



Fall 2018

2020 OGILVIE ROAD, OTTAWA, ONTARIO K1J 7N8
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Email: info@gloucester50plus.ca
Website: www.gloucester50pluscentre.ca

Fun, Friendship and Activities

September to December 2018



Tinsel Tea & Bazaar
Saturday November 3, 2018
10:00 am to 2:00 pm
Delicious Tea Room Treats
Bake Table
Arts & Crafts
Straw Draw
Silent Auction



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Welcome to Fall!

Talk about the winds of change as we anticipate the move to the renovated Pat Clark Centre! The Board of Directors and the committee volunteers and staff will be working behind the scenes to prepare for the transition. We are counting on your support and enthusiasm as we take on this new space.

Who We Are & How We Operate!

We are Incorporated by the Province of Ontario and recognized as a Registered Charity by the Federal Government. 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. Our Major Funders include City of Ottawa, Provincial Ministry for Seniors and Accessibility & the Federal Government. There are opportunities for the members to become more active in the business of the organization as a member of the Board of Directors. Please consider offering your time and expertise. Watch the bulletin board in January for a call for Nominations. See you soon!

Volunteer Board of Directors

Carol Nicholson - President
Leonard Kleine - Secretary
Danielle Lapointe - Treasurer
Cécile Schryburt - Vice President
Marilyn Johnson - Vice President
Jim Eadie

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



JOHNSON 

The Centre gratefully acknowledges the financial support of:



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.

WELCOME NEW MEMBERS!

Manuel Alialy, Debi Arnoni, Genoveva (Gen) Arturo, Eva Amelia Beland, Randy and Marguerite Born, Bill Buck, Pennie Carter, Margaret Chow, Larry Conroy, Claudette Cote, Evelyn Dagenais, Marie Danyluck, Harvey Davey, Sylvie Delaquis, Bonnie Desormeaux, Margaret Disipio-Cinanni, Juliette Flanagan, Tino Flores, Barbara Gligoric, Dorothy Grant, Raleigh Himantog, Rachelle Kowala, Vera Langlois, Dianne Laporte, Judy Larock, Suzanne Leroux, Zahra Mohseni, Thanh-Dung Nguyen, Norma A. Piché, Francine Piva, Claire Rochon, Ursula Savoie, Lenore Smith, Robert and Suzanne St. Denis, Jana Svec, Pierre Thibault, Maria Trumbach.

G50+ will offer a lunch voucher to a member who brings in a new member that joins the Centre.

Rentals

Looking for a place to hold your special event with reasonable rates? Please call (613) 749-1974 for a Rental Request Form to fill in and return to the Centre.



Pot of Gold Results

April 12, 2018	Ann Hill	\$451.75
May 24, 2018	Carol Nicholson	\$244.50

In Sympathy

- Rosemary Newman's Daughter Christine - July 23 2018
- Ruth Bertelmann - 14 July 2018
- Henriette Lemay's son Gerald - 12 July 2018
- Betty Eadie's sister Diane Jacques – 18 June 2018
- Lise Malouin's brother-in-Law Barry Cannon – 10 June 2018
- Marilyn Scribner's sister Marita Wellwood – 5 June 2018
- Georgette Bérard's daughter Debbie Lutz – 28 May 2018
- Grant E Lynch – 23 March 2018
- Elizabeth Grant's brother-in-law Tony Clegg – 23 May 2018
- Ralph Scribner's brother David Scribner – 10 May 2018
- Anita Raymond's husband Gerry Raymond – 8 May 2018
- Pauline Johnson – 30 April 2018
- Gerie Cronin's daughter Glenda-Gaye Cronin – 28 March 2018
- Rh ea Gravelle's brother G erard Gravel – 13 March 2018
- Tammie Taylor's grand-mother Christine Gardiner - 5 March 2018

For Your Information



**Free WiFi for Members!!!
Save your phone data!**

Get the Password at Reception.

Suggestion Box

Thank you for your suggestions. Give us an opportunity to speak with you and share information, please include your contact information. The suggestion box is located in the back corner of the Main Hall.



Services & Events

Services



Blood Pressure Clinic ♦ Sept 20 ♦ Oct 18 ♦ Nov 15 ♦ Dec 20 ♦ Compliments of Amica at Bearbrook



Foot Care Clinic ♦ Sept 12 & 26 ♦ Oct 10 & 24 ♦ Nov 7 & 21 Dec 5 & 19 Tired Sole



Hearing Clinic ♦ Sept 19 ♦ Nov 28 Compliments of Kowalski Hearing Clinic H.I.S

Special lunches



Welcome Back Lunch Thursday Sept 6
Non Member \$8.00 Spaghetti & Homemade Meat Balls

Thanksgiving Thursday Oct 4 \$10.00
Traditional Turkey Dinner & Pumpkin Pie

Remembrance Day Lunch Thursday Nov 8 \$8.00
Beef Stew & Bread Pudding

St. Andrew's Day Lunch Thursday Nov 29 \$10.00
Cock-a-leekie Soup, Scottish Meat Pie & Homemade Desserts

Traditional Christmas Dinner & Entertainment with Lauren Hall
(Licensed Event) Thursday Dec 13 \$18.00

Tourtière Lunch Thursday Dec 20 \$10.00

RSVP at Reception is required for all special lunches Tuesday before the event or call Reception with MasterCard or Visa.



Rideau Carleton Slots Trips

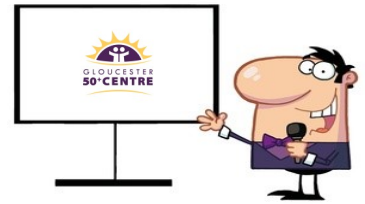
9:00 am departure G50+
Depart from RCR at 1:30 pm
\$14 (Mem \$12) RSVP required one week ahead.
Watch for upcoming dates!



Booking a trip with Ottawa Valley Tours?
We receive a commission for all trips booked by GSAC 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!

Fall Presentations/Workshops

RSVP required. Register early to avoid cancellations.
Please Visit Reception.



New Member Orientation

Thursday September 6 or

Tuesday November 27

10:00 to 11:30 am

Meet other new members! Enjoy refreshments
and learn about the G50+ Centre and all we offer.
RSVP at Reception.



Information & Active Living Fair

Tuesday October 23

9:00 am to 1:00 pm

Sponsored by:

OACAO

& Ministry for Seniors and Accessibility.

Vendors, Community Service Agencies,

Door Prizes, Workshops, lunch & more!

Please let us know if you are planning to attend!

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés



Essential Oils Workshop

Tuesday November 20

9:00 to 11:00 am

In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have long been used for food preparation, beauty treatment, and health-care practices. Mireille Thériault will donate 20% of items sold to the centre.

Act Now & Stay Sharp

Friday October 26

12:30 to 2:00 pm

The Ottawa School of Theatre
Presents an afternoon workshop to
awaken your inner actor!

Stay young, Have fun
Meet people, Entertain!

Cost: \$5.00



Reiki Healing Circle

Tuesday December 18

10:00 to 11:30 am

Discover strength, relaxation and ease in the Healing Circle. Join Master Reiki Practitioner Hélène and Practitioner Sharon as they share the wonder of Reiki with the group. An open mind and donation to the Centre are the only costs. The session will be followed with snacks and discussion.

Fall Courses

Intermediate/Advance Acrylic/Oil – Tricia Savoie F18OILM Monday 9:30 to 11:30 am Sept 17 to Dec 10 (No class Oct 8) \$180 (Mem \$120) 12 weeks	Intermediate Watercolour - Cécile Rancourt F18INTWC Wednesday 9:30 to 11:30 am Sept 26, Oct 3, 24 Nov 7, 21 Dec 5 \$90 (Mem \$60) 6 weeks
Beginner Watercolour - Cécile Rancourt F18BEGWC Monday 9:30 to 11:30 am Sept 24, Oct 1, 22 Nov 5, 19 Dec 3 \$90 (Mem \$60) 6 weeks	Beginner/Int Acrylic/Oil Painting - Tricia Savoie F18OILW Wednesday 1:00 to 3:00 pm Sept 19 to Dec 5 \$180 (Mem \$120) 12 Weeks
Zumba Gold - Susan Sloan F18ZUM Monday 12:45 am to 1:45 pm Sept 17 to Dec 10 (no class Oct 8 & 22) \$82.50 (Mem \$55) 11 Weeks	 Mat Yoga - Kim Hannah F18MAT Wednesday 11:30 am to 12:30 pm Sept 19 to Dec 5 \$90 (Mem \$60) 12 Weeks
Write It Now! - Judith Coulter F18WIN Mondays 1 to 2 pm Sept 17 to Dec 10 (No class Oct 8) \$18 (Mem \$12) 12 Weeks	 Chair Yoga - Kim Hannah F18CHAIR1 Wednesday 12:40 to 1:40 Sept 19 to Dec 5 \$90 (Mem \$60) 12 weeks
 Fitness - Nina Lepage F18FIT1 Tuesday 9:30 to 10:30 am Sept 18 to Dec 4 (No class Oct 30) \$82.50 (Mem \$55) 11 weeks	 Chair Yoga - Kim Hannah F18CHAIR 2 Wednesday 1:45 to 2:45 Sept 19 to Dec 5 \$90 (Mem \$60) 12 weeks
 Core Strength - Nina Lepage F18CORE1 Tuesday 10:35 to 11:35 am Sept 18 to Dec 4 (No class Oct 30) \$82.50 (Mem \$55) 11 weeks	 Zumba Gold - Susan Sloan F18ZUMW Wednesday 12:45 to 1:45 pm Sept 19 to Dec 5  \$90 (Mem \$60) 12 Weeks
Conversational French - Salwa Khouzam F18FRENCH Tuesday 2:10 to 3:10 pm Sept 18 to Dec 4 (No class Oct 16 & 23) Basic fluency required (Mem only \$10) 10 Weeks	 Fitness - Nina Lepage F18FIT2 Thursday 9:30 to 10:30 am Sept 20 to Dec 6 (No class Nov 1) \$82.50 (Mem \$55) 11 Weeks
Tai Chi - Master Peter Chan F18TAI Wednesday 9:00 to 10:30 am Sept 19 to Dec 5 \$135 (Mem \$90) 12 Weeks	 Core Strength - Nina Lepage F18CORE2 Thursday 10:35 to 11:35 am Sept 20 to Dec 6 (No class Nov 1) \$82.50 (Mem \$55) 11 Weeks



Registration for the Fall Session is **September 4, 5, 6, 7, 10,11,12.**
Member prices for Fall 2018 Courses
will not be honored after September 12.
 Registration can be completed in person with Cash, Debit, Credit
 or Cheque or over the phone with a Visa or Master Card.
 Please call **613-749-1974.**

Fall Activities & Registered Courses at a glance

Please refer to Calendars page 7 to 10

Drop in Activities

Drop in Activities

MONDAY

Shuffleboard	12:35 to 2:30
500	12:35 to 2:30
Duplicate Bridge	6:00 to 9:00

TUESDAY

Pétanque - Atout	10:00 to 11:30
Sandbags	12:30 to 2:00
Whist	12:35 to 3:00

WEDNESDAY

Social Bridge	9:30 to 11:15
Bridge (sign in at noon)	12:35 to 3:00

THURSDAY

Stamp Club (see calendar)	9:30 to 11:30
Bid Euchre	9:00 to 11:30
Bingo	1:00 to 3:00
Euchre	12:45 to 2:45

FRIDAY

Cribbage	9:30 to 11:30
Darts - Sign in 9:45 am	10:00 to 11:30
Bridge - Sign in noon	12:35 to 3:00
Shuffleboard	12:35 to 3:00

SATURDAY

Benefit Bridge	1:00 to 3:00
Chase the Ace	2:00 to 6:00
Duplicate/ Social Bridge	7:00 to 10:00 pm

SUNDAY

Bid Euchre	1:00 to 4:00
Social Bridge	1:00 to 4:00
Darts	2:00 to 4:00

MONDAY

Int/Advanved Acrylic/Oil	9:30 to 11:30
Beginner Watercolour	9:30 to 11:30
Zumba Gold	12:45 to 1:45
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
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WEDNESDAY

Int Watercolour	9:30 to 11:30
Tai Chi	9:00 to 10:30
Mat Yoga	11:30 to 12:30
Chair Yoga 1 & 2	12:40 & 1:45
Beginner Acrylic/Oil	1:00 to 3:00
Zumba Gold (new day)	12:45 to 1:45

THURSDAY

Fitness	9:30 to 10:30
Core	10:35 to 11:35

Registered Courses

Registered Courses







Enjoy your Fall Session, and thank you for honoring our registration period. If needed, refunds will be payable by cheque until the second week of your class. Administration fees will apply. 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.

Want to drop into a Course or Activity to see if it's a good fit for you? Please visit Reception to learn how.



This logo identifies physical activity courses that meet the University of Ottawa Heart Wise Exercise Program criteria. Visit the website or ask at Reception for a copy of the Winter Course descriptions.

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Benefit Bridge
2 No Darts	3  Happy Labour Day	4 Pétanque atout Sand Bags Whist	5 Social Bridge Bridge	6 Orientation Welcome back lunch Bid Euchre Bingo Euchre 	7 Cribbage Darts Bridge	8 Duplicate Bridge
Fall PROGRAM REGISTRATION						
9 Bid Euchre Social Bridge Darts	10 500 Shuffle Board Duplicate Bridge	11 Pétanque- atout Sand Bags Whist	12 Social Bridge Bridge 	13 Stamp Club Bid Euchre Cabbage Rolls Bingo Euchre	14 Cribbage Darts Bridge Shuffleboard	15 Chase the Ace
Fall PROGRAM REGISTRATION						
16 Darts	17 500 Shuffle Board Int Oil Zumba Gold WIN Duplicate Bridge	18 Pétanque- atout Sand Bags Whist Fitness Core French	19 Social Bridge Bridge  Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	20 Board Meeting  Bid Euchre Chicken Legs Bingo Euchre Fitness Core	21 Cribbage Darts Bridge Shuffleboard	22 Social Bridge
23 Bid Euchre Social Bridge Darts	24 500 Shuffle Board Int Oil Beg Watercolour Zumba Gold WIN	25 Pétanque- atout Sand Bags Whist Fitness Core French	26 Social Bridge  Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	27 Bid Euchre Stuffed Tenderloin Bingo Euchre Fitness Core	28 Cribbage Darts Bridge Shuffleboard	29
30	Duplicate Bridge					

September at a glance...
 Centre Closed Monday September 3
 Program Registration September
 4, 5, 6, 7, 10, 11, 12
 Welcome Back Lunch Thursday Sept 6
 New Member Orientation Thursday Sept 6








Foot Care by Tired Sole
 Appointments booked in advance at
 Reception. New Clients book 2
 appointments.
 Members \$25 Non Members \$27
 Receipts for insurance claims are provided.



A very special Happy Birthday to Laura Stuart who celebrated her 100th Birthday in July!














October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 500 Shuffle Board Int Oil Beg Watercolour Zumba Gold WIN Duplicate Bridge	2 Pétanque- atout Sand Bags Whist French Fitness Core	3 Social Bridge Bridge Int Watercolour Tai Chi Mat Yoga Beg Oil Chair 1 & 2 Zumba Gold	4 Bid Euchre Bingo Euchre Fitness Core Thanksgiving Dinner	5 Cribbage Darts Bridge Shuffleboard	6 Benefit Bridge
7 Darts	8 	9 Pétanque- atout Sand Bags Whist Fitness Core French	10  Social Bridge Bridge Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	11 Stamp Club Bid Euchre Meat Loaf Bingo Euchre Fitness Core	12 Cribbage Darts Bridge Shuffleboard	13 Duplicate Bridge
14 Bid Euchre Social Bridge Darts	15 500 Shuffle Board Int Oil Zumba Gold WIN Duplicate Bridge	16 Pétanque- atout Sand Bags Whist Fitness Core	17 Social Bridge Bridge Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	18  Board Meeting Bid Euchre Pork Chops Bingo Euchre Fitness Core	19 Cribbage Darts Bridge Shuffleboard	20 Chase the Ace
21 Darts	22 500 Shuffle Board Beg Watercolour Int Oil WIN Duplicate Bridge Ward 11 Municipal Election	23 Information & Active Living fair Sand Bags Whist Fitness Core	24  Social Bridge Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	25 Bid Euchre Shepherd's Pie Bingo Euchre Fitness Core	26  Cribbage Darts Bridge Shuffleboard Act Now & Stay Sharp Workshop	27 Social Bridge
28 Bid Euchre Social Bridge Darts	29 500 Shuffle Board Int Oil Zumba Gold WIN Duplicate Bridge	30 Pétanque- atout Sand Bags Whist French	31 Social Bridge Bridge Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	 <p>Municipal Election Day October 22 in the Crush Space for Ward 11 Beacon Hill-Cyrville</p>		




October at a glance.....
 Thursday October 4 Thanksgiving Dinner
 Closed Monday October 8
 October 23 Information &Active Living Fair
 October 26 Workshop Act Now and Stay Sharp


November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Tinsel Tea & Bazaar Saturday November 3 10:00 am to 2:30pm Wonderful baked goods, arts, crafts, quilting, knitting, Straw Draw, Silent Auction and old fashioned tea plate!</p>				1 Bid Euchre Bingo Chicken Parmigiana Set up for bazaar	2 	3 Tinsel Tea & Bazaar 
4 Darts  It's time to "Fall Back!" Daylight Savings Time Ends Sunday at 2am	5 500 Shuffle Board Int Oil Beg Watercolour Zumba gold WIN Duplicate Bridge	6 Pétanque- atout Sand Bags Whist Fitness Core French	7 Social Bridge Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold 	8 Stamp Club Remembrance day Euchre Fitness Core 	9 Cribbage Bridge Darts Shuffleboard	10 Benefit Bridge
11 Darts	12 500 Shuffle Board Zumba Gold WIN Int Oil Teen Angel Tree Duplicate Bridge 	13 Pétanque- atout Sand Bags Whist Fitness Core French	14 Social Bridge Bridge Tai Chi Mat Yoga Beg Oil Chair 1 & 2 Zumba Gold	15 Board Meeting Bid Euchre Chili Bingo Euchre Fitness Core 	16 Cribbage Darts Bridge Shuffleboard	17
18 Bid Euchre Social Bridge Darts	19 500 Shuffle Board Zumba Gold Beg Watercolour Int Oil WIN Duplicate Bridge	20 Pétanque- atout Sand Bags Whist Fitness Core French Essential Oils	21 Bridge Social Bridge Mat Yoga Beg Oil Chair 1 & 2 Tai Chi Int Watercolour Zumba Gold 	22 Bid Euchre Chicken Pot Pie Bingo Euchre Fitness Core	23 Cribbage Darts Bridge Shuffleboard	24 Social Bridge Chase the Ace
25 Darts	26 500 Shuffle Board WIN Int Oil Zumba Gold Duplicate Bridge	27 New Member Orientation Pétanque- atout Sand Bags Whist Fitness Core French	28  Social Bridge Bridge Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	29  St Andrews Bid Euchre Bingo Euchre Fitness Core	30 Cribbage Darts Bridge Shuffleboard	

Bridge the gap! Our Angel Tree supports community teens. This age group is not included in other Angel Tree programs. Please support the Eastern Ottawa Resource Centre's Teen Angel Tree and help make a community Teen feel the Spirit of Christmas!



November at a glance.....
 Friday November 2 Set up Bazaar
 Saturday November 3 Tinsel Tea & Bazaar
 Thursday November 8 Remembrance Day Ceremony
 Monday November 12 Angel Tree
 Tuesday November 27 New Member Orientation
 Thursday November 29 St. Andrew's Day Lunch



Fall 2018

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
  <p>Gift Pick up December 7 at noon. Please do not wrap gifts.</p>						1 Benefit Bridge
2 Bid Euchre Social Bridge Darts	3 500 Shuffle Board Int Oil Beg Watercolour Zumba gold WIN Duplicate Bridge	4 Pétanque- atout Sand Bags Whist Fitness Core French	5 Social Bridge Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	6 Stamp Club Bid Euchre Meat Balls Bingo Euchre Fitness Core	7 Cribbage Darts Bridge Shuffleboard Gift Pickup	8 Duplicate Bridge
9 Darts	10 500 Shuffle Board WIN Int Oil Zumba Gold Duplicate Bridge	11 Pétanque- atout Sand Bags Whist	12 Social Bridge Bridge	13 Bid Euchre Christmas Dinner Entertainment Lauren Hall Euchre	14 Cribbage Darts Bridge Shuffleboard	15 Chase the Ace
16 Bid Euchre Social Bridge Darts	17 500 Shuffle Board Duplicate Bridge	18 Pétanque- atout Sand Bags Whist Reiki Healing Circle 	19 Social Bridge Bridge	20 Bid Euchre Tourtière Bingo Euchre	21 Cribbage Darts Bridge Shuffleboard	22
23	<div style="border: 2px solid purple; padding: 10px; text-align: center;">  <p>Merry Christmas & Season Greetings to you, your family and friends!</p> </div>					29
30 	31 Jan 1	 <p>Winter Program Registration. January 2, 3, 4.</p>				

December at a glance....

Friday December 7 Angel Tree Gift Pick Up at noon
 Thursday December 13 Christmas Dinner & Entertainment with Lauren Hall
 Tuesday December 18 Reiki Healing Circle
 Thursday December 20 Tourtière Dinner

