

# **Winter 2019**

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**Email:** <u>info@gloucester50plus.ca</u> **Website:** <u>www.gloucester50pluscentre.ca</u>

Course Registration January 28, 29, 30, 31 in person or by phone with Visa or MC

Intermediate/Advance Acrylic/Oil - Tricia Savoie Intermediate Watercolour - Allison Luedtke W19OILM Monday 9:30 to 11:30 am W19INTWC Wednesday 9:30 to 11:30 am Feb 4 to Mar 25 (No class Feb 18, Mar 11) Feb 6 to Mar 27 \$90 (Mem \$60) 6 weeks \$120 (Mem \$80) 8 weeks Beginner Watercolour - Allison Luedtke Beginner/Int Acrylic/Oil Painting - Tricia Savoie W19OILBEG Wednesday 1:15 to 3:15 pm **W19BEGWC** Monday 9:30 to 11:30 am Feb 4 to Mar 25 (No Class Feb 18) Feb 6 to Mar 27 (no class Mar 13) \$105 (Mem \$70) 7 weeks \$105 (Mem \$70) 7 Weeks Zumba Gold - Susan Sloan Mat Yoga - Kim Bolton **W19ZUM** Monday 11:45 am to 12:45 pm W19MAT Wednesday 11:30 am to 12:30 pm Feb 4 to Mar 25 (no class Feb 18) Feb 6 to Mar 27 \$52.50 (Mem \$35) 7 Weeks \$60 (Mem \$40) 8 Weeks Write It Now! - Judith Coulter Chair Yoga - Kim Bolton W19WIN Mondays 1 to 2 pm W19CHAIR1 Wednesday 12:40 to 1:40 pm Feb 4 to Mar 25 (no class Feb 11,18) Feb 6 to Mar 27 \$9 (Mem \$6) 6 Weeks \$60 (Mem \$40) 8 Weeks Fitness - Nina Lepage Chair Yoga - Kim Bolton W19FIT1 Tuesday 9:30 to 10:30 am **W19CHAIR 2** Wednesday 1:45 to 2:45 pm Feb 19 to Mar 26 Feb 6 to Mar 27 \$45 (Mem \$30) 6 weeks \$60 (Mem \$40) 8 Weeks Zumba Gold - Susan Sloan Core Strength - Nina Lepage **W19CORE1** Tuesday 10:35 to 11:35 am **W19ZUMW** Wednesday 12:45 to 1:45 pm Feb 19 to Mar 26 Feb 6 to Mar 27

Conversational French - Salwa Khouzam W19FRENCH Tuesday 2:10 to 3:10 pm Feb 26 to Mar 26

Basic fluency required (Mem only \$5) 5 Weeks

\$45 (Mem \$30) 6 weeks

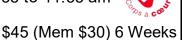
Fitness - Nina Lepage W19FIT2 Thursday 9:30 to 10:30 am Feb 21 to Mar 29

\$45 (Mem \$30) 6 Weeks

\$60 (Mem \$40) 8 Weeks

Tai Chi - Master Peter Chan W19TAI Wednesday 9:30 to 11:00 am Feb 6 to Mar 27 \$90 (Mem \$60) 8 Weeks

Core Strength - Nina Lepage W19CORE2 Thursday 10:35 to 11:35 am Feb 21 to Mar 29



# **Drop In Activities**

# **Registered Courses**

#### **MONDAY**

500 12:35 to 2:30 Multi 2 Multi 2 **Duplicate Bridge** 

## **TUESDAY**

Pétangue-Atout 10:00 to 11:30 Main Hall Sandbags 12:30 to 2:00 Main Hall Whist 12:35 to 3:00 Multi 2

#### WEDNESDAY

Social Bridge 9:30 to 11:15 Multi 2 Bridge Multi 2 12:00 to 3:00

# **THURSDAY**

Stamp Club **Board Room** 9:30 to 11:30 Bid Euchre 9:00 to 11:30 Multi 2 1:00 to 3:00 Multi 2 Bingo Euchre 12:45 to 2:45 Multi 1

#### **FRIDAY**

Cribbage 9:30 to 11:30 Multi 1 9:45 to 11:30 Multi 2 **Darts** Bridge 12:00 to 3:00 Multi 2 **Carpet Bowling** 12:30 to 3:00 Main Hall

#### SATURDAY

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

## SUNDAY

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

#### **MONDAY**

9:30 to 11:30

Intermediate Acrylic/Oil Beginner Watercolour 9:30 to 11:30 Zumba Gold 11:45 to 12:45 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

### WEDNESDAY

Int Watercolour 9:30 to 11:30 Tai Chi 9:30 to 11:00 Mat Yoga 11:30 to 12:30 12:40 & 1:45 Chair Yoga 1 & 2 Beginner Acrylic/Oil 1:15 to 3:15 Zumba Gold 12:45 to 1:45

# **THURSDAY**

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

If needed Winter session refunds will be payable by cheque until the second week of your course. 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!



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.

Please ensure you bring proper foot wear, and a water bottle. Yoga participants supply their own yoga mat.

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