



Winter 2023

Monday to Friday 8:30 am to 3:30 pm

4355 Halmont Dr., OTTAWA, ONTARIO K1J 8W6

Tel: (613) 749-1974

Email: info@gloucester50pluscentre.ca

Website: www.gloucester50pluscentre.ca

Fun, Friendship and Activities

January to March

Building Closure Procedure

In the case of a significant weather event or facility emergency, G50+ will inform the Membership of a closure by Robo Call or a Notice on the front page of the Website. Robo calls could be sent out as early as 6:30 am.

Significant weather events could include;

Freezing Rain
Large Snowfall / Blizzard
High Winds / Tornado

Facility Emergency could include;

Fire
Flood
Wind damage
Power Outage
Provincial Mandates



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. Would you like to join our Diversity Committee?

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



Introducing our Gold Partner!

Every Detail Remembered®

Dignity®
MEMORIAL

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Drop-In Activities

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 2023.

Members' Information, Foot Care & Special Meetings

WELCOME NEW MEMBERS!

Nancy N, Susan C, Heather P, Rob P, Gary H, Diane S, Phyllis F, Vasile B, Donna M, Gail C, Margaret G, William G, Joanna M, Pollyanne B, Jan C, Anita D, John-Paul L, Marc F, Jerri M, Zita D, Laureen B, James B, Mary-Linda K, Maureen C, Maxine B, Taylor F, Richard P, Marilyn P, Dianna F, Christa O, Dale S, Peter D, Doreen P, Carol O, Rita S, Ann A, Nicole L, Julia B, Vivian G, Liz JV, Nicole M, Pierrette F, Peter W, Bernadette B, Carole D, Steve L, Anne L, Nabil K, Jacqueline R, Cecile R, Ed R, Irene B, Faith C, Eileen C, Fay O'Meara, Mary Lou McKay, Martin Guerin.

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.



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
Every Wednesday

Please reserve your appointment in person or by calling 613-749-1974. Receipts for insurance are available.

Coffee & Chat with the Board

Join us for an in-person dialogue to share and learn about the Gloucester 50+ Centre.
February 22 from 1 pm to 2 pm.
Hosted by Marilyn Johnson.
RSVP at Reception or Call 613-749-1974.

RSVP



Blood Pressure Clinic

An RPN will be onsite to take your blood pressure and blood oxygen levels on the 3rd Friday of the month. 10:30 am to noon. See Calendars for dates.



RSVP

G50+ Orientation

January 18 & March 15
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.



REFUND POLICY- If needed, refunds for Registered Courses 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



Special Event Lunch

Ticket purchase is required by noon on Friday before the scheduled event, in person or by phone with a credit card. Lunch served at 11:45 a.m.



Feb 9 Valentines Day \$12.00
Roast Beef, Mashed Potatoes



Feb 21 Pancake Tuesday \$10.00
Pan Cakes, Sausage, Eggs



Mar 16 St. Patrick's Day \$12.00
Irish Stew

A LA CARTE MENU

| | |
|------------------------|--------|
| Egg or Cheese Sandwich | \$3.00 |
| Meat Sandwich | \$4.00 |
| Soup | \$3.00 |
| Small Salad | \$3.00 |
| Lunch Salad | \$5.00 |
| Coffee/Tea | \$1.00 |
| Soft Drink/Juice/Milk | \$1.00 |
| Chips | \$1.00 |
| Dessert | \$2.00 |
| Dessert with Ice Cream | \$3.00 |

Thursday Lunch

Appetizer/Entrée/Dessert/Tea/Coffee
\$10.00



MARK YOUR CALENDARS

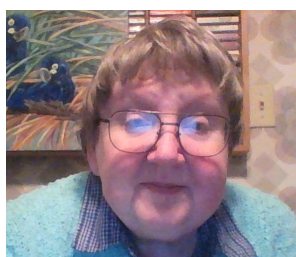
SPRING TEA & SALE
SATURDAY MARCH 18, 2023
TEA PLATE WITH HOMEMADE DESSERTS

Please bring in your new or gently used items
Baked Goods Day (before the event)

Knitting
Crafts
Books
Jewellery
Silent Auction



G50+ is pleased to award Rhea Gravelle a Lifetime Achievement Award.



The Lifetime Achievement Award is presented to a Member/Volunteer or Staff person who exemplifies the Spirit and Mission of the Organization. Rhea joined the G50+ Centre in 1999 participating in art and painting classes. She applied to and was appointed as an administration staff person, and to date, continues to participate as a Volunteer Coordinator for the Write it Now activity on Zoom. Her impeccable French, knowledge and friendly personality, helped many new members become part of the Gloucester 50+Centre.

Thank you, Rhea, for your many years of service.

Winter 2023 Course Registration December 19 to December 23, 2022

Beginner Watercolour Monday

9:30 to 11:30 am

10 Weeks W23WCM

Dates: Jan 9, 16, 23, 30 Feb 6, 13, 27 Mar 6, 13, 20

Members \$100.00 Non Member \$150.00

Instructor: Andrea Oatway

Chakra Harmony Monday

10:30-11:30 am.

7 Weeks W23CHAKRA

Dates Jan 9, 16, 23, 30 Feb 6, 13, 27

Members \$35.00 Non Members \$53.00

Instructor: Anne Riopelle

NEW

Gentle Fitness Tuesday 9:30 to 10:30 am

7 Weeks W23GFTD

Dates: Feb 7, 14, 21, 28 March 7, 14, 21

Members \$35.00 Non Members \$53.00

Instructor: Anna Crandlemire

Qigong Tuesday 10:45 to 11:45 am

11 Weeks W23QGONG

Dates: Jan 10, 17, 24, 31, Feb 7, 14, 21, 28

Mar 7, 14, 21

Members \$55.00

Non Members \$83.00

Instructor: Trish Harris

NEW

Intermediate Watercolour Wednesday

9:30 to 11:30 am

11 Weeks W23WCW

Dates: Jan 11, 18, 25 Feb 1, 8, 15, 22

Mar 1, 8, 15, 22

Members \$110.00 Non Members \$165.00

Instructor: Andrea Oatway

Beginner Oil Painting

Wednesday 1:00 pm to 2:30 pm

9 weeks W23OIL

Dates: Jan 18, 25, Feb 1, 8, 15, 22,

Mar 1, 8, 15

Members \$83.00 Non Mem \$125.00

Instructor: Rick Madore

NEW

Mat Flexibility

Thursday 10:35 to 11:35 am

7 Weeks W23MFTHD

Dates: Feb 9, 16, 23 Mar 2, 9, 16, 23

Members \$35.00 Non Mem \$53.00

Instructor: Anna Crandlemire

NEW

Gentle Fitness

Thursday 9:30 to 10:30 am

7 Weeks W23GFTHD

Dates: Feb 9, 16, 23 March 2, 9, 16, 23

Members \$35.00 Non Members \$53.00

Instructor: Anna Crandlemire

CHAKRA HARMONY

The chakras hold the keys to the interconnection between body, mind and spirit. These seven major energy centres hold the ancient secrets from Eastern traditions. Learn how to open, activate and release emotional blockages, awaken your imagination and reconnect with your divine spirit.

QIGONG

Qigong is a mind-body exercise form that uses meditation, breathing, and movement to increase energy and enable the body to heal itself. The exercise and healing techniques used were developed in ancient China and Tibet. It is practiced for a variety of reasons and has countless health-related benefits.

MAT FLEXIBILITY

Gentle stretching to promote flexibility and ease of movement.

This activity is primarily designed for those who can easily move from standing position to the mat.



All Physical Fitness activities and courses require a completed PAR-Q (Physical Activity Readiness Questionnaire).

To Print click [copy](#).

Registered Courses are not interchangeable. G50+ Cancellations will be rescheduled or the class will be refunded. Personal absence cannot be made up in another class.

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

Winter Calendar 2023

January

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 2  Centre Closed | 3 Quilting Line Dancing Pétanque atout Whist Sandbags | 4 Pickle Ball Bridge  | 5 Hamburger Steak Bid Euchre Bingo Euchre | 6 Pickle Ball Cribbage Darts Bridge |
| 9 Beginner Watercolour Pickle Ball Quilting Chakra Harmony 500 WIN | 10 Qigong Quilting Beginner Line Dancing Pétanque atout Whist Sandbags | 11 Int Watercolour Pickle Ball Bridge  | 12 Chicken Fettuccine Alfredo Bid Euchre Bingo Euchre | 13 Pickle Ball Cribbage Darts Shuffleboard Bridge |
| 16 Beginner Watercolour Pickle Ball Quilting Chakra Harmony 500 WIN | 17 Qigong Quilting Beginner Line Dancing Pétanque atout Whist Sandbags | 18 Int Watercolour Pickle Ball Bridge Member Orientation Beginner Oil  | 19 Ham & Scalloped Potatoes Board Meeting Bid Euchre Bingo Euchre | 20 Pickle Ball Cribbage Darts Shuffleboard Bridge |
| 23 Beginner Watercolour Pickle Ball Quilting Chakra Harmony 500 WIN | 24 Qigong Quilting Beginner Line Dancing Pétanque atout Whist Sandbags | 25 Int Watercolour Pickle Ball Bridge Beginner Oil  | 26 Sheppard's Pie Bid Euchre Bingo Euchre | 27 Pickle Ball Cribbage Darts Shuffleboard Bridge  |
| 30 Beginner Watercolour Pickle Ball Quilting Chakra Harmony 500 WIN | 31 Qigong Quilting Beginner Line Dancing Pétanque atout Whist Sandbags | Winter Program Registration December 19 to 23 Register in person, or over the phone with a credit card. | | |



January 2 Centre Closed
 January 4, 11, 18, 25 Foot Care
 January 27 Blood Pressure













Regular Thursday Lunch \$10.00

Purchase your ticket at Reception on Thursday.
 Tickets are sold on a first come, first served basis.
 Lunch is served at 11:45 am.
 See Calendar for Thursday Lunch Menu.
 A la Carte menu items are available for purchase
 Monday to Friday.

Winter Calendar 2023

February

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
|  Free WiFi for Members! Visit reception. | | 1 Int Watercolour Pickle Ball Bridge Beginner Oil  | 2 Pork Chops Bid Euchre Bingo Euchre | 3 Pickle Ball Cribbage Darts Shuffleboard Bridge |
| 6 Beginner Watercolour Pickle Ball Quilting Chakra Harmony 500 WIN | 7 Fitness Qigong Quilting Beginner Line Dancing Pétanque atout Sandbags Whist | 8 Int Watercolour Pickle Ball Bridge Beginner Oil  | 9 Valentines Lunch Roast Beef Bid Euchre Bingo Euchre  Fitness Mat Flex | 10 Pickle Ball Cribbage Darts Shuffleboard Bridge |
| 13 Beginner Watercolour Pickle Ball Quilting Chakra Harmony 500 WIN | 14 Fitness Qigong Quilting Beginner Line Dancing Pétanque atout Sandbags Whist | 15 Int Watercolour Pickle Ball Bridge Beginner Oil  | 16 Meat Loaf Board Meeting Bid Euchre Bingo Euchre Fitness Mat Flex | 17 Pickle Ball Cribbage Darts Shuffleboard Bridge |
| 20  Centre Closed | 21 Fitness Qigong Pancake lunch Quilting Beginner Line Dancing Pétanque atout Sandbags Whist  | 22 Int Watercolour Pickle Ball Bridge Beginner Oil Coffee & Chat with the Board  | 23 Chicken Curry Bid Euchre Bingo Euchre Fitness Mat Flex | 24 Pickle Ball Cribbage Darts Shuffleboard Bridge  |
| 27 Beginner Watercolour Pickle Ball Quilting Chakra Harmony 500 WIN | 28 Fitness Qigong Quilting Beginner Line Dancing Pétanque atout Sandbags Whist |  Are you Spring Cleaning?? Keep us in mind for donations of new or gently used items for our Spring Tea & Sale Saturday March 18, 2023 10:00 AM to 2:00 PM. | | |













February 9 Valentines Lunch
February 20 Centre Closed
February 21 Pancake Lunch
February 22 Coffee & Chat
February 1, 8, 15, 22 Foot Care
Feb 24 Blood Pressure Clinic

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.



March

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
|  Spring Tea & Sale Saturday March 18th 10:00 am to 2:00 pm |  | 1 Int Watercolour Pickle Ball Bridge Beginner Oil  | 2 Sweet & Sour Meatballs Bid Euchre Bingo Euchre Fitness Mat Flex | 3 Pickle Ball Cribbage Darts Shuffleboard Bridge |
| 6 Beginner Watercolour Pickle Ball Quilting 500 WIN Welcome Back Daylight  | 7 Fitness Qigong Quilting Beginner Line Dancing Pétanque atout Sandbags Whist | 8 Int Watercolour Pickle Ball Bridge Beginner Oil  | 9 Debbie's Cabbage Rolls Bid Euchre Bingo Euchre Fitness Mat Flex | 10 Pickle Ball Cribbage Darts Shuffleboard Bridge |
| 13 Beginner Watercolour No Gym activities Beginner Quilting 500 WIN | 14 No Gym activities Fitness Qigong Quilting Pétanque atout Whist | 15 No Gym activities No Footcare  Int Watercolour Bridge Member Orientation Beginner Oil | 16 St. Pat's Irish Stew No Gym activities Board Meeting Bid Euchre Bingo Euchre  Fitness Mat Flex | 17 No Gym activities Cribbage Darts Bridge March 18 Spring Tea & Sale |
| 20 Beginner Watercolour Pickle Ball Quilting 500 WIN | 21 Fitness Qigong Quilting Beginner Line Dancing Pétanque atout Sandbags Whist | 22 Int Watercolour Pickle Ball Bridge  | 23 Beef & Broccoli Bid Euchre Bingo Euchre Fitness Mat Flex | 24 Pickle Ball Cribbage Darts Shuffleboard Bridge  |
| 27 Pickle Ball Quilting 500 WIN | 28 Quilting Beginner Line Dancing Pétanque atout Sandbags Whist | 29 Pickle Ball Bridge  | 30 Spaghetti & Meat Sauce Bid Euchre Bingo Euchre | 31 Pickle Ball Cribbage Darts Shuffleboard Bridge |



March 12 Daylight Savings
March 16 St. Pat's Lunch
Saturday March 18 Spring Tea
March 13 to 17- NO Gym activities
March 1, 8, 22, 29 FootCare
March 24 Blood Pressure Clinic



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!

Members' Drop-in Activities \$1.00 Fee

Monday

| | | |
|------------|------------------|------|
| Pickleball | 9:30 to 11:30 am | GYM |
| Quilting | 10:00 to 2:30 pm | MP2 |
| 500 | 12:30 to 2:30 pm | MP1 |
| WIN | 1:00 to 2:00 pm | ZOOM |

Drop-in activities are reserved for Members only and cost \$1.00 to participate.

To inform you better, we schedule the dates and any known cancellations in the Monthly Calendars.

Tuesday

| | | |
|------------------|-------------------|-----------|
| Beg Line Dancing | 10:00 to 11:00 am | GYM - NEW |
| Pétanque a tout | 10:00 to 11:30 am | MP1 |
| Quilting | 10:00 to 2:30 pm | MP2 |
| Whist | 12:30 to 2:30 pm | MP1 |
| Sandbags | 12:00 to 2:00 pm | GYM |

If you are not a Member you can still join the activities by stopping at Reception and requesting 3 GUEST PASSES (we will require your name and phone number).

Wednesday

| | | |
|------------|------------------|-----|
| Pickleball | 9:30 to 11:30 am | GYM |
| Bridge | 11:45 to 2:30 pm | MP2 |

In addition to the \$1 drop-in fee you may be required to pay an additional prize fee, if any.

Thursday

| | | |
|------------|------------------|------------|
| Bid Euchre | 9:30 to 11:45 am | MP2 |
| Bingo | 1:00 to 3:00 pm | MP2 |
| Euchre | 12:30 to 2:30 pm | BOARD ROOM |

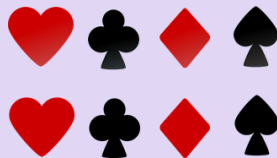
After the 3 passes have been used, a Membership will be required.

G50+ Membership is \$35.00 per year (September to August). New Members will have their Membership prorated (one time only).

Friday

| | | |
|---------------|-------------------|-----|
| Pickleball | 9:30 to 10:30 am | GYM |
| Cribbage | 9:30 to 11:30 am | MP1 |
| Darts | 10:00 to 11:30 am | MP2 |
| Shuffle Board | 12:30 to 2:30 pm | GYM |
| Bridge | 11:45 to 2:30 pm | MP2 |

A signed Par-Q is required for Gym activities such as Pickleball and Line Dancing.



WE WANT YOU

Volunteers needed
Activity Coordinator
Kitchen Help
Board Members
Reception/Office Projects
Bazaar Crafting
Board Committee Members