to seeing everyone in their dancing shoes at the 30th Anniversary party on Tuesday October 24, 2017.

If there is anything we can do for you, don't hesitate to see me or any one of the other Board members. Have a great Fall and hope to see you around the Centre. Carol Nicholson, President

Executive Director's Report

What a party! Canada 150 and our new Logo!! Happy 30th Anniversary to you all! I hope you can join the celebration of all your hard work on Tuesday October 24th when we celebrate our 30th Anniversary. Jackie Lafontaine and the Board of Directors have a wonderful event planned for you with a photo booth, dancing with Robin Averill at this licensed event. Tickets will be available in late August.

If you have attended the last two Annual Meetings you may remember me speaking about the importance of donating to the Centre. Donations are important to our Centre. Donations help maintain equipment, keep our events and course fees low and are an integral part of our budget process. The Board and I understand that all costs and fees are on the rise, however the benefits we all receive from this wonderful organization are priceless. Please help us spread the word. Please let your friends and family know we are a registered charity and we provide tax receipts for all donations over \$20.00. Did you know we also receive monetary compensation from Johnson Insurance (just for getting a quote) and also from Ottawa Valley Tours? For more information about how you can help, please visit Reception.

Thanks to the Ministry of Senior's Affairs and the OACAO, we are hosting an Active Living and Senior Information Fair on Friday October 6, 2017.

I would like to take this time to thank HRSDC Summer Jobs program. This year Tyler McDougall was a huge asset at Gloucester 50+ Centre!! He worked very hard behind the scenes! Special thanks to RBC (Astrid Parks) and Tyler for the wonderful Grandparents' Day. His multi talented nature and fantastic work ethic will take him to great places. Good Luck in all your future endeavours!

And on to Tinsel Tea and Bazaar, Thanksgiving and Christmas!

"September days are here, with Summer's best of weather and Autumn's best of cheer." Helen Hunt Jackson



Tinsel Tea and Bazaar
10 am to 2 pm Saturday
November 4, 2017
Bake Table
Knitting/Quilting
Silent Auction
Treasure Room
Crafts
Straw Draw

Let's make this the best yet!
Volunteers and Donations are needed.
Please inquire at Reception for
opportunities to be involved. Please bring
your gently used or new items to the Centre
from October 23 to November 1.
Thank you for your generosity!

WELCOME NEW MEMBERS!

Dawn Adams, Frank Alberti, Marilyn Alberti, Heather Bennett, Rose Bergevin, Yolande Bernard, Thérèse Brazeau, Ranjana Chopra, Sylvie Demers, Steve Donoghue, John (Dave) Dorey, Linda Duinker, Roseline Dupuis-L'Heureux, Rolf Feldman, Judy Filotas, Louise Graveline, Denise Halka, Heather and Stephen Harwood, Richard Holock, Emma Jelini, Sandra Knight, Angie Lüten, Louis Morissette, Edmée Ngol, Christopher O'Hara, Evelyn Palmer, Geeta Phansalker, Suzanne Robinson, Verna Schwartz, David Scrimger, Randy Sell, Juanita Smith, Lynne Smith, Mildred Walker, Moira Walman, Jane Weber.

New Member Orientation Thursday November 23 from 10 to 11:30 am



Please come and join us for a Coffee/ Tea, snack and information. Meet fellow new members or potential new members and learn all about us! Bring all your questions about Programs and Services! RSVP at Reception.



Pot of Gold Results

July 27, 2017	David Berry	\$505.50
Near future	Your Name Here	\$????.??

Rentals

Looking for a place to hold your special event with reasonable rates? Please call the Centre at (613) 749-1974 for booking information and availability.



In Sympathy



Trudy Schliebener March 2017
 Elizabeth Raymond's mother Harriet Kalijundic March 2017
 Scotty Forrest April 2017
 Naeema Matuk's niece Lina April 2017
 Helmut & Christa Gieseler's daughter Kerstin Cairns April 2017
 Dorothy Roy May 2017
 Bernie Lemieux's wife Marthe June 2017
 Os Hoch's mother July 2017

For Your Information

We have a Choir! The Gloucester Songsters!

Performances in the Community spread good cheer, bring smiles and fond memories to many people. Being a part of this wonderful group of volunteers is easy, just contact us and we will get you in touch with the Choir.

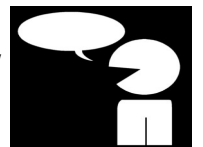


Lending Library and Puzzles!

Feel free to browse and borrow our Paperback books and Puzzles. The service is free. Take as many as you like. Donations of puzzles and paperback books are welcomed (space limited). No hard cover books please.

Tell us!

If you know of a member who is sick or recuperating from an illness or operation, please let us know at Reception. We will send a card from the membership!



Services & Events



Complimentary Blood Pressure Clinic ♦ Sept 21 ♦ Oct 19 ♦ Nov 16 ♦ Dec 21 - Amica at Bearbrook



Tired Sole FootCare Clinic ♦ Sept 13 & 27 ♦ October 11 & 25 ♦ Nov 8 & 22 ♦ Dec 6 & 20 (\$27 (Mem \$25))



Complimentary Hearing Clinic ♦ Sept 6 - Kowalski Hearing Clinic

Come Celebrate our 30th Anniversary Tuesday October 24, 2017



Meet & Greet 11:00 am
Opening Remarks 11:30 am
Dinner 11:50 am
Speeches 1:00 pm
Robin Averill 1:30 - 3:30 pm
Photo Booth 1:30 pm
Tickets \$25.00

This event is licensed, tickets are limited

*Menu: Your choice of Roast Beef or Chicken
Seating and Menu preference to be chosen at ticket purchase*

Special Event Lunches RSVP and Payment required Tuesday before the Event

Welcome Back Lunch Thursday September 7 Compliments of Board of Directors for Members

Senior Active Living and Information Fair October 6 Sponsored by OACAO & MSA

30th Anniversary Dinner and Dance Tuesday October 24 \$25

St. Andrews Day with the Celtic Plus Band Thursday Nov 30 - Irish Stew \$10

Remembrance Day Service - LBP - Vimy Ridge Friday November 10 Reception lunch \$4

Traditional Christmas Dinner Licensed Thursday December 14 \$18

Tourtière Lunch Thursday December 21 \$8



Booking a trip with Ottawa Valley Tours?

We receive a commission for all trips booked by Gloucester 50+ members.
Be sure to identify yourself as a Member of our Centre and also let us know which trip (s) you are booking.
Happy Trails!

WORKSHOPS

Fall Prevention – Nina Lepage \$12 Wednesday September 27 from 9:45 am to 11:15 am

Nordic Walking - Nina Lepage \$10 Thursday September 14 from 10:00 am to 11am

New Member Orientation Thursday November 23, 2017 from 10:00 am to 11:30 am



Advance Care Planning/Medical Assistance In Dying - Dying with Dignity Canada
Wednesday November 22 from 9:00 to 11:00 am

Bead Workshop - Carol Nicholson Friday November 24 from 1:00 to 3:00 \$10

What Is Really Out There? - A Place for Mom Friday October 27 from 1:00 pm to 2:00 pm

Dying To Talk - Basic Funerals Friday October 20 from 1:00 pm to 2:00 pm.

Reiki Healing Circle - Hélène White/Sharon Oatway
Cost: Donation to Centre. Friday Oct 13 from 1:00 to 2:30 pm &/or Dec 15 from 1:00 to 2:30 pm.

Gloucester Songsters

Fall 2017 Practice Schedule

1:00 to 3:00 pm

September 11, 18 & 25

New members welcome!
Leave a message for
Shirley at 613-749-1974



Intergenerational Alzheimer's Program

Gloucester 50+ Volunteers team up with Lester B. Pearson High School students and Extencicare Laurier Manor staff to offer a monthly activity for people living with dementia. This inspiring program collaborates the wisdom, age and youthfulness of approximately 20 volunteers and creates an atmosphere of memories and laughter.

Join Us!



Ottawa Valley Tours™
MOTORCOACH HOLIDAYS

Mistletoe Magic & Sounds of the Season

Join Leisa Way and the Wayward Wind Band for their brand new Christmas Extravaganza! Fiddles, sing -a- long and step dancing reindeer!

Saturday December 16, 2017

Visit Registration for more information

Registered Courses

Intermediate Watercolour– Cécile Rancourt F17INTWC Wednesday 9:30 to 11:30 am Sept 20 to Dec 6 (no class Oct 4) \$165(Mem \$110) 11 weeks	Intermediate Acrylic/Oil Painting - Tricia Savoie F17INTOIL Monday 9:30 to 11:30 am Sept 18 to Dec 4 (no class Oct 9) \$165 (Mem \$110) 11 weeks
Beginner Watercolour - Cécile Rancourt F17BEGWC Monday 9:30 to 11:30 am Sept 18 to Dec 4 (no class Oct 2 & 9 & 30) \$135 (Mem \$90) 9weeks	Beginner Acrylic/Oil Painting - Tricia Savoie F17BEGOIL Wednesday 1:00 to 3:00 pm Sept 20 to Dec 6 \$180 (Mem \$120) 12 Weeks
Zumba Gold - Susan Sloan F17ZUM Monday 11:30 am to 12:30 pm Sept 18 to Dec 4 (no class Oct 9) \$82.50 (Mem \$55) 11 Weeks	 Mat Yoga - Kim Hannah F17MAT Wednesday 11:30 am to 12:30 pm Sept 20 to Dec 6 (no class Nov 1) \$82.50 (Mem \$55) 11 Weeks
Write It Now! - Judith Coulter F17Write Mondays 1 to 2 pm Oct 2 to Dec 4 (no class Oct 9 & 30) \$16 (Mem \$8) 8 Weeks	 Chair Yoga - Kim Hannah 9 Weeks F17CHAIR1 Wednesday 12:40 to 1:40 Sept 20 to Dec 6 (no class Nov 1) \$82.50 (Mem \$55) 11 weeks
Fitness Chair and Beyond - Nina Lepage F17FITUE Tuesday 9:30 to 10:30 am Sept 19 to Dec 5 (No class Oct 24) \$82.50 (Mem \$55) 11 weeks	 Chair Yoga - Kim Hannah 9 Weeks F17CHAIR 2 Wednesday 1:45 to 2:45 Sept 20 to Dec 6 (no class Nov 1) \$82.50 (Mem \$55) 11 weeks
Core Strength - Nina Lepage F17CORTU Tuesday 10:35 to 11:35 am Sept 19 to Dec 5 (No class Oct 24) \$82.50 (Mem \$55) 11 weeks	 Chair Yoga and Beyond - Nina Lepage F17FITHU Thursday 9:30 to 10:30 am Sept 21 to Dec 7 (No class Oct 26) \$82.50 (Mem \$55) 11 Weeks
Conversational French - Salwa Khouzam F17FRENCH Tuesday 2:00 to 3:00 pm Sept 19 to Dec 5 (no class Oct 3, 10, 24 & 31) Basic fluency required \$16 (Mem \$8) 8 Weeks	 Core Strength - Nina Lepage F17CORTH Thursday 10:35 to 11:35 am Sept 21 to Dec 7 (No class Oct 26) \$82.50 (Mem \$55) 11 Weeks
Tai Chi - Master Peter Chan F17TAI Wednesday 9:30 to 11:00 am Sept 20 to Dec 6 \$135 (Mem \$ 90) 12 Weeks	 Zumba Gold - Susan Sloan F17ZUMTH Thursday 11:45 to 12:45 pm Sept 28 to Dec 14 \$90 (Mem \$60) 12 Weeks

Registration for the courses listed above is **September 5, 6, 7, 8, 11, 12, 13**. Member prices for Fall Courses will not be honored after September 13, 2017. Registration can be completed in person with Cash, Debit, Credit or Cheque or over the phone with a Visa or Master Card.

Special thanks to our team of instructors! They are working diligently behind the scenes as well as during their classes to offer you the best experience possible. If you have suggestions for other classes please let us know, fill out a yellow suggestion card or visit Reception. Enjoy your Fall Session, and thank you for honoring our registration period.



This logo identifies physical activity courses that meet the University of Ottawa Heart Wise Exercise Program criteria.


Activities and Courses

Please refer to monthly calendars (p. 8-11) for changes/cancellations.

MONDAY

Shuffleboard	12:30 to 2:30
500	12:30 to 2:30
Duplicate Bridge	6:00 to 9:00

TUESDAY

Knitting/Quilting/Crafts	9:30 to 11:30
Pétanque– Atout	10:00 to 11:30
Sandbags	12:30 to 2:00
Whist 	12:30 to 3:00

WEDNESDAY

Social Bridge	9:30 to 11:15
Bridge (sign in at noon)	12:30 to 3:00

THURSDAY

Stamp Club (see calendar)	9:30 to 11:30
Bazaar Quilt (see calendar)	9:00 to noon
Bid Euchre	9:00 to 11:30
Bingo	1:00 to 3:00
Euchre	1:00 to 3:00

FRIDAY

Cribbage	9:30 to 11:30
Darts - Sign in 9:45 am	10:00 to 11:30
Bridge - Sign in noon	12:30 to 3:00
Carpet Bowling Sign in 12:15 pm	1:00 to 3:00

SATURDAY

Benefit Bridge
Contract Bridge Party

SUNDAY

Bid Euchre and Social Bridge
Darts - See calendars

Drop in Activities

MONDAY

Oil Acrylic	9:30 to 11:30
Watercolour	9:30 to 11:30
Zumba	11:30 to 12:30
Write it Now	1:00 to 2:00

TUESDAY

Fitness	9:30 to 10:30
Core	10:35 to 11:35
French Conversation	2:00 to 3:00

WEDNESDAY

Tai Chi	9:30 to 11:00
Mat Yoga	11:30 to 12:30
Chair Yoga 1	12:40 to 1:40
Chair Yoga 2	1:45 to 2:45
Beginner Oil/Acrylic	1:00 to 3:00

THURSDAY

Fitness	9:30 to 10:30
Core	10:35 to 11:35
Zumba	11:45 to 12:45

Registered Courses

Registered Courses

Member Rewards

Guests are permitted to come to Drop in Activities (Monday to Friday) 3 times before they purchase a Membership.


Please visit Reception to obtain Guest Passes. When a Member brings a friend to the Centre and they purchase a Membership, that Member will receive a complimentary Thursday Lunch Voucher. Weekend Drop In Activities are open to Members and Non Members who pay the associated fee.

All Registered Courses are for registered participants only, however you can **TRY** a Registered Course for free. **For more details please visit Reception.**

Drop in Activities



September 2017


Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h2 style="margin: 0;">Rideau Carleton Slots</h2> <p style="margin: 0;">Evening Trip Thursday November 9 Day Trip Wednesday December 20</p> 					1 Membership Dues Cribbage Darts Bridge Carpet Bowling	2 Benefit Bridge
3	4 Closed 	5 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist	6 Social Bridge Bridge 	7 Bazaar Quilt Welcome Back Beef and Macaroni Bid Euchre Bingo Euchre	8 Cribbage Darts Bridge Carpet Bowling	9
REGISTER NOW						
10 Bid Euchre Social Bridge Darts	11 Shuffle Board 500 Duplicate Bridge Songsters	12 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist	13 Social Bridge Bridge  What's Out There	14 Stamp Bid Euchre Turkey Chili Bingo Euchre Nordic pole walking 10 am	15 Cribbage Darts Bridge Carpet Bowling	16 Rental 11 am to 2 pm Contract Bridge Party
REGISTER NOW						
17 Darts Teen Angel Tree	18 Shuffle Board 500 Duplicate Bridge Songsters Oil Acrylic Watercolour Zumba	19 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core French	20 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil	21 Board Meeting Bid Euchre Baked Tilapia Bingo Euchre Fitness Core	22 Cribbage Darts Bridge Carpet Bowling	23
24 noon to 6 Duplicate Bridge Tournament No other programs	25 Shuffle Board 500 Duplicate Bridge Songsters Oil Acrylic Watercolour Zumba	26 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core French	27 Social Bridge Bridge  Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil Fall Prevention	28 Bazaar Quilt Bid Euchre Hot Beef Sandwich Bingo Euchre Fitness Core Zumba	29 Cribbage Darts Bridge Carpet Bowling	30

 (01) Louise G, Donna B, Lynn S, Margrit Ch, Colleen E; (02) Dave B; (04) Madryn Z, Marjorie A, Pansy H, Liz HI, Florence H (05) Lucy H, Francoise C, Alice A; (06) Phyllis F, Jane W; (07) Marilyn S, Dora T, Gayle T, Elaine L; (08) Dee N, Louise C, Clarence D, Dell P, Mary G, Judy L; (09) Mary A; (12) Doreen A; (13) Merlene Mac, Sandra T, Sylvie P, Evelyn C; (14) Sandra Mc; (16) Thelma G, Douglas G; (18) Mary V; (20) Rosemary I, Terry T, Peter L, Luella H, Susan D; (22) Jamie G, Bernice Sh; (24) Fran L, Ann G, Valerie R, Yolande La (25) Evelyn W, Ranjana C; (26) Ivy S, Lynne W; (27) Kenneth W, Bob S, Judith C, Diane T, Irene B, Caroline P; (28) Norman A; (30) John G, Hanni J, Albert F, Aline B.

Fall 2017




October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bid Euchre Social Bridge Darts	2 Shuffle Board 500 Duplicate Bridge Oil Acrylic Zumba Write it Now	3 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core	4 Social Bridge Bridge Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil OVT Fall Colours	5 Bazaar Quilt Thanksgiving Lunch Bid Euchre Bingo Euchre Fitness Core Zumba	6 Seniors Active Living and Information Fair Sponsored by: OACAO Ontario Ministry of Seniors Affairs	7 Benefit Bridge
8	9 Closed  Happy Thanksgiving	10 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core	11 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil	12 Stamp Bid Euchre Meat Loaf Bingo Euchre Fitness Core Zumba	13 Cribbage Darts Bridge Carpet Bowling Reiki Healing Circle	14
15 Bid Euchre Social Bridge Darts	16 Shuffle Board 500 Duplicate Bridge Oil Acrylic Watercolour Zumba Write it Now	17 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core French	18 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil	19 Board Meeting Bid Euchre BBQ Chicken Legs Bingo Euchre Fitness Core Zumba	20 Cribbage Darts Bridge Carpet Bowling Dying To Talk	21 Contract Bridge Party
22 Darts	23 Oil Acrylic Watercolour Zumba Write it Now Anniversary set up	24 Anniversary Dinner and Dance No programs	25 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil Duplicate Bridge	26 Bazaar Quilt Bid Euchre Shepherd's Pie Bingo Euchre Fitness Core Zumba	27 Cribbage Darts Bridge Carpet Bowling What is really out there?	28
29 Bid Euchre Social Bridge Darts	30 Shuffle Board 500 Duplicate Bridge Oil Acrylic Zumba	31 Pétanque– Atout Whist Fitness Core 	Workshops are listed on page 5 Many of the presentations are done by volunteers and are free of charge. If there is a workshop you may be interested in and we haven't hosted them yet, please let us know by filling out a "Member Suggestion Card" located by the coffee cups in the back of the Main Hall. Please check out the Fall line up of Workshops! Please RSVP at Reception See you there!			

 (01) Kathy T, Frank C, Louis M (05) Jean-Paul M, Carrol Jt; (07) Diane D, Don J; (09) Fred L, Herb H; (10) Donna Mac; (11) Jim M, Hank F, Micheline G; (12) Helmut G, Jackie P, Gwen C; (13) Judy W; (16) Nicole H, Mark Wh; (17) Anita C, Richard H; (18) Dawn T; (19) Barry K, Elizabeth B, Terry R, André C, Fernand F, Leonard K; (20) Bill S, Steve D; (21) Aline Sh, Carmel B-Ch; (22) Ruth L, Merle Ql, John C, Carole De Ch, Betty Mac, Gary J; (23) Stan G, Keith Mc, Hilla O; (26) Elsie M, Dick C; (27) Catharina O'H; (28) Ronald J; (29) Nancy Ch, Mireille B; (30) Liz B, Stan W, Betty E.

Fall 2017


November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>EORC Teen Angel Tree & Gloucester Emergency Food Cupboard. Please remember our Community Partners. Details will be available in the Centre.</p>			1 Social Bridge Bridge Watercolour Tai Chi Beg Oil	2 Bid Euchre Pork Chops Bingo Fitness Core Zumba	3 Bazaar Set up NO Programs	4 Annual Tinsel Tea & Bazaar
5 Darts	6 Shuffle Board 500 Duplicate Bridge Oil Acrylic Watercolour Zumba Write it Now	7 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core French	8 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil	9 Stamp Bid Euchre Baked Ham Steak Bingo Euchre Fitness Core Zumba Evening Slots	10 Bridge Carpet Bowling Remembrance Day Ceremony and Reception Lunch	11 
12 Bid Euchre Social Bridge Darts	13 Shuffle Board 500 Duplicate Bridge Oil Acrylic Watercolour Zumba Write it Now	14 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core French	15 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil	16 Board meeting Bid Euchre Spaghetti and Meat Sauce Bingo Euchre Fitness Core	17 Cribbage Darts Bridge Carpet Bowling	18 Contract Bridge Party
19 Darts	20 Shuffle Board 500 Duplicate Bridge Oil Acrylic Watercolour Zumba Write it Now	21 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core French	22 Advanced Care/ Medical Assistance in Death Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil	23 New Member Orientation Bid Euchre Pulled Pork Bingo Euchre Fitness Core Zumba	24 Cribbage Darts Bridge Carpet Bowling Bead Workshop	25
26 Bid Euchre Social Bridge Darts	27 Shuffle Board 500 Duplicate Bridge Oil Acrylic Watercolour Zumba Write it Now	28 Knit/Quilt/Craft Pétanque– Atout Sandbags Whist Fitness Core French	29 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil	30 Bid Euchre Euchre St. Andrew's Day Entertainment No bingo Fitness Core Zumba	 <p>Please keep the Centre Safe and Dry! No outdoor footwear in the Lounge or Main Hall!</p>	

(01) Sam L, Micheline L; (02) Jean L; (03) Lars T; (04) Georgette B, (04) Rita C; (05) Carol T, Dawn A; (06) Rhéa G, Simone B, Sylvie D; (07) Helene J, Gordon N; (09) Jitka P; (10) Didi L, Linda D; (11) Gerda C, Linde V, Ana D; (12) Dianna G; (13) Raymonde C, (14) Carmella F, Michel G; (16) Claude M, Bernadette B; (17) John B, Sandra G; (20) Rosemary B, Nancy L, Nancy H, Liloutee R, Dianne B; (21) Astrid P; (25) Jane W; (26) Lisa D; (28) Causette M-D, Rosamaria Z; (29) Lise L, Roseline D-L; (30) Jackie L.

December 2017 gift pick up must be in the calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p style="text-align: center;">Winter Program Registration January 2, 3, 4 and 5. Register in person with Cash, Cheque, Debit or Credit. Use MasterCard or Visa by phone.</p>					1 Cribbage Darts Bridge Carpet Bowling 	2 Benefit Bridge
3 Darts	4 Shuffle Board 500 Duplicate Bridge Oil Acrylic Watercolour Zumba Write it Now	5 Knit/Quilt/Craft Pétanque- Atout Sandbags Whist Fitness Core French	6 Social Bridge Bridge Watercolour Tai Chi Mat Yoga Chair Yoga 1&2 Beg Oil 	7 Bid Euchre Lasagna Bingo Euchre Fitness Core Zumba	8  Cribbage Darts Bridge Carpet Bowling Teen Angel Gift Pick Up	9
10 Bid Euchre Social Bridge Darts	11 Shuffle Board 500 Duplicate Bridge	12 Knit/Quilt/Craft Pétanque- Atout Sandbags Whist	13 Social Bridge Bridge	14 Stamp Bid Euchre Euchre Zumba  Christmas Dinner Papa's friends Perlina Jewelry	15 Cribbage Darts Bridge Carpet Bowling Reiki Healing Circle	16 Contract Bridge Party OVT Mistletoe Magic & sounds of the Season
17 Darts	18 Shuffle Board 500 Duplicate Bridge	19 Knit/Quilt/Craft Pétanque- Atout Sandbags Whist	20 Social Bridge Bridge Day Slots 	21 Bid Euchre Bingo Euchre Tourtière Lunch	22 Cribbage Darts Bridge Carpet Bowling	23
24/31 	25 	26	27	28	29	30 
<p><i>May your holidays be filled with light and happiness and may it last the whole New Year!! Health and Happiness to all in 2018!</i></p>						


 (01) Maurene A; (03) Chandra V, David D; (04) Lynn G, Rachel M; (05) Dorothy R; (06) Monica R; (07) Kelly D; (08) Gladys C; (09) Adelaide JP, Lynne S; (10) Lynn R, Janet L, Marilyn P; (11) André G; (13) Betty J, Debbie K, Joan R; (15) Margaret H; (16) Maureen F; (18) Suzanne C; (20) Helen S; (22) Judy M; (24) Doris H, Gail A; (25) Carmen L; (26) Bonnie S, Emile C; (27) Susan B, Henriette L; (28) Muriel P, Stan M; (29) Louise C, Dale F, Connie M; (30) Owen B, Barbara L; (31) Cece Mc.

Fall 2017 Course Descriptions

Fitness

Stretch, tone and gain or maintain your personal fitness level. The Instructor will combine hand weights, exercise bands and functional movements increasing your range of motion and flexibility in a fun, social and non-competitive atmosphere. All levels of fitness are welcome. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Core

Find your core muscles! Posture, balance, confidence and flexibility are all enhanced with movement and exercise designed to strengthen core muscles. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Zumba Gold

Join this awesome Latin Style dance/exercise Fitness class. This class has been described as "Exercise in Disguise". Learn dance moves you never imagined with the safety and comfort of a trained instructor. Wear comfortable clothing, supportive, closed toe foot wear and bring a water bottle. Leave your inhibitions at the door and have fun!

Wu – Style Tai Chi

Cultivate your inner Chi and improve your balance while you reduce your risk of falls. Stretches reach into the pelvis, where a number of back problems begin and will relieve the deep, tension-holding areas of the back, neck and shoulders. Even as a beginner, it's possible to master the moves in Wu Tai Chi. Please wear comfortable clothing and bring a water bottle.

Chair Yoga

In a seated position gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is gently designed for those who cannot easily get up and down from a floor mat. Namaste.

Mat Yoga

Improve your flexibility, balance and strength, feel wonderful and enjoy the benefit of increased circulation and feelings of peace and gratitude. Bring your yoga mats, water bottle and comfortable clothing. Namaste.

Oil/Acrylic Painting – Beginner

Budding Artists will learn the importance of colour and techniques in this class designed just for beginners. The instructor will provide comprehensive instructions on all facets of Oil/Acrylic painting while working in unison on the same project as the students. Please see Reception for supply list.

Oil/Acrylic Painting - Intermediate

Experienced painters will love this dynamic class. The instructor embraces the creativity of each individual artist while preserving the art of instructional techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Monday Beginner

Students new to Watercolour will learn the basics and discover their inner artist. The instructor embraces the creativity of each individual artist while preserving the art of proper techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Wednesday Intermediate

Experienced painters will love this dynamic class. The instructor embraces the creativity of each artist while preserving the art of teaching proper techniques. Painting supplies required. Please see Reception for supply list.

Write It Now!

Join a group of budding writers who want to preserve memories and stories for their loved ones. This fellowship will share stories, laugh, cry and applaud. Your stories will be safe with them! Come have fun and fellowship!

French Conversation

Brush up on your French conversation skills with Salwa Khouzam. She will help you increase your confidence and vocabulary in a relaxed friendly environment. Basic fluency required. Bonne Chance!

All Physical Fitness Courses and Activities require a PAR-Q (Physical Activity Readiness Questionnaire) every Membership Year. The PAR-Q can provide instructors with information to plan and design your classes. We will give you a new form at Registration. Thank you for filling one out.

The Heart Wise Exercise programs are intended for participants who are interested or concerned about their health.

Heart Wise Exercise programs meet the following criteria:

1. Encourages regular, daily aerobic exercise.
2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions.
3. Allows participants to exercise at a safe level and offers options to modify intensity.
4. Includes participants with chronic health conditions – physician approval may be required.
5. Offers health screening for all participants.
6. Has a documented emergency plan that is known to all exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED.

These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.



Refunds requests will be considered up to two weeks after the course start date and will reflect the amount of classes taken and an administration fee. Courses that are cancelled by G50+ will be refunded the amount of classes cancelled. Refunds will be payable by cheque.