



Fall 2022

4355 Halmont Dr., OTTAWA, ONTARIO K1J 8W6
Tel: (613) 749-1974

Email: info@gloucester50pluscentre.ca
Website: www.gloucester50pluscentre.ca

Fun, Friendship and Activities

September to December 2022

35th Anniversary

Only **100** tickets available.
Get yours today.
\$45.00

Entertainment by Sandy Shore.
Turkey Dinner, Dessert, Tea/Coffee
Catered by Lolacher's.



Licensed event.
Door Prizes
And fun galore!



**Tickets are on sale until
September 23, 2022.
Get your tickets early and sit with
your friends**

**Thursday October 6.
Doors open at 3:00 PM.**

Tinsel Tea & Bazaar



Saturday November 5
10:00 AM to 2:00 PM

Please bring in your new or gently used items such as; jewellery, Christmas ornaments, crafts, quilting, knitting, preserves, purses, art by October 21, 2022.
Baked Goods accepted: Friday November 4th before 1:00 pm.

Fall Bulletin
Welcome Back!

Inside this Issue:

- Page 2
- Member Information
- FootCare
- Special Event Lunches
- Page 3
- Members Forum, Orientation, Info Fair, Diversity Committee
- Members Orientations
- Page 4
- Registered Courses/ Refund Policy
- Drop In Activities
- Page 5 to 8 Calendars
- September
- October
- November
- December

G50+ Diversity Statement

The Gloucester 50+ Centre is open to participants, volunteers, staff and visitors from all walks of life regardless of race, colour, religion, gender identity, sexual orientation, socioeconomic circumstance or disability.

Volunteer Board of Directors

Jackie Lafontaine- President
Carol Nicholson - Treasurer
Cécile Schryburt - Vice President
Lucy Pasiecznik- Vice President

Marilyn Johnson - Secretary
Jim Eadie
Debbie Karam
Pat Grandy



The Gloucester 50+ Centre gratefully acknowledges the financial support of the City of Ottawa/ Gloucester 50+ Centre remercie sincèrement la Ville d'Ottawa de son soutien financier.



We also gratefully acknowledge the financial support of the Province of Ontario Ministry for Seniors and Accessibility.



We are a registered Charity #11894 0535 RR0001. Tax receipts will be provided for donations over \$20.00.
Please remember G50+ as your Charity of Choice for 2022.

Members' Information, Foot Care & Special Meals

WELCOME NEW MEMBERS!

Thank you for joining the Gloucester 50+ Centre. Since we are at the beginning of a Membership Year, names of new members will appear here in the Winter Bulletin!

Until then please RSVP to the New Members Orientation Session and the Members' Forum (see page 3). Try our Food Services fresh and frozen cuisine. Celebrate our 35th Anniversary - tickets are on sale until September 23, 2022.

Pot Of Gold



Did you know that all Members are eligible to play Pot of Gold? Stop by Reception for more details on how to get involved.



There will be an interruption in Food Services. The website and E-newsletter will be updated with details as they become available.



Special Event Lunch

Ticket purchase is required by noon on Friday before the scheduled event, in person or by phone with a credit card.



G50+ 35th Anniversary
October 6, 2022
\$45.00 per person
Entertainment
Catered Turkey Dinner
Doors open at 3:00 pm.

Only 100 tickets available.
Book early to sit with your friends!
Tickets on sale until September 23.



Please Inform Reception if you or a fellow member is unwell or has lost a loved one. The Centre will send a card on behalf of the Membership.



Members \$37

Non Members \$40

New Clients or clients who have not had foot care within the last 6 months are required to book two consecutive appointments.

Please reserve your appointment in person or by calling 613-749-1974.

Wednesday Clinic Dates:

September 7 & 21

October 5 & 19

November 2, 16, 30

December 7

They're Back!

Blood Pressure Clinic hosted by Affinity Health/ Retire-at-Home RPN. The 3rd Friday of the month. Refer to the calendars for dates **TIMES???**



AffinityHealth
Care by Design

Christmas Dinner \$15.00

Turkey Dinner with the fixings
Dessert
Tea / Coffee



Tourtière Dinner \$10.00

Tourtière, Mashed Potatoes & Vegetables
Christmas Log Cake
Tea / Coffee





Members Forum

October 20 & December 16
1:30 to 3:00 PM

On behalf of the Board of Directors, Marilyn Johnson is hosting a forum for our members. We are suggesting the following as a starting point for the Agenda.

- Who We Are and What We Do: a brief outline of committees in the Centre and mandate of each
 - Programming Options: What is working for you, any new programs you wish introduced?
 - Question and Answer period
- What would you like to hear about or discuss? Please call or visit Reception for Marilyn's contact information and RSVP.



G50+ Orientation

October 12 & December 7
1:00 to 2:30 pm

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



Free WiFi for Members!

Visit reception.



Fall Session

Membership Renewal and Course Registration can be completed in person with Cash, Debit, Credit or Cheque or over the phone with a Visa or Master Card by calling 613-749-1974.

**Wednesday November 16, 2022
10:00 AM to 2:00 PM.**



G50+ Information Fair

- Various Community Support Agencies
- Retirement Homes
- Professional Services
- Health and Wellness
- Spiritual
- Legal
- Workshops
- Coffee/Tea & Muffins



Gloucester Emergency Food Cupboard | Centre de secours alimentaire de Gloucester

Please bring non perishable food items for the Gloucester Emergency Food Cupboard.



2022-2023 Membership Survey

The Gloucester 50+ Centre will be releasing a Membership Survey in early October. Please take some time to fill in the survey as we will use this data to program future events and report the findings to our Funders (The City of Ottawa and the Province of Ontario). The Survey link will be released on the Website, E-newsletter and also be available in hard copy at the Centre.

Diversity Committee Opportunity

As part of the Strategic Plan the Board of Directors has created a Diversity Statement. One of the plan's goals is to create a Diversity Committee. If you or someone you know over 50 years of age, would like to be involved in this committee please contact soatway@storm.ca or call the Centre at 613-749-1974 for more information.



Fall Courses

Monday	Course	Time	Weeks	Instructor	Fee
F22GF	Gentle Fitness	9:30 to 10:30 am	11	Anna Crandlemire	\$55 (non Mem \$83)
Sept 19, 26, Oct 3, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5.					
F22YOGACH	Chair Yoga	11:00 to noon	8	Marie-Lyne Desjardins	\$40 (non Mem \$60)
Oct 3, 27, 31, Nov 7, 14, 21, 28, Dec 5.					
F22YOGAM	Mat Yoga	12:15 to 1:15 pm	8	Marie-Lyne Desjardins	\$40 (non Mem \$60)
Oct 3, 27, 31, Nov 7, 14, 21, 28, Dec 5.					
F22WCM	WaterColour	9:30 to 11:30 am	10	Andrea Oatway	\$100 (non mem \$150)
Sept 19, 26, Oct 17, 24, 31, Nov 7, 14, 21, 28, Dec 5.					
Wednesday Course	Course	Time	Weeks	Instructor	Fee
F22WC	WaterColour	9:30 to 11:30 am	11	Andrea Oatway	\$110.00 (non Mem \$165)
Sept 21, 28, Oct 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7.					
Thursday	Course	Time	Weeks	Instructor	Fee
F22GFT	Gentle Fitness	9:30 to 10:30 am	11	Anna Crandlemire	\$55 (non Mem \$83)
Sept 29, Oct 6, 13, 20, 27, Nov 3, 17, 24, Dec 1, 8, 15.					
Friday	Course	Time	Weeks	Instructor	Fee
F22NIA	NIA Dance	1:00 to 2:00 pm	10	Penny Lee Prevost	\$50 (non Mem \$75)
Sept 23, 30, Oct 7, 14, 21, Nov 11, 18, 25, Dec 2, 9.					

All Physical Fitness activities and courses require a completed PAR-Q (Physical Activity Readiness Questionnaire) every September. For a printable [copy](#), click copy.

Members' Drop in Activities

Monday

Pickleball	9:30 to 11:30 am
Quilting	10:00 to 2:30 pm
Circle of Light **	11:00 to noon
500	12:30 to 2:30 pm
WIN on ZOOM	1:00 to 2:00 pm

Tuesday

Pétanque a tout	10:00 to 11:30 am
Quilting	10:00 to 2:30 pm
Whist	12:30 to 2:30 pm
Sandbags	12:30 to 2:30 pm

Wednesday

Pickleball	9:30 to 11:30 am
Bridge	11:45 to 2:30 pm

Thursday

Bid Euchre	9:30 to 11:45 am
Bingo	1:00 to 3:00 pm
Euchre	12:30 to 2:30 pm

Friday

Pickleball	9:30 to 10:30 am
Cribbage	9:30 to 11:30 am
Darts	10:00 to 11:30 am
Shuffle Board	12:30 to 2:30 pm
Bridge	11:45 to 2:30 pm



Activities are reserved for Members only and are subject to a \$1 drop in fee.

See the calendars for Scheduled activities



** Circle of Light

During these unprecedented times, are you seeking in person contact and connection. "Circle of Light" was created to offer women a safe space where essential female values can be openly shared, explored and discussed. Come join us Mondays from 11:00 to noon starting September 19. If possible please call ahead to let us know you are coming.



Are you interested in trying a fitness class? Request a "Try It" class at Reception, by email or call the Centre 613-749-1974.

If needed, refunds will be paid by cheque, less administration fees and classes attended, until the second week of your class. Please visit/contact Reception for a Refund Request Form or contact us by phone/email. 613-749-1974 gsac@storm.ca

REFUND POLICY

September

Monday	Tuesday	Wednesday	Thursday	Friday
Fall Program Registration September 1 to September 16th. Register in person, or over the phone with a credit card.			1 Soup and Sandwiches Bid Euchre Bingo Euchre Registration	2 Pickle Ball Cribbage Darts Bridge Registration
5 Centre Closed LABOR DAY 	6 Quilting Pétanque atout Whist Sandbags Registration	7 Pickle Ball Bridge Registration 	8 Cranberry Chicken Bid Euchre Bingo Euchre Registration	9 Pickle Ball Cribbage Darts Shuffleboard Bridge Registration
12 Pickle Ball Quilting 500 WIN Registration	13 Quilting Pétanque atout Whist Sandbags Registration	14 Pickle Ball Bridge Registration	15 Lasagna Bid Euchre Bingo Euchre Registration	16 Pickle Ball Cribbage Darts Shuffleboard Bridge Registration
19 Pickle Ball Watercolour Circle of Light Quilting 500 WIN Gentle Fitness	20 Quilting Pétanque atout Whist Sandbags	21 Pickle Ball Bridge Watercolour 	22 Hot Roast Beef Sandwich Board Meeting Bid Euchre Bingo Euchre	23 Pickle Ball Cribbage Darts Shuffleboard Bridge NIA Last Day to Purchase 35th Anniversary tickets 
26 Pickle Ball Watercolour Circle of Light Quilting 500 WIN	27 Quilting Pétanque atout Whist Sandbags	28 Pickle Ball Bridge Watercolour	29 Bid Euchre Bingo Euchre Gentle Fitness	30 Centre Closed Truth & Reconciliation Day 











Sept 1 to 16 Fall Registration
 Sept 5 Labour Day- Centre Closed
 Sept 7 & 24 FootCare
 Sept 23 Last day to purchase 35th
 Anniversary tickets
 Sept 30 Truth & Reconciliation
 "Every Child Matters".
 Please wear an Orange shirt.



Not a member yet but
 would like to try an activity?
 Call us for a tour and 3
 guest passes.

Fall Calendar 2022

October

Monday	Tuesday	Wednesday	Thursday	Friday
3 Circle of Light Pickle Ball Quilting 500 WIN Gentle Fitness Chair Yoga Mat Yoga	4 Quilting Pétanque atout Sandbags Whist	5 Pickle Ball Bridge No Watercolour 	6 Bid Euchre Bingo Euchre Gentle Fitness 35th Anniversary Dinner 	7 Pickle Ball Cribbage Darts Shuffleboard Bridge NIA
10 Centre Closed 	11 Quilting Pétanque atout Sandbags Whist	12 Pickle Ball Bridge New Member Orientation Watercolour 	13 Bid Euchre Bingo Euchre Gentle Fitness	14 Pickle Ball Cribbage Darts Shuffleboard Bridge NIA
17 Circle of Light Watercolour Pickle Ball Quilting 500 WIN Gentle Fitness Chair Yoga Mat Yoga	18 Quilting Pétanque atout Sandbags Whist	19 Pickle Ball Bridge Watercolour 	20 Board Meeting Bid Euchre Bingo Euchre Members' Forum Gentle Fitness 	21 Pickle Ball Cribbage Darts Shuffleboard Bridge NIA
24 Circle of Light Watercolour Pickle Ball Quilting 500 WIN Gentle Fitness	25 Quilting Pétanque atout Sandbags Whist	26 Pickle Ball Bridge Watercolour	27 Bid Euchre Bingo Euchre Gentle Fitness	28 Pickle Ball Cribbage Darts Shuffleboard Bridge NO NIA 
31 Circle of Light Watercolour Pickle Ball Quilting 500 WIN Gentle Fitness Chair Yoga Mat Yoga	G50+ Members' Forum Thursday October 20, 2022 1:30 to 3:00 PM Join us for an in-person dialogue to share and learn about the Gloucester 50+ Center. Hosted by Marilyn Johnson. RSVP at Reception or Call 613-749-1974			











Look What's Happening!

- Oct 5 & 19 FootCare
- Oct 6 35th Anniversary Dinner
- Oct 10 Thanksgiving Centre Closed
- Oct 12 New Member Orientation
- Oct 20 Members' Forum

Appointments must be booked in advance call 613-749-1974. New Clients book 2 consecutive appointments. Members \$37 Non Members \$40 Cancellations require 72 hour advance notice or may be subject to additional charges. Receipts for insurance claims are provided.




November

Monday	Tuesday	Wednesday	Thursday	Friday
Fall back Nov 6 	1 Pétanque atout Quilting Whist Sandbags	2 Pickle Ball Bridge Watercolour	3 Bid Euchre Bingo Euchre Gentle Fitness	4 No Programs set up Saturday Nov 5 Tinsel Tea & Bazaar. 10 to 2 pm 
7 Circle of Light Watercolour Pickle Ball Quilting 500 WIN Gentle Fitness Chair Yoga Mat Yoga	8 Pétanque atout Quilting Whist Sandbags	9 Pickle Ball Bridge Watercolour	10 Bid Euchre Bingo Euchre	11 Pickle Ball Cribbage Darts Shuffleboard Bridge Moment of silence at 11:00 am NIA 
14 Circle of Light Watercolour Pickle Ball Quilting 500 WIN Gentle Fitness Chair Yoga Mat Yoga	15 Pétanque atout Quilting Whist Sandbags	16  No Pickleball Bridge Watercolour MP 2 	17 Board Meeting Bid Euchre Bingo Euchre Gentle Fitness	18 Pickle Ball Cribbage Darts Shuffleboard Bridge NIA
21 Circle of Light Watercolour Pickle Ball Quilting 500 WIN Gentle Fitness Chair Yoga Mat Yoga	22 Pétanque atout Quilting Whist Sandbags	23 Pickle Ball Bridge Watercolour	24 Bid Euchre Bingo Euchre Gentle Fitness	25 Pickle Ball Cribbage Darts Shuffleboard Bridge NIA 
28 Circle of Light Watercolour Pickle Ball Quilting 500 WIN Gentle Fitness Chair Yoga Mat Yoga	29 Pétanque atout Quilting Whist Sandbags	30 Pickle Ball Bridge Watercolour 	Tinsel Tea & Bazaar Saturday Nov 5 10 am to 2 pm 	




Nov 4 - No Activities
Nov 5 Tinsel Tea & Bazaar
Nov 6 Daylight Saving
Fall Back
Nov 11 Moment of Silence at 11 am
Nov 16 Information Fair
Nov 16 & 30 FootCare


Look What's Happening!



Suggestion Box
 We value your suggestions.
 The suggestion box is located in the back corner of the Main Hall or email us at info@gloucester50pluscentre.ca
 Thank you for taking the time!

December

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>G50+ is proud to sponsor the EORC Teen Angel Tree.</p> <p>Please drop off your unwrapped gift at the Centre by December 16, 2022 at noon. Thank you for your support.</p>			<p>1</p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>2</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge NIA</p>
<p>5</p> <p>Quilting Watercolour Circle of Light Pickle Ball 500 WIN Gentle Fitness Chair Yoga Mat Yoga</p>	<p>6</p> <p>Quilting Pétanque atout Whist Sandbags</p>	<p>7</p> <p>Pickle Ball Bridge Watercolour New Member Orientation</p>  	<p>8</p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>9</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge NIA</p>
<p>12</p> <p>Quilting Circle of Light Pickle Ball 500 WIN</p>	<p>13</p> <p>Quilting Pétanque atout Whist Sandbags</p>	<p>14</p> <p>Pickle Ball Bridge</p>	<p>15</p> <p>Christmas Lunch </p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>16</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge Members Forum Teen Angel Christmas Gift Pickup </p> 
<p>19</p> <p>Quilting Circle of Light Pickle Ball 500</p> <p>Registration</p>	<p>20</p> <p>Quilting Pétanque atout Whist Sandbags</p> <p>Registration</p>	<p>21</p> <p>Pickle Ball Bridge</p> <p>Registration</p>	<p>22</p> <p>Tourtière Lunch </p> <p>Bid Euchre Bingo Euchre</p> <p>Registration</p>	<p>23</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge</p> <p>Registration</p>

26 **Winter Holidays**  27 28 29 30

G50+ wishes you, your family and your friends every “Merry” blessing of the Season.
Happy New Year! Onwards to 2023.



December 7 Foot Care
December 15 Turkey Dinner
December 16 Members’ Forum
December 22 Tourtière Dinner
Dec 19 to Jan 5 Winter Registration
Dec 26 to Jan 2 Centre Closed
January 4 Foot Care

G50+ Members’ Forum
Friday December 16, 2022
1:30 to 3:00 PM

Join us for an in-person dialogue to share and learn about Gloucester 50+ Center.
Hosted by Marilyn Johnson.

