



# Spring 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](mailto:info@gloucester50pluscentre.ca)  
Website: [www.gloucester50pluscentre.ca](http://www.gloucester50pluscentre.ca)

Fun, Friendship and Activities

April to June



Have you blocked Robo Calls or E-Newsletters and would like to re-subscribe? You will need to consult with your phone guide or provider to help you unlock the number. You must re-subscribe to the e-newsletter. G50+ cannot reinstate phone or email.



**Are you a G50+ Volunteer?** Are you Registered in our data base? If so you are cordially invited to the April 27 Lasagna Lunch . Please visit Reception for your Free Meal Ticket. Other guests \$10.00. **RSVP required.**

## ANNUAL MEETING

**Annual Meeting June 15, 2023 at 10:00 am.**  
Please RSVP at Reception.  
Your attendance is greatly appreciated as we will be discussing By-Law changes and Financial Statements etc.

### 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



### Gold Partner - Dignity

Every Detail Remembered® | Dignity MEMORIAL

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*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!

Roch F, Gisele L, Laura G, Lynn B, Janet K, Anita A, Barbara O, Janet P, Jacques D, Kristin P, Liliane S, Pierre L, Leah S, Lise D, Sheri S, Mary H, Darius B, Kathy A, Ruth D, Judy W, Lynne C, Keith L, Cheryl Y, James W, Lise B, Clara T, Robert G, George G, Karen T, Paul A, Srisula N, Celine C, Marion H, Peggy C, Mary B, Claire S, Leo K, Marie-Louise T, Moira B, Doug B,



## 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.



**SOLE**  
CENTERED  
FOOTCARE



**Members \$37**  
**Non Members \$40**  
**Every Wednesday**

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



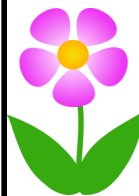
## G50+ Orientation

May 17

10:00 am to 11:30 am

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

**RSVP**



**AffinityHealth**  
Care by Design



**Blood Pressure Clinic**

An RPN will be onsite to take your blood pressure and blood oxygen levels on the 4th Friday of the month. 11 am to noon.  
May 26 & June 23

## 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 7:00 am.



**Free WiFi for Members!**  
**Visit reception.**



## Special Event Lunch

**Easter Lunch \$12.00**  
**April 6 (SOLD OUT)**  
 Ham & Scalloped Potatoes



**Volunteer Lunch**  
**April 27**  
 Lasagna



**Mother's Day Lunch**  
**\$12.00 May 11**  
 Honey Garlic Pork



**Canada Day Lunch**  
**\$12.00 June 29**  
 Hamburger/Hot Dog/Salads



A la Carte menu is not available on Special Event lunch days.

## 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**

**Special Event 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.**

**The Dining Room is reserved for Special Lunch Ticket Holders only.**

**FIRST  
 COME  
 FIRST SERVED  
 LIMITED  
 TICKETS**

Regular Thursday Lunch Tickets can be purchased in person or over the phone with a credit card on the day of the meal. Tickets are limited and are sold on a first come first served basis.

**SAVE the date for the Gloucester 50+ Centre's Annual Meeting, to be held Thursday, June 15, 2023 at 10:00 am. Annual Meetings are a requirement by law where Members gather to ratify the business of the Organization. Your Board of Directors works very hard throughout the year on your behalf. This year we will be highlighting the Organization's work to become compliant with the new Ontario Not-For-Profit Corporations Act (ONCA). Please mark your calendars and RSVP at the Centre. Refreshments will be available.**



## Spring 2023 Course Registration April 3 to April 6, 2023

**Beginner Watercolour Monday**  
9:30 to 11:30 am  
9 Weeks SP23WCM  
Dates: Apr 17, 24 May 1, 8, 15, 29  
June 5, 12, 19  
Members \$90.00 Non Member \$135.00  
Instructor: Andrea Oatway

**Gentle Fitness Tuesday 9:30 to 10:30 am**  
9 Weeks SP23GFTD  
Dates: April 11, 18, 25 May 2, 9, 16, 30  
June 6, 13  
Members \$45.00 Non Members \$68.00  
Instructor: Anna Crandlemire

**Qigong Tuesday 11:10 am to 12:10 pm**  
10 Weeks SP23QGONG  
Dates: April 11, 18, 25 May 2, 9, 16, 23, 30  
June 6, 13  
Members \$50.00 Non Members \$75.00  
Instructor: Trish Harris

**Kundalini Mat Yoga Wednesday 9:00 to 10:30 am**  
5 Weeks SP23YOGAM  
Dates: May 24, 31, June 7, 14, 21  
Members \$25 Non Members \$38  
Instructor: Teresa Yip

**NEW**

**Intermediate Watercolour Wednesday**  
9:30 to 11:30 am  
11 Weeks SP23WCW  
Dates: April 12, 19, 26 May 3, 10, 17, 24, 31  
June 7, 14, 21  
Members \$110.00 Non Members \$165.00  
Instructor: Andrea Oatway

**Gong Bath Wednesday**  
11:00 to noon  
5 Weeks SP23GBATH  
Dates: May 24, 31, June 7, 14, 21  
Members \$25 Non Members \$38  
Instructor: Teresa Yip

**NEW**

**Kundalini Chair Yoga Wednesday**  
12:30 to 1:30 pm  
5 Weeks SP23YOGACH  
Dates: May 24, 31, June 7, 14, 21  
Members \$25 Non Members \$38  
Instructor: Teresa Yip

**NEW**

**Mat Flexibility**  
Thursday 10:35 to 11:35 am  
9 Weeks SP23MFTHD  
Dates: April 13, 20, 27 May 4, 11, 18, June 1, 8, 15  
Members \$45.00 Non Mem \$68.00  
Instructor: Anna Crandlemire

**Gentle Fitness**  
Thursday 9:30 to 10:30 am  
9 Weeks SP23GFTHD  
Dates: April 13, 20, 27 May 4, 11, 18 June 1, 8, 15  
Members \$45.00 Non Members \$68.00  
Instructor: Anna Crandlemire

**Just say Yes - Live your best life!**  
Tuesday 1:00 to 2:00 pm  
5 Weeks SP23COACH  
Dates: May 2, 9, 16, 23, 30  
Members \$100.00 Non Members \$150.00  
Instructor: Trish Harris

**NEW**

\*\*\*\*\*  
**Complimentary Information Session April 25**  
**RSVP Required**

**TRY IT Mini session - RSVP at Reception**  
April 26, 2023  
Kundalini Yoga 9:00 to 9:30 am  
Gong Bath 9:35 to 10:05 am  
Kundalini Chair Yoga 10:10 to 10:40 am  
Instructor: Teresa Yip

**NEW**

**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.**

## Spring 2023 Course Registration April 3 to April 6, 2023

### 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.

### Just Say Yes—Live Your Best Life

Trish Harris CEO of Inner Recovery will host a 5 week group session series in May.

Week 1 Power of our Thoughts

Week 2 Self Love & Self Care

Week 3 Balancing Life

Week 4 Letting Go

Week 5 Creating Joy and Peace

Please sign up for the complimentary information session on Tuesday April 25, 2023 1:00 to 2:00 pm  
RSVP at Reception

**Kundalini Yoga** benefits the evolution of inner awareness and outer transformation through the use of breathwork, eye focus, hand & body postures, body locks, chanting, mantras and meditation...a truly physical, emotional and soulful workout.

**What to bring:** A mat, a water bottle and a blanket or shawl, to cover yourself.

**Optional:** Eye mask to cover your eyes. Snack and a drink for after the class where we will gather for 10 minutes or so.

**Kundalini Chair Yoga** benefits the body, mind and soul, bringing about positive change through the use of breathwork, eye focus, hand and body postures, body locks, chanting, mantras and meditation...a supported physical, emotional and soulful workout.

**What to bring:** A water bottle and blanket or shawl, to cover yourself.

**Optional:** Eye mask or something to cover your eyes. Snack and drink for after the class, where we will gather for 10 minutes or so.

**Gong Baths** use the power and vibration of sound to penetrate the body, mind and soul. Gently allowing the practitioner to come into a relaxed state of being. This relaxed state is where anxiety, pain, emotional blockages, fatigue... can be released, and/or where creativity and clarity can emerge.

Gong Baths can be experienced lying down on a mat or sitting in a chair.

**What to bring:** A mat (if not using a chair), cushions for comfort and support, a blanket or shawl to cover yourself.

**Optional:** Eye mask or something to cover your eyes. Snack and drink for after the class, where we will gather for 10 minutes or so.

All Physical Fitness activities and courses require a completed PAR-Q (Physical Activity Readiness Questionnaire). To Print click [copy](#).











Are you interested in trying a fitness class? Request a Try It pass 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](mailto:gsac@storm.ca)



# Spring Calendar 2023

## April

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Program Registration Pickle Ball Quilting 500 Kitchen Closed	<b>4</b> Program Registration Line Dancing Pétanque a tout Quilting Whist Sandbags Kitchen Closed	<b>5</b> Program Registration Pickle Ball Bridge Beginner oil	<b>6</b> Program Registration Easter Lunch Bid Euchre Bingo Euchre 	<b>7</b> Centre Closed 
<b>10</b> Centre Closed 	<b>11</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong	<b>12</b> Pickle Ball Bridge Int Water Colour Beginner Oil 	<b>13</b> Chicken Parmesan Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	<b>14</b> Pickle Ball Cribbage Darts Shuffle Board Bridge
<b>17</b> Pickle Ball Quilting 500 Beginner Water Colour	<b>18</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong	<b>19</b> Pickle Ball Bridge Int Water Colour Beginner Oil 	<b>20</b> Hot Roast Beef Sand Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	<b>21</b> Pickle Ball Cribbage Darts Shuffle Board Bridge
<b>24</b> Pickle Ball Quilting 500 Beginner Water Colour	<b>25</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong INFO Say Yes 	<b>26</b> Pickle Ball Bridge Int Water Colour Kundalin Yoga Mini Gong Bath Mini Chair yoga Mini 	<b>27</b> Lasagna Volunteer Lunch Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility 	<b>28</b> Pickle Ball Cribbage Darts Shuffle Board Bridge

## Spring Program Registration April 3 to April 6 at noon Register in person, or over the phone



April 3 & 4 Kitchen Closed  
 April 3 to 6 Program Registration  
 April 6 Easter Lunch  
 April 25 Info Session Just say Yes  
 RSVP Required  
 April 26 Mini Yoga Session RSVP  
 April 27 Volunteer lunch RSVP
















### 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 ([except on Special Events](#))

# Spring Calendar 2023

## May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Pickle Ball Quilting 500 Beginner Water Colour	<b>2</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong Just Say Yes 	<b>3</b> Pickle Ball Bridge Int Water Colour 	<b>4</b> Chicken a la King Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	<b>5</b> Pickle Ball Cribbage Darts Shuffle Board Bridge
<b>8</b> Pickle Ball Quilting 500 Beginner Water Colour	<b>9</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong Just Say Yes 	<b>10</b> Pickle Ball Bridge Int Water Colour 	<b>11</b> Mothers Day  Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	<b>12</b> Pickle Ball Cribbage Darts Shuffle Board Bridge
<b>15</b> Pickle Ball Quilting 500 Beginner Water Colour	<b>16</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong Just Say Yes 	<b>17</b> Pickle Ball Bridge Int Water Colour New Member Orientation 	<b>18</b> Beef & Broccoli Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	<b>19</b> Pickle Ball Cribbage Darts Shuffle Board Bridge
<b>22</b> Centre Closed 	<b>23</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Qi Gong Just Say Yes 	<b>24</b> Pickle Ball Bridge Int Water Colour Mat Yoga Gong Bath Chair Yoga 	<b>25</b> Chicken Stir Fry Bid Euchre Bingo Euchre	<b>26</b> Pickle Ball Cribbage Darts Shuffle Board Bridge 
<b>29</b> Pickle Ball Quilting 500 Beginner Water Colour	<b>30</b> Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong Just Say Yes 	<b>31</b> Pickle Ball Bridge Int Water Colour Mat Yoga Gong Bath Chair Yoga 	<b>Blood Pressure Clinic</b> Affinity Health will be onsite to take your blood pressure and blood oxygen levels on May 26 & June 23 from 11 am to noon.	



May 11 Mother's Day Lunch  
 May 17 New Member Orientation  
 May 22 Centre Closed  
 May 26 Blood Pressure Clinic









Appointments must be booked in advance call 613-749-1974.


Members \$37 Non Members \$40  
 Cancellations require 72 hour advance notice or may be subject to additional charges.

Receipts for insurance claims are provided.




## June Is Seniors Month

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>June is Seniors Month! Celebrate with us on Thursday June 1 9:00 to 11:30 am. Vendors, Workshops, Door Prizes. Thursday Lunch \$10.00 (tickets purchased, first come, first served).</p>			<p>1</p> <p>Senior Health Fair Caesar chicken wrap Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility</p>	<p>2</p> <p>Pickle Ball Cribbage Darts Shuffle Board Bridge</p>
<p>5</p> <p>Pickle Ball Quilting 500</p> <p>Beginner Water Colour</p>	<p>6</p> <p>Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong</p>	<p>7</p> <p>Pickle Ball Bridge</p> <p>Int Water Colour Mat Yoga Gong Bath Chair Yoga</p> 	<p>8</p> <p>Spaghetti &amp; Meat Balls</p> <p>Bid Euchre Bingo Euchre</p> <p>Gentle Fitness Mat Flexibility</p>	<p>9</p> <p>Pickle Ball Cribbage Darts Shuffle Board Bridge</p>
<p>12</p> <p>Pickle Ball Quilting 500</p> <p>Beginner Water Colour</p>	<p>13</p> <p>Line Dancing Pétanque a tout Quilting Whist Sandbags Gentle Fitness Qi Gong</p>	<p>14</p> <p>Pickle Ball Bridge</p> <p>Int Water Colour Mat Yoga Gong Bath Chair Yoga</p> 	<p>15</p> <p>Annual Meeting Hamburger Steak Bid Euchre Bingo Euchre</p>  <p>Gentle Fitness Mat Flexibility</p>	<p>16</p> <p>Pickle Ball Cribbage Darts Shuffle Board Bridge</p>
<p>19</p> <p>Pickle Ball Quilting 500</p> <p>Beginner Water Colour</p>	<p>20</p> <p>Line Dancing Pétanque a tout Quilting Whist Sandbags</p>	<p>21</p> <p>Pickle Ball Bridge</p> <p>Int Water Colour Mat Yoga Gong Bath Chair Yoga</p> 	<p>22</p> <p>Hamburger Steak &amp; Onions</p> <p>Bid Euchre Bingo Euchre</p>	<p>23</p> <p>Last pickle ball until September 6</p> <p>Pickle Ball Cribbage Darts Shuffle Board Bridge</p> 
<p>26</p> <p>Quilting 500</p> <p>Ottawa Summer camps begin. No Programs in the Gym until September.</p>	<p>27</p> <p>Pétanque a tout Quilting Whist Sandbags</p>	<p>28</p> <p>Bridge</p> 	<p>29</p> <p>Canada Day</p> <p>Bid Euchre Bingo Euchre</p> 	<p>30</p> <p>Cribbage Darts Bridge</p>



**Look What's Happening!**

June 1 Senior Health Fair  
June 15 Annual Meeting  
June 29 Canada Day Lunch  
June 26 Start of Children's Summer Camp / no programs in the GYM



**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](mailto:info@gloucester50pluscentre.ca)  
Thank you for taking the time!



**Members Only 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

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

**Tuesday**

Line Dancing	10:00 to 11:00 pm	Studio
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

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

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) the \$1 drop in must be paid.

**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

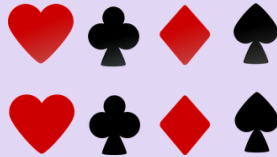
After the 3 passes have been used, a Membership will be required.

**Friday**

Pickleball	9:30 to 11:30 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

G50+ Membership is \$35.00 per year (September to August). Pro-rated for New Members only.

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



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



Want a little “Debbie” in your freezer?  
I’ve got just the thing to warm you up!  
Cash, Cheque, Credit

Beef Stew	\$ 6.00
Pork Chop	\$ 6.00
Meat Loaf	\$ 6.00
Chili	\$ 5.00
Turkey Pie (full)	\$14.00
Potato & Bacon Soup	\$ 3.00
Alphabet Soup	\$ 3.00
Tomato Soup	\$ 3.00
Beef & Barley	\$ 3.00

Please watch the bulletin boards for updated  
take home options.