



# Summer 2019

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Website: [www.gloucester50pluscentre.ca](http://www.gloucester50pluscentre.ca)  
Hours: Monday to Friday 8:30 am to 3:30 pm

Fun, Friendship and Activities

July & August 2019

## Welcome to Summer 2019!



G50+ will be sharing the Pat Clark Community Centre with the City of Ottawa Summer Camps! We are still offering our great line up of programs and activities! See page 2 for Course times and dates. Program Registration is June 24 to June 28 between the hours of 9:00 am and 3:00 pm. Register in person or over the phone with a credit card.



In an effort to keep costs from rising, moving forward the Program Bulletin will be available for pick up at Reception. All members with a valid email address in My Senior Centre database will receive their Bulletin by email. Please take some time to ensure we have the correct email address in My Senior Centre database. We will no longer send the bulletin by mass mail out. Of course our Bulletin is always available on our Website at [www.gloucester50pluscentre.ca](http://www.gloucester50pluscentre.ca).



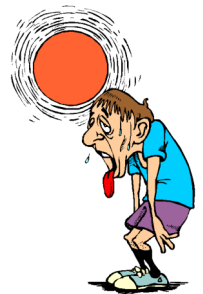
Starting in September the RSVP deadline for the purchase of Special Lunch tickets will be Noon on the Friday before the event.

The kitchen is open for business on Monday, Tuesday, Wednesday and Friday from 9:00 am to 12:30 pm. Lunch will be served from 11:00 am to 12:30 pm with the exception of the Thursday Luncheon, it is served from noon to 1:00 pm. Food Service areas have restricted access, please use the service window in the Main Hall for all food service questions unless you are authorized to enter the kitchen.

A heat warning is issued when the Environment Canada temperature forecast is expected to exceed 31°C during the daytime and the night time temperature is not cooler than 20°C or the humidex is expected to exceed 40°C for two consecutive days.

### Recommendations

- Drink plenty of fluids, preferably water and limit or avoid caffeine and alcohol
  - Avoid strenuous physical activity outdoors
  - Avoid direct exposure to the sun and look for shade
- **Spend time with friends in an air-conditioned location like ours!**



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:



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.

## Weekly Activities and Summer Courses

### MONDAY

11:30 am to 12:30 pm Zumba Gold \* ST  
 12:30 to 2:30 pm 500 MP1  
 6:00 to 10:00 pm Duplicate Bridge MP1

### TUESDAY

10:00 to 11:30 Pétanque-Atout MP1  
 12:30 to 5:00 Duplicate Bridge MP2  
 12:45 to 3:00 Whist MP1

### WEDNESDAY

9:00 to 11:30 am Social Bridge MP2  
 9:30 to 11:30 am Drop in Painting MP1  
 11:30 am to 12:30 pm Mat Yoga \* ST  
 12:40 to 1:40 pm Chair Yoga \* ST  
 12:30 to 3:00 Bridge (sign in noon) MP2  
 1:00 to 3:00 pm Oil or Acrylic Painting\* MP1

### THURSDAY

9:15 to 11:30 am Bid Euchre MP2  
 11:50 am to 12:45 pm Luncheon MP1  
 1:00 to 3:00 pm Bingo MP2  
 12:45 to 2:45 pm Euchre MP1

### FRIDAY

9:30 to 11:30 am Cribbage MP1  
 10:30 to 11:30 am Barre Fitness \* ST  
 11:45 am to 12:45 pm Chair/Mat Yoga Combo \* ST  
 10:00 to 11:30 am Darts MP2  
 12:30 to 3:00 pm Bridge (sign in noon) MP2

*See calendars for dates*

### SATURDAY

12:15 pm Benefit Bridge  
 6 to 10 pm Duplicate Bridge

### SUNDAY

1 pm Bid Euchre/Social Bridge  
 2 pm Darts

## Summer Courses

Registration Required \*

**Registration June 24, 25, 26, 27, 28**

**9:00 am to 3:00 pm**

**In Person or by Phone with a Credit Card**

### Monday

**Zumba Gold** 11:30 am to 12:30 pm  
 Members \$35 Non Members \$52.50  
 July 8, 15, 22, 29 & Aug 12, 19, 26

### Wednesday

**Oil or Acrylic** 1:00 to 3:00 pm  
 Members \$60 Non Members \$90  
 July 17, 24, 31 & Aug 7, 14, 21

**Mat Yoga** 11:30 am to 12:30 pm

**Chair Yoga** 12:40 to 1:40 pm  
 Members \$40 Each Non Members \$60 Each  
 July 3, 10, 17, 24, 31 & Aug 7, 14, 21

**Friday (Mat Required for both)**

**Barre Fitness** 10:30 to 11:30 am  
**Chair/Mat Combo** 11:45 am to 12:45 pm  
 Members \$40 Non Members \$60  
 July 5, 12, 19, 26 & August 2, 9, 16, 23

## Paper Quilling Workshop(s)

\$10 each—10:00 am to noon

Friday July 12 & or Friday August 9  
 Registration Required



We are planning a community garden at G50+ Centre in 2020. Tuesday July 16 the SOG Senior Organic Gardeners will host a presentation and information session at 10 am to 11:30 am. Come join us and be part of this new adventure!!










**Foot Care Clinic**  
**(by appointment)**  
**Wednesdays Mem \$25 Non \$27**  
**July 3, 17, 31 & August 14, 28**



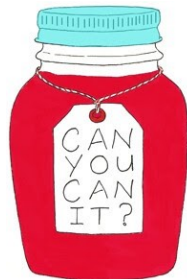
**Complimentary Hearing Clinic**  
**Agnes Kowalski H.I.S**  
**Watch for Dates at Reception**

# Summer 2019

## July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>CLOSED</b>  Happy Canada Day Duplicate Bridge	<b>2</b> Pétanque-Atout Whist Duplicate Bridge	<b>3</b>  Drop In Painting Social Bridge Mat Yoga * Chair Yoga 1 * Bridge	<b>4</b> Bid Euchre Chicken Wrap Bingo Euchre	<b>5</b> Cribbage Darts Barre Fit* Chair/Mat Combo* Bridge	<b>6</b> Benefit Bridge
<b>7</b> Bid Euchre Social Bridge Darts	<b>8</b> 500 Duplicate Bridge Zumba Gold*	<b>9</b> Pétanque-Atout Whist Duplicate Bridge	<b>10</b> Drop In Painting Social Bridge Mat Yoga * Chair Yoga 1 * Bridge	<b>11</b> Bid Euchre Spaghetti Bingo Euchre	<b>12</b> Cribbage Darts Bridge Paper Quilling * Barre Fit* Chair/Mat Combo*	<b>13</b> Duplicate Bridge
<b>14</b> Darts	<b>15</b> 500 Duplicate Bridge Zumba Gold*	<b>16</b>  Senior Organic Gardeners* Information Session MP2* Pétanque-Atout Whist Duplicate Bridge	<b>17</b>  Drop In Painting Social Bridge Int Oil/Acrylic* Mat Yoga * Chair Yoga 1 * Bridge	<b>18</b> Board Meeting Bid Euchre Chicken Breast on Caesar Salad Bingo Euchre	<b>19</b> Cribbage Darts Bridge Barre Fit* Chair/Mat Combo*	<b>20</b>
<b>21</b> Bid Euchre Social Bridge Darts	<b>22</b> 500 Duplicate Bridge Zumba Gold*	<b>23</b> Pétanque-Atout Whist Duplicate Bridge	<b>24</b> Drop In Painting Social Bridge Int Oil/Acrylic* Mat Yoga * Chair Yoga 1 * Bridge	<b>25</b> Bid Euchre Hot Turkey Sandwich Bingo Euchre	<b>26</b> Cribbage Darts Bridge Barre Fit* Chair/Mat Combo*	<b>27</b> Social Bridge
<b>28</b> Darts	<b>29</b> 500 Duplicate Bridge Zumba Gold*	<b>30</b> Pétanque-Atout Whist Duplicate Bridge	<b>31</b> Drop In Painting Social Bridge Int Oil/Acrylic* Mat Yoga * Chair Yoga 1.* Bridge 	<div style="border: 2px solid red; padding: 10px;">  <p><b>Please be diligent, keep your valuables with you at all times, or better still, leave your valuables at home.</b></p> </div>		

Are you canning Ontario's Bounty of lovely fruits and vegetables? Remember the Bake Table at the Tinsel Tea and Bazaar! We are looking for Jam, Pickles, Relish, Beets, etc.



Coming up.....

Fall Program Registration

September 3 to 11





Welcome Back Lunch Sept 5

Open House & Info Fair Oct 23

Tinsel Tea & Bazaar November 2



August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p style="text-align: center;"><b>Downsizing?</b> We need your new or gently used treasures for the Tinsel Tea &amp; Bazaar Straw Draw. Donations can be made in late August. Ask at Reception for more details.</p>				1 Bid Euchre Ham Cold Plate Bingo Euchre	2 Cribbage Darts Bridge Barre Fit* Chair/Mat Combo*	3 Benefit Bridge
4 Darts	5 <b>CLOSED</b>  Duplicate Bridge	6 Pétanque-Atout Whist Duplicate Bridge	7 Drop In Painting Social Bridge Int Oil/Acrylic* Mat Yoga * Chair Yoga 1 * Bridge	8 Bid Euchre Chicken Thighs Bingo Euchre	9 Cribbage Darts Bridge Paper Quilling * Barre Fit* Chair/Mat Combo*	10 Duplicate Bridge
11 Bid Euchre Social Bridge Darts	12 500 Duplicate Bridge Zumba Gold*	13 Pétanque-Atout Whist Duplicate Bridge	14 Drop In Painting  Social Bridge Int Oil/Acrylic* Mat Yoga * Chair Yoga 1 * Bridge	15 Board Meeting Bid Euchre Shepard's Pie Bingo Euchre	16 Cribbage Darts Bridge Barre Fit* Chair/Mat Combo*	17
18 Darts	19 500 Duplicate Bridge Zumba Gold*	20 Pétanque-Atout Whist Duplicate Bridge	21 Drop In Painting Social Bridge Int Oil/Acrylic* Mat Yoga * Chair Yoga 1 * Bridge	22 Bid Euchre Beef Kabob Bingo Euchre	23 Cribbage Darts Bridge Barre Fit* Chair/Mat Combo*	24 Social Bridge
25 Bid Euchre Social Bridge Darts	26 500 Duplicate Bridge Zumba Gold*	27 Pétanque-Atout Whist Duplicate Bridge	28 Drop In Painting Social Bridge Bridge 	29 Bid Euchre Lasagna Bingo Euchre	30 Cribbage Darts Bridge	31



Please offer your suggestions for Workshops, Courses and Activities that you would like to see added to the Program Guide. There is a Suggestion box in the Main Hall, drop by Reception or call us!



Wednesday August 14  
Watch for more details at Reception! \$10



Fall Program Registration dates  
September 3, 4, 5, 6, 9, 10, 11.  
Registration in person or by phone  
with a Credit Card from 9 am to 3 pm.  
**Non Member** rates apply after September 11.

