



Spring 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

April to June 2024



Spring Program Registration
April 2 ending April 5th at noon.
Register in person, or over the phone
starting April 4th with a credit card.

As President of the Board of Directors, I thought I would take a few moments to update you on several important issues, namely:

- The Centre's **operating hours** are 8:30 to 3:30. If you use Para Transpo and your drop-off time is earlier than 8:30, let the driver know that you can wait inside the bus or cab until we unlock the doors. If your pick-up time is after 3:30 pm G50+ Staff will not be available to wait with you.
- Member activities are increasing in attendance and many of these are running back-to-back. It is crucial that your activity (no matter the room location) finishes on time. I therefore ask that you do not enter a room where another activity is in progress, including the dining room during the 11:30-12:30 lunch hour.
- The Centre's **Annual Meeting** Thursday June 20th at 10:00am will include light refreshments. Please RSVP at Reception.
- While we appreciate seeing former members of the Gloucester 50+ Centre, this is a reminder that **former members** are required to renew their membership **prior to participating in any of our drop-in activities**. **Potential new members** are provided three (3) guest passes to introduce them to our drop-in activities (\$2 drop in fee must be paid to the Activity Coordinator). **Out-of-town visitors** are required to pay **\$5.00 drop-in fee per drop-in activity** to the Activity Coordinator prior to the commencement of each activity.
- As per the Personal Conduct Policy, page 2, please refrain from using/wearing any scented products while at the Centre (perfume, soap, cream, hair products, etc.).
- We value your suggestions, concerns and questions and I encourage you to stop by Reception to make an appointment if you would like to speak to a Member of the Board of Directors or Staff Member.

Thank you,
Jackie Lafontaine President of the Board



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**

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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.*



G50+ a registered Charity #11894 0535 RR0001. We sincerely appreciate all donations. Tax receipts will be provided for donations over \$100.00. Please remember G50+ as your Charity of Choice for 2024.

Members' Information & Special Lunches

WELCOME NEW MEMBERS!

Lise S., Judy W., Lorraine H., Audrey M., Bonnie H., Abdul R., Barbara R., David L., Rosa C., Liliane C., Joanne P., Oleksandr K., Jim M., Gail M., Tina S., Carmen S., George S., Anne-Marie T., Marg M., Linda G., Diane C-R., Lesley S., Roger V., Nellie H., Sherry H., Denise L., Tom H., Suzanne A., Mike Marier., Ida J., Donald G. Ida J., Debbie P., Leonard H., Elke H., Leonard H., Jeanette K., Denise D., Carmelle B., Carolyn V., Mona N., Roberta N., Mary G., Monique P., Roy A., Diane G.

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 will now be offered à la carte (no advance ticket required).



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: à la carte options are not available on special event lunch days. Only people with Tickets for the Special Event Lunch will be permitted in the Dining Room.



Memorial Plaque

Remember your loved one on the Memorial Plaque. The Engraved plate includes Name and Dates.

Cost: \$300.00

If interested please visit Reception.



Volunteer Recognition Thursday April 11 Registered Volunteers Free Members and Guests \$12.00

11:45 am

**Lasagna Dinner
Cake a la mode**



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.



Mother's Day May 9

\$12.00

11:45 am

**Chicken Kiev
Lemon Pie**



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.



Canada Day Thursday June 27 \$12.00 11:45 am Hamburger Platter Brownie & Ice Cream



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

Every Detail Remembered®

Dignity®
MEMORIAL

**Have you attended one of our Brown Bag Lunch and Learns?
Dignity Memorial, our Gold Sponsor, invites you to .**

Estate & Will Planning with Windle Law

April 24, 2024 noon to 1:00 pm

In order for G50+ to prepare the Brown Bag Lunches for the sessions you must RSVP a minimum of 3 days in advance.

New dates/topics will be posted at Reception, on the Website and in the e-Newsletters.

Member Orientation

Monday May 27

10:00 to 11:30 am

Meet other Members, enjoy refreshments and learn about G50+.

**Please RSVP at Reception
or call 613-749-1974.**



Drop-In Basketball



G50+ is looking for people interested in joining Drop-In Basketball activity on Thursdays from 12:30 to 2:30 pm in the GYM. Stop by Reception to add your name to the list.



\$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
12:45 to 2:45 pm MP1**

**Pétanque atout
Line Dance
Quilting
Whist
Sandbags**

Tuesday

**9:45 to 11:15 am MP1
10:00 to 11:00 am Studio
10:00 to 2:30 pm MP2
12:45 to 2:45 pm MP1
noon to 2:00 pm GYM**

**Pickleball 1
Drop-In Painting
Java Chat
Pickleball 2**

Wednesday

**8:30 to 10:30 am GYM
9:30 to 11:30 am MP1
10:00 to 11:30 am MP2
10:30 am to 12:30 pm GYM**

**Bridge
Canasta**



**noon to 3:00 pm MP2
1:00 to 3:00 pm MP1**

**Bid Euchre
Bingo
Euchre
Pickup Basketball**

Thursday

**9:00 to 11:45 am MP2
1:00 to 3:00 pm MP2
12:30 to 2:30 pm Studio
12:30 to 2:30 pm GYM**

Friday

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

**9:30 to 11:30 am MP1
10:00 to 11:30 am MP2
11:45 to 3:00 pm MP2
12:45 to 2:45 pm GYM**



Spring Bazaar & Tea

Saturday May 11

10:00 am to 2:00 pm

**Shop at the Bake Table, Books,
Crafts, Jewelry, Art and more!**

**Call for Baking, Silent Auction
items, Crafts, Volunteers etc.
Please stop at Reception for more
details. Baking can be dropped off
at the Centre on Friday May 10th.**



Java Chat!

10:00 to 11:30 am

(fourth Wednesday of each month)



**Looking for some social time to gather with members, chat about interests, share ideas?
Join Gloria, Pat and Marilyn on the 4th Wednesday of each month.
Refreshments available for purchase, drop-in fees apply.**

Para Transpo

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.



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.

Spring Registered Courses 2024

Anna Crandlemire

Gentle Fitness Tuesday– **SP24GFIT**

9:00 to 10:00 am GYM

April 9, 16, 23, 30, May 7, 14, 21, 28 June 4, 11

Members \$75.00 Non Members \$113.00

Chair Fitness Tuesday– **SP24CHAIRFIT**

10:15 to 11:15 am GYM

April 9, 16, 23, 30, May 7, 14, 21, 28 June 4, 11

Members \$75.00 Non Members \$113.00

Gentle Fitness Thursday– **SP24GFITTH**

9:00 to 10:00 am GYM

April 18, 25 May 2, 9, 16, 23, 30 June 6, 13

Members \$68 Non Members \$102

Mat Flexibility Thursday - **SP24FLEX**

10:15 to 11:15 am Studio

April 18, 25 May 2, 9, 16, 23, 30 June 6, 13

Members \$68 Non Members \$102

Members only Registered Pickleball

Monday 8:30 to 10:30 **SP24PBM1** \$20

Monday 10:30 to 12:30 **SP24PBM2** \$20

April 8, 15, 22, 29 May 6, 13, 27 June 3, 10, 17

Monday Intermediate Women's **SP24INTWPB** \$20

12:30 to 2:30 pm

see Registration Criteria at Reception

April 8, 15, 22, 29 May 6, 13, 27 June 3, 10, 17

Friday 8:30 to 10:30 **SP24PBF1** \$20

Friday 10:30 to 12:30 **SP24PBF2** \$20

April 12, 19, 26 May 3, 17, 24, 31 June 7, 14, 21

* Please note: From April 2 & 3 Members are only permitted to register for one time slot.

April 4 & 5 all timeslots are available for multiple Registrations.

Oleksandr (Alex) Kharitonov

Basic Fitness Monday - **SP24BASICM**

April 8, 15, 22, 29 May 6, 13, 27 June 3, 10

1:00 to 2:00 pm Studio

Members \$68 Non Members \$102

Basic Fitness Wednesday - **SP24BASICW**

April 10, 17, 24 May 1, 8, 15, 22, 29 June 5, 12

1:00 to 2:00 pm Studio

Members \$75.00 Non Members \$113.00

Teresa Yip is Back!!!

Wednesday

May 15, 22, 29 June 5, 12, 19

Kundalini Chair Yoga 2 - **SP24KCHAIR2**

9:00 to 10:00 am Studio

Members \$45 Non Members \$68

Meditation & Sound - **SP24MED&SOUND**

10:15 to 11:30 am Studio

Members \$57.00 Non Members \$86

Kundalini Chair 1 - **SP24KCHAIR1**

11:40 am to 12:40 pm Studio

Members \$45.00 Non Members \$68

See Reception, Website,
& E-Newsletter for class
descriptions.











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**

April

VOLUNTEER MONTH!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centre Closed 	2 Pétanque atout Line Dance Quilting Whist Sandbags Registration (In-person only)	3 Pickleball 1 & 2 Bridge Registration (In-person only)	4 Bid Euchre Bingo Euchre Registration (In person and by phone)	5 Cribbage Darts Bridge Registration (In person and by phone until noon)
8  Solar eclipse 2-4:40 Quilting 500 Pickleball 1 & 2 Basic Centre closed at 2pm	9 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	10 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Basic 	11 Bid Euchre Bingo Euchre Volunteer Recognition Lunch 	12 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
15 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball Basic	16 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	17 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Basic 	18 Board Meeting  Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	19 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
22 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball Basic	23 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	24 Pickleball 1 & 2 Drop-In Painting Canasta Java Time Bridge Basic   Windle Law - Dignity	25 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	26 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
29 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball Basic	30 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness		<div>  <p>During a weather event, please visit the website for Centre Closures and listen to Robo Call messages as there is no one on site when Robo Calls are released.</p> </div>	














April 1 Centre Closed
 April 8 Solar Eclipse
 April 11 Volunteer Lunch
 April 18 Board Meeting
 April 22 Member Orientation
 April 24 Java Chat
 April 24 Dignity Lunch and Learn

Member Orientation

Are you interested in learning more about the Centre Activities and Volunteer opportunities?
 Join me on May 27 at 10:00 am, enjoy a coffee and meet other Members.
 RSVP at Reception.

May

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 Pickleball 1 & 2 Bridge Canasta Basic 	2 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	3 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
6 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball Basic	7 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	8 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Basic 	9 Mothers Day Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility 	10 Cribbage Darts Bridge Bazaar Set up
13 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball Basic	14 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	15 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Basic Chair Yoga 1 Meditate & Sound Chair Yoga 2 	16 Board Meeting Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility 	17 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
20 Centre closed 	21 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	22 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Java Chat Basic Chair Yoga 1 Meditate & Sound Chair Yoga 2  	23 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	24 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
27 Quilting 500 Member Orientation Pickleball 1 & 2 INT Womens' Pickle Ball Basic 	28 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	29 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Basic Chair Yoga 1 Meditate & Sound Chair Yoga 2 	30 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	31 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2



May 9 Mother's Day
 May 11 Spring Bazaar
 May 16 Board Meeting
 May 20 Centre Closed
 May 22 Java Chat
 May 27 Member Orientation

Annual Meeting

The Board of Directors cordially invites
 all Members to attend the 2023-2024
 Annual Meeting on
Thursday June 20, 2024.
 Refreshments at 9:30 am.
 RSVP at Reception.

June

SENIORS MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball Basic	4 Pétanque atout Line Dance Quilting Whist Gentle Fitness Chair Fitness	5 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Basic Chair Yoga 1 Meditate & Sound Chair Yoga 2	6 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	7 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
10 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball Basic	11 Pétanque atout Line Dance Quilting Whist Sandbags Gentle Fitness Chair Fitness	12 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Basic Chair Yoga 1 Meditate & Sound Chair Yoga 2	13 Bid Euchre Bingo Euchre Gentle Fitness Mat Flexibility	14 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
17 Quilting 500 Pickleball 1 & 2 INT Womens' Pickle Ball	18 Pétanque atout Line Dance Quilting Whist	19 Pickleball 1 & 2 Drop-In Painting Canasta Bridge Chair Yoga 1 Meditate & Sound Chair Yoga 2	20 ANNUAL MEETING Board Meeting Bid Euchre Bingo Euchre	21 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
24 REGISTRATION Quilting 500 CAMP STARTS	25 REGISTRATION Pétanque atout Line Dance Quilting Whist	26 REGISTRATION Bridge Drop-In Painting Canasta Java Chat	27 REGISTRATION Canada Day Lunch Bid Euchre Bingo Euchre	28 REGISTRATION Cribbage Darts Bridge

Summer Registration
June 24 to 26
Phone Registration
starts June 26

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.
Visit Reception for more details.



June 20 **Annual Meeting**
 June 21 Pickleball & Shuffleboard end
 June 24 Ottawa Summer Camp Starts
 June 26 Java Chat
 June 27 Canda Day Lunch
 June 24 To 28 Summer Registration



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!