



Fall 2023

Hours - Monday to Friday
Doors open 8:30 am to 3:30 pm

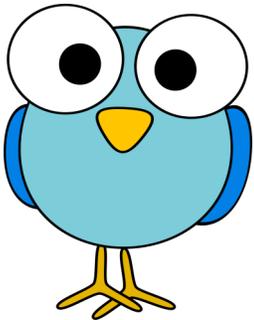
4355 Halmont Dr., OTTAWA, ONTARIO K1J 8W6
Tel: (613) 749-1974

Email: info@gloucester50pluscentre.ca

Website: www.gloucester50pluscentre.ca

Fun, Friendship and Activities

September to December 2023



Early Bird Membership Renewal

Renew your membership early - August 15 to 31 and have your name entered into the early bird draw. Early bird renewal will provide a more streamlined Fall Course Registration. 2023 Membership is \$40.00.



Drop-In Fees

In an effort to remain fiscally responsible and ensure the ongoing operations of the Centre, the Board has agreed to increase the Drop-In Activity fees to \$2.00.

Fall Bulletin

Welcome Back!

Inside this Issue:

Page 2

Member Information
Info Fair
Mini Bazaar & Bake Sale
Foot Care
Special Event Lunches

Page 3

Library
Open Board Meeting
Dignity Workshops
Drop in Activities

Page 4

Registered Courses
Refund Policy
PAR-Q

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
Marilyn Johnson—Secretary
Cécile Schryburt - Vice President

Lucy Pasiecznik
Debbie Karam
Pat Grandy
Gloria Manuel

Thank
You

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

WELCOME NEW MEMBERS!

Gail L, Charles C, Jackie C, Hélène A, Margie H.B., Robert B, Dave T, Frances W, Anne L, Elaine O, Doris L, Debbie P, Hélène B, Roxanne L, Rick S, Richard S, Regent C, Christine C, Shirley L, Julio B, Elaine C, Russ C, Iris A, Victoria L

Food Services

If you are planning to enjoy lunch or a snack, please ensure you press the Food Services button when you sign in at reception. The Kitchen is open for lunch from 11:30 am to 12:30 pm Monday to Friday. Thursday Lunch can be purchased as a combo or a la carte at the counter for \$10.00.



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.

Special Event Lunch



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



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.

Thankful



Thanksgiving Dinner \$12.00
October 5 noon
Ham and Scalloped Potatoes
Dessert
Tea / Coffee



Foot Care
Wednesday Clinics
Members \$37
Non Members \$40

New Clients or clients who have not had foot care within the last 6 months may require a second appointment. Please reserve your appointment in person or by calling 613-749-1974.

Please provide 72 hours for cancellations.



Christmas Dinner \$20.00
December 14 noon
Turkey Dinner with the fixings
Dessert
Tea / Coffee

Wednesday October 11, 2023



Tourtière Dinner \$12.00
December 21 noon
Tourtière, Mashed Potatoes & Vegetables
Dessert
Tea / Coffee

Want an easy way to eat healthy without all the fuss?



Debbie has it covered! Frozen entrées are available for purchase. Please check with Debbie or visit Reception for the menu and prices.

Mini Bazaar and Bake Sale

Thursday December 14th
9am to 2pm (MP1)

We are looking for donations of homemade baking, preserves, quilting, sewing, knitting, crocheting, crafts and gently used or new items.



Our Lending Library is open for you to enjoy! Borrow a book, puzzle or DVD whenever you wish. Donations of paperback novels, puzzles and DVD's are welcomed. Are you interested in volunteering for the lending library? Visit Reception for details.



Member Orientation

October 12 & December 7
10:00 to 11:30 am
Meet other Members, enjoy refreshments and learn about G50+.
Please RSVP at Reception or call 613-749-1794.



Ever wondered how the Board of Directors operates, or wonder if you would like to be a Board Member? Do you have questions or suggestions regarding the Operations or Governance of G50+? Want to learn more about the Strategic Plan, or other Standing Committees?

Come to the Open Board Meeting & Continental Breakfast on September 21 at 8:30 am. RSVP required. Visit reception for more information.

Our Gold Sponsor Dignity Memorial is inviting you to a Brown Bag Lunch and Learn on September 20th or November 8th from noon to 1:00 pm. RSVP REQUIRED.



Your Life Your Legacy - Estate Planning

Every Detail Remembered®

Dignity
MEMORIAL



\$2 Drop-In Activities are open to all Members.

If you are unsure how to participate or play a game just let us know, we can help!

Pickleball Quilting 500	Monday 9:30 to 11:30 am GYM 10:00 to 2:30 pm MP2 12:30 to 2:30 pm MP1	Bid Euchre Bingo Euchre	Thursday 9:00 to 11:45 am MP2 1:00 to 3:00 pm MP2 12:30 to 2:30 pm BR
	Tuesday 10:00 to 11:30 am MP1 10:00 to 11:00 am Studio 10:00 to 2:30 pm MP2 12:30 to 2:30 pm MP1 noon to 2:00 pm GYM		Friday 9:30 to 11:30 am GYM 9:30 to 11:30 am MP1 10:00 to 11:30 am MP2 12:30 to 2:30 pm GYM 11:45 to 3:00 pm MP2
Pétanque a tout Line Dance Quilting Whist Sandbags	Wednesday 9:30 to 11:30 am GYM noon to 3:00 pm MP2	Pickleball Cribbage Darts (sign in 9:45) Shuffle Board Bridge	
Pickleball Bridge			

Fall Courses 2023

Anna Crandlemire

Gentle Fitness Tuesday - **F23GFIT**

9:30 to 10:30 am GYM

Sept 26 Oct 3, 10, 17, 24, 31 Nov 7, 14, 21, 28 Dec 5

Members \$90 Non Members \$135

Gentle Fitness Thursday - **F23GFITTH**

9:30 to 10:30 am GYM

Sept 28 Oct 5, 12, 19, 26 Nov 2, 9, 23, 30 Dec 7

Members \$75 Non Members \$113

Mat Flexibility Thursday - **F23FLEX**

10:40 to 11:40 am Studio

Sept 28 Oct 5, 12, 19, 26 Nov 2, 9, 23, 30 Dec 7

Members \$75 Non Members \$113

Teresa Yip Monday

Sept 18, 25 Oct 2, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4

Mat Yoga Monday - **F23MATYOGAM**

9:30 to 10:30 am Studio

Members \$83 Non Members \$124

Gong Bath Monday - **F23BATHM**

11:00 to noon Studio

Members \$83 Non Members \$124

Chair Yoga Monday - **F23CHYOGAM**

12:30 to 1:30 pm

Members \$83 Non Members \$124

Andrea Oatway

Water Colour Beginner Monday - **F23WCBEG**

9:30 to 11:30 am MP1

Sept 18, 25 Oct 2, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4

Members \$165.00 Non Members \$248.00

Water Colour Intermediate Wednesday

F23WCINT

9:30 to 11:30 am MP1

Sept 20, 27 Oct 4, 11, 18, 25 Nov 1, 8, 15, 22, 29 Dec 6

Members \$180.00 Non Members \$270.00

Teresa Yip Wednesday

Sept 20, 27 Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6

Mat Yoga Wednesday - **F23MATYOGA**

9:30 to 10:30 am Studio

Members \$90 Non Members \$135

Gong Bath Wednesday - **F23BATH**

11:00 to noon Studio

Members \$90.00 Non Members \$135

Chair Yoga Wednesday - **F23CHYOGA**

12:30 to 1:30 pm

Members \$90.00 Non Members \$135

Trish Harris

Inner Recovery Tuesday - **F23RECOVERY**

1:00 to 2:00 pm BR

October 10, 17, 24, 31 Nov 7

Members \$100.00 Non Members \$150.00

QiGong Tuesday - **F23QIGONG**

11:10 to 12:10 pm STUDIO

Sept 19, 26 Oct 3, 10, 17, 24, 31 Nov 7, 14, 21, 28 Dec 5

Members \$90.00 Non Members \$135

Janet Kramer

Intermediate Womens' Pickle Ball

12:30 to 2:30 pm

see Criteria to register at Reception

F23INTWPB - GYM

Sept 18, 25 Oct 2, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4

Members only \$22.00

Please fill out a Par Q for this registration.

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
<p>Fall Program Registration September 11th to September 15th. Register in person, or over the phone starting Wednesday Sept 13 with a credit card. Renew early to streamline your registration.</p>				<p>1</p> <p>Cribbage Darts Bridge</p>
<p>4</p> <p>Centre Closed</p>  <p>LABOUR DAY</p>	<p>5</p> <p>Line Dance Quilting Pétanque atout Whist Sandbags</p>	<p>6</p> <p>Pickle Ball Bridge</p> 	<p>7</p> <p>Pizza & Caesar Salad Bid Euchre Bingo Euchre</p>	<p>8</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge</p>
<p>11</p> <p>Pickle Ball Quilting 500</p> <p>Registration</p>	<p>12</p> <p>Line Dance Quilting Pétanque atout Whist Sandbags</p> <p>Registration</p>	<p>13</p> <p>Pickle Ball Bridge</p> <p>Register by phone starting today</p> <p>Registration</p> 	<p>14</p> <p>Chicken Curry Bid Euchre Bingo Euchre</p> <p>Registration</p>	<p>15</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge</p> <p>Registration</p>
<p>18</p> <p>Pickle Ball Quilting 500</p> <p>Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner</p>	<p>19</p> <p>Line Dance Quilting Pétanque atout Whist Sandbags</p> <p>QiGong</p>	<p>20</p> <p>Dignity Workshop Pickle Ball Bridge</p> <p>Mat Gong Bath Chair Yoga Watercolour Intermediate</p>  	<p>21</p> <p>Pork Loin Open Board Meeting RSVP required Bid Euchre Bingo</p> <p>Welcome Fall</p> 	<p>22</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge</p>
<p>25</p> <p>Pickle Ball Quilting 500</p> <p>Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner</p>	<p>26</p> <p>Line Dance Quilting Pétanque atout Whist Sandbags</p> <p>Gentle Fitness QiGong</p>	<p>27</p> <p>Pickle Ball Bridge</p> <p>Mat Gong Bath Chair Yoga Watercolour Intermediate</p> 	<p>28</p> <p>Cabbage Rolls Bid Euchre Bingo Euchre</p> <p>Gentle Fitness Mat Flexibility</p>	<p>29</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge</p>



Sept 4 Labour Day- Centre Closed
 Sept 11 to 15 Fall Registration
 Sep 20 Dignity Workshop RSVP
 Sept 21 Open Board Meeting RSVP



Please respect G50+ business hours.
 Monday to Friday 8:30 am to 3:30 pm.

To avoid waiting in inclement weather, please book your transportation accordingly. As the Fall progresses please visit the website for Centre Closures and listen to Robo Call messages as there is generally no one on site when Robo Calls are released.

Fall Calendar 2023

October

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner	3 Line Dance Quilting Pétanque atout Sandbags Whist Gentle Fitness QiGong	4 Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate 	5 Bid Euchre Bingo Euchre Thanksgiving dinner Gentle Fitness Mat Flexibility 	6 Pickle Ball Cribbage Darts Shuffleboard Bridge
9 Closed 	10 Line Dance Quilting Pétanque atout Sandbags Whist Gentle Fitness QiGong	11 Bridge Info Fair Mat Yoga Gong Bath Chair Yoga Water Colour Intermediate  	12 Beef Goulash Member Orientation Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility 	13 Pickle Ball Cribbage Darts Shuffleboard Bridge
16 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner	17 Line Dance Quilting Pétanque atout Sandbags Whist Gentle Fitness QiGong Inner Recovery	18 Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate 	19 Sweet & Sour Pork Board Meeting Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	20 Pickle Ball Cribbage Darts Shuffleboard Bridge
23 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner	24 Line Dance Quilting Pétanque atout Sandbags Whist Gentle Fitness QiGong Inner Recovery	25 Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate 	26 Chicken Stew Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	27 Pickle Ball Cribbage Darts Shuffleboard Bridge
30 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner	31 Line Dance Quilting Pétanque atout Sandbags Whist Gentle Fitness QiGong Inner Recovery	 <h3>Member Orientation</h3> <p>Are you interested in learning more about the Centre Activities and Volunteer opportunities? Join me on October 12 at 10:00 am, enjoy a coffee and meet other Members. RSVP at Reception.</p>		



Oct 5 Thanksgiving Dinner
 Oct 9 Centre Closed
 Oct 11 Info Fair
 Oct 12 New Member Orientation

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.



November

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Fall back Nov 5</p>	<p>EORC Teen Angels tags are ready to pick.</p> 	<p>1 Pickle Ball Bridge Mat yoga Gong Bath Chair Yoga Watercolour Intermediate</p> 	<p>2 Beef Bourguignon Bid Euchre Bingo Euchre</p> <p>Gentle Fitness Mat Flexibility</p>	<p>3</p> <p>Pickle Ball Cribbage Darts Shuffleboard Bridge</p>
<p>6 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner</p>	<p>7 Line Dance Pétanque atout Quilting Whist Sandbags</p> <p>Gentle Fitness QiGong Inner Recovery</p>	<p>8 Dignity workshop</p>  <p>Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate</p> 	<p>9 Spaghetti and Meat Sauce Bid Euchre Bingo Euchre</p> <p>Gentle Fitness Mat Flexibility</p>	<p>10 Pickle Ball Cribbage Darts Shuffleboard Bridge</p>
<p>13 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner</p>	<p>14 Line Dance Pétanque atout Quilting Whist Sandbags</p> <p>Gentle Fitness QiGong</p>	<p>15 Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate</p> 	<p>16 Chicken Kabobs Board Meeting Bid Euchre Bingo Euchre</p>	<p>17 Pickle Ball Cribbage Darts Shuffleboard Bridge</p>
<p>20 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner</p>	<p>21 Line Dance Pétanque atout Quilting Whist Sandbags</p> <p>Gentle Fitness QiGong</p>	<p>22 Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate</p> 	<p>23 Stuffed Peppers Bid Euchre Bingo Euchre</p> <p>Gentle Fitness Mat Flexibility</p>	<p>24 Pickle Ball Cribbage Darts Shuffleboard Bridge</p>
<p>27 Pickle Ball Quilting 500 Int Womens Pickle Ball Mat Yoga Gong Bath Chair Yoga Watercolour Beginner</p>	<p>28 Line Dance Pétanque atout Quilting Whist Sandbags</p> <p>Gentle Fitness QiGong</p>	<p>29 Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate</p> 	<p>30 Beef Tortellini Bid Euchre Bingo Euchre</p> <p>Gentle Fitness Mat Flexibility</p>	 <p>WE REMEMBER</p>



Nov 1 EORC Teen Angel Tags
Nov 5 Daylight Savings Fall Back
Nov 8 Dignity Workshop RSVP required.



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 8, 2023 at noon. Thank you for your support.</p>  				1
4	5	6	7	8
<p>Quilting Pickle Ball 500 Int Womens Pickle Ball Watercolour Beginner</p>	<p>Line Dance Quilting Pétanque atout Whist Sandbags Gentle Fitness QiGong</p>	<p>Pickle Ball Bridge Mat Yoga Gong Bath Chair Yoga Watercolour Intermediate</p> 	<p>Creamy Paprika Pork Bid Euchre Bingo Euchre Member Orientation Gentle Fitness Mat Flexibility</p> 	<p>Pickle Ball Cribbage Darts Shuffleboard Bridge Teen Angel Christmas Gift Pickup</p> 
11	12	13	14	15
<p>Quilting Pickle Ball 500</p>	<p>Line Dance Quilting Pétanque atout Whist Sandbags</p>	<p>Pickle Ball Bridge</p> 	<p>Board Meeting Christmas Lunch MINI BAZAAR Bid Euchre Bingo Euchre</p> 	<p>Pickle Ball Cribbage Darts Shuffleboard Bridge</p>
18	19	20	21	22
<p>Quilting Pickle Ball 500 Registration</p>	<p>Line Dance Quilting Pétanque atout Whist Sandbags Registration</p>	<p>Pickle Ball Bridge Registration</p>	<p>Tourtière Lunch Bid Euchre Bingo Euchre Registration</p> 	<p>Pickle Ball Cribbage Darts Shuffleboard Bridge Registration</p>
25	26	27	28	29
<p><i>Winter Holidays</i></p>  <p>G50+ wishes you, your family and your friends every “Merry” blessing of the Season. Happy New Year! See you Tuesday January 2, 2024.</p>				



December 8 Angel Tree Gift Pick Up
 December 14 Turkey Dinner
 December 21 Tourtière Dinner
 Dec 18 to 22 Winter Registration
 Dec 25 to Jan 1 Centre Closed
 January 4 Foot Care



Free WiFi for Members!
 Visit reception for password.