



Winter 2024

Hours - 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 2024

Winter Program Registration December 18 to January 4.

**Register in person, or over the phone starting
December 20th with a credit card.**



Centre Closures

In the event of a weather event,
for up to date information on
Centre closures and Class
Cancellations please visit

www.gloucester50pluscentre.ca



Rule of thumb if local school boards
cancel bussing, G50+ will be closed.



Let It Bounce!

Pickle Ball

The fastest growing
sport in North
America!

Please see page 3 and 5 of the
bulletin for more information on
how to Register and or Drop-In.



The Ministry for Seniors and Accessibility requires G50+ to conduct a
short survey to obtain quantitative data. This data will be used to
measure the effectiveness and level of satisfaction of Older Adult
Centre's programs and services across the Province of Ontario. Please
take a few minutes to answer the survey. Pick up and drop off at
Reception.



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**

Winter Bulletin

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Calendars
January, February, March

*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 & Special Lunches

WELCOME NEW MEMBERS!

Paulette B., Francine B., Mélanie P., Julio B., Pauline R., Nicole S., Leo C., Carole W., Margaret C., Aileen D., Shirley S., Lise L., Amanda C., Barbara P., Marie P., Christine J., Irene W., Luce B. Monic B., Jadwiga S., Elaine I., Lori P., Ora C., Donna D., Frances C., Lyda C., Heather M., Wally Ni., Madeline M., Yvan P., Rollande D., Robert Boyd A., Pamela M., Lorraine D., Catherine C., Heather C., Fida A., Lisa B., Al C., Ole O., Audrey M., Ralph B., John R., Charles W., Bill O., Elaine N., Aline S., Lyne E., Barney S., Arlin D., Lillian D., Laura H., Penny F., Denneine J., Sophia R., Joanna S., Nicole S., Monique S., Johanna K., Maurice D., Mary V., Cynthia D., Stan J., Heather J M., Marie L., Marie V B., Ingrid C., Monica T., Trainor S C.

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 for \$10.00 or a la carte.



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. Please note: a la carte options are not available on special event lunch days.



Memorial Plaque

For more information on how to have your loved one remembered on the Memorial Plaque, please ask for more information at Reception.



Pancake Lunch
Tuesday February 13 at 11:30 am
Pancakes, Sausage, Scrambled Eggs, Tea, Coffee & dessert
\$10.00



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.



Valentines Day Lunch
Thursday February 8 at 11:45 am
Starter, Roast Beef, Dessert
Tea & Coffee
\$12.00



St. Patrick's Day Lunch
Thursday March 14 at 11:45 am
Starter, Irish Stew, Dessert
Tea & Coffee
\$12.00



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.



Easter Lunch
Thursday March 28 at 11:45 am
Starter, Ham & Scalloped Potatoes
Lemon Pie
Tea & Coffee
\$12.00



Want to skip the kitchen?

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

Drop - In Activities & Members' Information

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

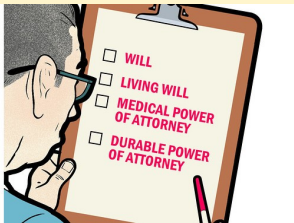
January 10 or March 14 from
 10:00 to 11:30 am

Meet other Members, enjoy refreshments and learn about G50+.
 Please RSVP at Reception or call 613-749-1794.



The Thursday lunch menu will be made available Mondays on the G50+ website and at the Centre in an effort to allow flexibility and cost savings in our Menu.

G50+ Gold Sponsor Dignity Memorial is inviting you to a Brown Bag Lunch and Learn on Wednesday January 31, 2024 from noon to 1:00 pm.
Special Guest Estate Lawyer
RSVP REQUIRED.



Every Detail Remembered®

Dignity®
 MEMORIAL



\$2 Drop-In Activities for Members.

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

**Quilting
 500**

Monday

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 Studio

**Pétanque atout
 Line Dance
 Quilting
 Whist
 Sandbags**

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

**Cribbage
 Darts (sign in 9:45)
 Bridge**

Friday

9:30 to 11:30 am MP1
 10:00 to 11:30 am MP2
 11:45 to 3:00 pm MP2

**Pickle Ball 1
 JTC Time
 Pickle Ball 2
 Bridge**

Wednesday

8:30 to 10:30 am GYM
 10:00 to 11:30 am BR (page 4)
 10:30 am to 12:30 pm GYM
 noon to 3:00 pm MP2

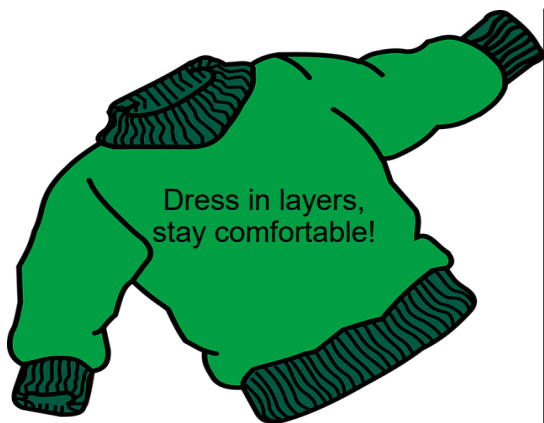
Drop - In Activities & Member's Information



JTC Time! Java-Tea-Chat Time Jan 24, Feb 28, Mar 27 (fourth Wednesday of each month)



Looking for some social time to gather with members, chat about interests, share ideas? Join Gloria, Pat and Marilyn for coffee, tea, and conversation on the 4th Wednesday of each month. Meeting topics will be discussed at the January meeting and will help design the program content for February and March gatherings. Refreshments available for purchase, drop-in fees apply. RSVP appreciated.
10 to 11:30 am Board Room Please RSVP at Reception drop in fees apply.



Dress in layers,
stay comfortable!

We do our very best to keep the Centre at ambient room temperature. The HVAC system is automated and G50+ staff must request temperature changes to the City of Ottawa staff. Temperature changes may not be immediate and your patience and cooperation are greatly appreciated.
Please bring your temperature requests to G50+ Reception.



NEW - Digital Literacy with Kelsey Mendoza - NEW

Learn to download apps, create and use social media accounts, send messages and email, change passwords, explore Apple and Android operating systems. Reserve your one on one time with Kelsey at Reception. Bring your own device or borrow one from the Centre. Laptop, iPad and android tablets are available to use. 30 Minute Appointments are available on Fridays. Visit Reception for more details / to book your free session.

Book your Para Transpo to and from the Centre during G50+ business hours. The doors to the Centre will open at 8:30 am and G50+ business concludes at 3:30 pm. To ensure your comfort and safety, please schedule bookings taking into consideration the Para Transpo waiting times.

Para Transpo

Winter Registered Courses 2024

Anna Crandlemire

Gentle Fitness Tuesday- **W24GFIT**

9:00 to 10:00 am GYM

Jan 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 5, 19

Members \$75.00 Non Members \$113.00



Chair Fitness Tuesday- **W24CHAIRFIT**

10:15 to 11:15 am GYM

Jan 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 5, 19

Members \$75.00 Non Members \$113.00

Gentle Fitness Thursday- **W24GFITTH**

9:00 to 10:00 am GYM

Jan 11, 18, 25 Feb 1, 8, 15, 22, 29 Mar 7, 21

Members \$75 Non Members \$113

Mat Flexibility Thursday - **W24FLEX**

10:15 to 11:15 am Studio

Jan 11, 18, 25 Feb 1, 8, 15, 22, 29 Mar 7, 21

Members \$75 Non Members \$113

Members only

Registered Pickle Ball



Monday 8:30 to 10:30 **W24PBM1 \$20.00**

Monday 10:30 to 12:30 **W24PBM2 \$20.00**

Jan 8, 15, 22, 29 Feb 5, 12, 26 Mar 4, 18, 25

Friday 8:30 to 10:30 **W24PBF1 \$20.00**

Friday 10:30 to 12:30 **W24PBF2 \$20.00**

Jan 12, 19, 26 Feb 2, 9, 16, 23 Mar 1, 8, 22

Monday Intermediate Women's Pickle Ball

12:30 to 2:30 pm **W24INTWPB \$20.00**

see Registration Criteria at Reception

Jan 8, 15, 22, 29 Feb 5, 12, 26 Mar 4, 18, 25

* Please note: From Dec 18 to 22 Members are only permitted to register for one time slot. Jan 2 to 4th all timeslots are available for multiple Registrations.

Danielle Marquis



Mat Yoga Wednesday - **W24MATYOGA**

9:30 to 10:30 am Studio

Jan 10, 17, 24, 31, Feb 7, 14, 21, 28 Mar 6, 13

Members \$75.00 Non Members \$113.00

Chair Yoga Wednesday - **W24CHYOGA**

10:40 to 11:40 am studio

Jan 10, 17, 24, 31, Feb 7, 14, 21, 28 Mar 6, 13

Members \$75.00 Non Members \$113.00

Andrea Oatway

Water Colour Beginner

Monday 9:30 to 11:30 am MP1 **W24WCBEG**

Jan 8, 15, 22, 29 Feb 5, 12, 26 Mar 4, 11

Members \$135.00 Non Members \$203.00

Water Colour Intermediate

Wednesday 9:30 to 11:30 am MP1 **W24WCINT**

Jan 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 6, 13

Members \$150.00 Non Members \$225.00

Trish Harris

Qigong

Tuesday 11:10 to 12:10 pm Studio **W24QIGONG**

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

Members \$45.00 Non Members \$68











Registered courses and activities are not interchangeable. If you registered for a certain day of the week, that is the only day you may attend.

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**

Winter Calendar 2024

January

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centre Closed 	2 Pétanque atout Line Dance Quilting Whist Sandbags Registration	3 Pickle Ball 1 & 2 Bridge Registration	4 Bid Euchre Bingo Euchre Registration	5 Cribbage Darts Bridge
8 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	9 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness Qigong	10 Pickle Ball 1 & 2 Bridge Mat Yoga Chair Yoga INT Watercolour Member Orientation  	11 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	12 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
15 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	16 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness Qigong	17 Pickle Ball 1 & 2 Bridge INT Watercolour Mat Yoga Chair Yoga 	18 Board Meeting  Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	19 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
22 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	23 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	24 Pickle Ball 1 & 2 JTC Time Bridge INT Watercolour Mat Yoga Chair Yoga  	25 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	26 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
29 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	30 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness Qigong	31 Pickle Ball 1 & 2 Bridge INT Watercolour Mat Yoga Chair Yoga Dignity Lunch & Learn  	<div>  <p>To avoid waiting unnecessarily during a weather event, 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.</p> </div>	






Jan 1 Centre Closed
Jan 2 to 4 Winter Registration
Jan 10 Member Orientation
Jan 18 Board Meeting
Jan 24 JTC Time
Jan 31 Dignity Lunch & Learn

Member Orientation

Are you interested in learning more about the Centre Activities and Volunteer opportunities?
Join me on January 10 or March 13 at 10:00 am,
enjoy a coffee and meet other Members.
RSVP at Reception.

February

Monday	Tuesday	Wednesday	Thursday	Friday
 Spring Registration March 26 to 28 and April 2 to April 4 at noon.			1 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	2 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
5 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	6 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness Qigong	7 Pickle Ball 1 & 2 Bridge INT Watercolour Mat Yoga Chair Yoga	8 Valentines Day Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	9 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
12 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	13 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness Qigong	14 Pickle Ball 1 & 2 Bridge INT Watercolour Mat Yoga Chair Yoga	15 Board Meeting Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	16 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
19 Family Day Centre Closed 	20 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	21 Pickle Ball 1 & 2 Bridge INT Watercolour Mat Yoga Chair Yoga	22 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	23 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
26 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	27 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	28 Pickle Ball 1 & 2 JTC Time Bridge INT Watercolour Mat Yoga Chair Yoga	29 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	



Feb 8
Feb 13
Feb 15
Feb 19
Feb 28

Valentines Day Lunch
Shrove Tuesday
Board Meeting
Closed Family Day
JTC Time













G50+ is looking for interested Members to join our Board of Directors.
Please inquire at Reception for a Nomination Package. Lucy Pasiecznik will contact you for an interview.

Nominations open from January 1 to March 28, 2024.

Winter Calendar 2024

March

Monday	Tuesday	Wednesday	Thursday	Friday
 SPRING BAZAAR Saturday May 11 10:00 am to 2:00 pm Bring your mom to lunch! Shop at the Bake Table, Books, Crafts, Jewelry, Art and more! 				1 Cribbage Darts Bridge Pickle Ball 1 & 2
4 Quilting 500 Pickle Ball 1 & 2 Watercolour Beginner INT Womens' Pickle Ball	5 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	6 Pickle Ball 1 & 2 Bridge INT Watercolour Mat Yoga Chair Yoga 	7 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	8 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
11 No GYM activities Quilting 500 Watercolour Beginner	12 No GYM activities Pétanque atout Line Dance Quilting Whist	13 No GYM activities Bridge INT Watercolour Mat Yoga Chair Yoga 	14 No GYM activities Bid Euchre Member Orientation Bingo Euchre 	15 No GYM activities Cribbage Darts Bridge Digital Literacy
18 Quilting 500 Pickle Ball 1 & 2 INT Womens' Pickle Ball	19 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	20 Pickle Ball 1 & 2 Bridge 	21 Board Meeting Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility 	22 Cribbage Darts Bridge Pickle Ball 1 & 2 Digital Literacy
25 Quilting 500 Pickle Ball 1 & 2 INT Womens' Pickle Ball	26 Pétanque atout Line Dance Quilting Whist Sandbags Spring Registration 	27 Pickle Ball 1 & 2 JTC Time Bridge Spring Registration 	28 Easter lunch Bid Euchre Bingo Euchre Spring Registration	29 Centre closed 



March 11 to 15 No gym activities
March 14 Member Orientation
March 21 Board Meeting
March 26, 27, 28 Registration
March 27 JTC Time
March 29 Closed Good Friday



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!