



# Summer 2024

4355 Halmont Dr., OTTAWA, ONTARIO K1J 8W6

Tel: (613) 749-1974

Email: [info@gloucester50plus.ca](mailto:info@gloucester50plus.ca)

Website: [www.gloucester50pluscentre.ca](http://www.gloucester50pluscentre.ca)

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

Please note business transactions end at 3 pm daily

**Fun, Friendship and Activities**

**July & August 2024**

**Congratulations to your 2024/2025  
Board of Directors.**

Did you know that the Board Directors are G50+ Volunteers working on your behalf to ensure fair, equitable activities and programs for all. If you have an idea, accolade or a suggestion to improve our Centre, you can voice your concerns to the Staff, Board Directors and / or through a written suggestion card, email or at the open meeting in September.



**2024-2025 Membership \$40.00**



To have your name entered into the Early Bird Draw and streamline your Fall Course Registrations, please Renew your Membership from August 14 to 31.

*Every Detail Remembered®*

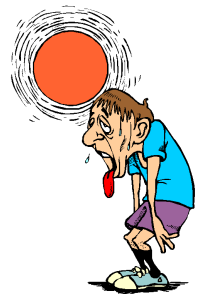
**Dignity®**  
MEMORIAL

**Please consider Dignity Memorial for your final arrangements. Julio and Danika will take great care of you. Members of G50+ Centre will be granted a 10% discount. For your free, no obligation appointment call 613-241-3680 / 1-844-344-6483.**

A heat warning is issued when the Environment Canada temperature forecast is expected to exceed 31°C during the daytime and the night time temperature is not cooler than 20°C or the humidex is expected to exceed 40°C for two consecutive days.

### Recommendations

- Drink plenty of fluids, preferably water and limit or avoid caffeine and alcohol
  - Avoid strenuous physical activity outdoors
  - Avoid direct exposure to the sun and look for shade



**The mission of this Centre is to enhance the quality of life of seniors of the City of Ottawa by disseminating relevant information and providing recreational, educational, cultural and related support services mainly through the utilization of senior volunteers.**

*The Centre gratefully acknowledges the  
financial support of:*



**We are a registered Charity #11894 0535 RR0001. Tax receipts will be provided for donations over \$100.00. Please remember us as your Charity of Choice.**

## Weekly Drop-In Activities & Summer Registered Courses

### Daily Lunch (MP1) 11:30 am to 12:30

#### MONDAY

10:00 am to 2:30 pm Quilting (MP2)  
 10:00 am to 11:00 am Tap Dance  
 12:45 to 2:45 pm 500 MP1 (Set-up 12:35)

#### TUESDAY

**\*Gentle Fitness** Registered Course Studio  
 10:00 to 11:30 Pétanque-Atout MP1  
 10:00 am to 2:30 pm Quilting (MP2)  
 12:45 to 2:45 Whist MP1 (set-up 12:35)  
 noon to 2:00 Sandbags (Studio)

#### WEDNESDAY

9:30 to 11:30 am Drop in Painting MP1  
**\*Yoga** Registered Course Studio  
**\*Foot Care** By Appointment (board room)  
 12:30 to 3:00 pm Bridge MP2 (sign in noon)  
 12:45 to 2:45 pm Canasta MP1 (set-up 12:35)

#### THURSDAY

9:00 to 11:45 am Bid Euchre MP2  
**\*Gentle Fitness** Registered Course Studio  
 1:00 to 3:00 pm Bingo MP2  
 1:00 to 3:00 pm Euchre (studio)

#### FRIDAY

9:30 to 11:30 am Cribbage MP1  
 10:00 to 11:30 am Darts MP2  
 11:45 to 3:00 pm Bridge (sign in at 11:35)MP2



**Open Board Meeting**  
**September 19 - 9:00 am to 11:00 am**  
 Join the Board in an open meeting.  
**RSVP at Reception**



### Summer Courses Registration Required \*

#### Registration In-Person 8:30 am to 3:00 pm

**June 24 to June 28 (at noon)**

**Wednesday June 26 to June 28**  
**In person or by phone**  
**with a credit card**

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#### Chair Fitness Tuesday Anna Crandlemire S24CHAIRFIT

10:15 to 11:15 studio  
 July 2, 9, 16, 23, 30 Aug 13, 20  
 7 weeks Mem \$53.00 Non \$79

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#### Gentle Fitness Thursday Anna Crandlemire S24GFIT

10:15 to 11:15 studio  
 July 4, 18, 25 Aug 1, 15, 22  
 6 weeks Mem \$45 Non \$68

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#### Yoga Wednesday Teresa Yip S24CHAIRYOGA2







9:00 to 10:00 studio  
 July 3, 10, 17, 24, 31 Aug 7  
 6 weeks Mem \$45 Non \$68

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#### Yoga Wednesday Teresa Yip S24CHAIRYOGA1

10:30 to 11:30 studio  
 July 3, 10, 17, 24, 31 Aug 7  
 6 weeks Mem \$45 Non \$68

## July 2024


Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>CLOSED</b> 	<b>2</b> Quilting Pétanque-Atout Whist Sandbags Canasta Chair Fitness	<b>3</b> Drop In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	<b>4</b> Bid Euchre Bingo Euchre Gentle Fitness	<b>5</b> Cribbage Darts Bridge
<b>8</b> Quilting Tap 500	<b>9</b> Quilting Pétanque-Atout Whist Sandbags Chair Fitness	<b>10</b> Drop In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	<b>11</b> Bid Euchre Bingo Euchre	<b>12</b> Cribbage Darts Bridge
<b>15</b> Quilting Tap 500	<b>16</b> Quilting Pétanque-Atout Whist Sandbags Chair Fitness	<b>17</b> Drop In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	<b>18</b> Board Meeting Bid Euchre Bingo Euchre Gentle Fitness	<b>19</b> Cribbage Darts Bridge
<b>22</b> Quilting Tap 500	<b>23</b> Quilting Pétanque-Atout Whist Sandbags Chair Fitness	<b>24</b> Drop In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	<b>25</b> Bid Euchre Bingo Euchre Gentle Fitness	<b>26</b> Cribbage Darts Bridge
<b>29</b> Quilting Tap 500	<b>30</b> Quilting Pétanque-Atout Whist Sandbags Chair Fitness	<b>31</b> Drop In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	Kitchen closed August 19 to 23 Coffee will be available	



Renew your G50+ Membership early and have your name included in the draw for the Early Bird Renewal Basket.

Members who renewed early will be streamlined through the Fall Course Registration. Members who wish to renew at the time of Fall Registration will be asked to Renew their membership before registering for any Fall Courses.

## August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Make Fall Registration easy!</b> <b>Early Bird Membership Renewal</b> <b>August 12 - 30</b>			<b>1</b> Bid Euchre Bingo Euchre Gentle Fitness	<b>2</b> Cribbage Darts Bridge
<b>5</b> Closed Civic holiday 	<b>6</b> Quilting Pétanque-Atout Whist Sandbags	<b>7</b> Drop In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	<b>8</b> Bid Euchre Bingo Euchre	<b>9</b> Cribbage Darts Bridge
<b>12</b> Quilting Tap 500 	<b>13</b> Quilting Pétanque-Atout Whist Sandbags Chair Fitness	<b>14</b> Drop In Painting Canasta Bridge 	<b>15</b> Bid Euchre Bingo Euchre Gentle Fitness	<b>16</b> Cribbage Darts Bridge
<b>19</b> Quilting Tap 500 No kitchen	<b>20</b> Quilting Pétanque-Atout Whist Sandbags No kitchen Chair Fitness	<b>21</b> Drop In Painting Canasta Bridge No kitchen 	<b>22</b> Bid Euchre Stroganoff Bingo Euchre No kitchen Gentle Fitness	<b>23</b> Cribbage Darts Bridge No kitchen
<b>26</b> Quilting Tap 500	<b>27</b> Quilting Pétanque-Atout Whist Sandbags	<b>28</b> Drop In Painting Canasta Bridge 	<b>29</b> Bid Euchre Bingo Euchre	<b>30</b> Cribbage Darts Bridge 



\*\*\*\*\*LOOK AHEAD\*\*\*\*\*

**Fall Program Registration September 9 to September 18.**  
**Phone registration starts September 12th.**

**Welcome Back Lunch Sept 19 - RSVP required**

**Open Board Meeting Thursday September 19, 2024**  
**9:00 am to 11:00 am.**  
**RSVP required**

