



# Spring 2025

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

Fun, Friendship and Activities

April to June 2025

## Welcome Spring!

### Spring Session Course Registration

March 31 to April 4 from 9:00 am to 3:00 pm.  
NB: Registration closes at noon on April 4th.



G50+ Annual Meeting - Thursday June 19, 2025 at 10:00 am. Refreshments will be served at 9:30 am. RSVP at Reception. If you cannot make the meeting please consider giving your proxy to another Member. Proxy forms are available at Reception.



**IMPORTANT** Reminder: Keep your personal belongings with you at all times.



If you are a Registered G50+ Volunteer, you are cordially invited to a Volunteer Meeting and Lunch on Wednesday April 30th at 10:00 am. RSVP Required.

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### 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  
Cécile Schryburt, Vice President  
Debbie Karam, Secretary  
Lucy Pasiecznik

Pat Grandy  
Gloria Manuel  
Shari Shaver  
Roxanne Latulippe



*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 \$100.00. Please remember G50+ as your Charity of Choice for 2025.

## Members' Information

### WELCOME NEW MEMBERS!

Kerry C., Bill W., Carol M.H., Julie B., Lorraine M., Lorraine B., Sandra S., Bernice C., Diane Probert., Anne Marie B., Mary L., Roxanne Clute., Evelyne M., Roderick P., John D., Danny C., Charles G., Deborah L., Cathy T., Gail L., Elizabeth O., Vicki B., Lise L., Leo L., Brian F., Berthe F., Janet H., Syntyche N., Guy P.

### Special Event Lunch

Ticket purchase is required by noon on Friday before the scheduled event, in person or by phone with a credit card. Tickets for special lunches are on sale March 31 & sell out quickly.



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.

### 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 April 17**  
**Turkey Dinner**  
**11:45 am \$12**



**Volunteer Thank You Lunch**  
**Meeting 10:00 am followed by lunch.**  
**Wednesday April 30th.**  
**Must be a registered volunteer.**  
**RSVP Required**



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.

**Mother's Day Lunch**  
**Thursday May 8th**  
**Chicken Alfredo &**  
**Caesar Salad**  
**11:45 am \$12**



**Canada Day Lunch**  
**Thursday June 26**  
**Hamburger or Hot Dog**  
**Platter**  
**11:45 am \$12**



### 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 dining room is scheduled for people to enjoy 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, the scheduled Thursday lunches are subject to change. **During Special Lunches there is no access to the dining room unless you have purchased a ticket.**

**Our Lending Library is open for you to enjoy!**

**Borrow books, puzzles or DVDs whenever you wish. Donations of paperback novels, puzzles and DVDs are welcomed.**



**Member Orientation**



Meet other Members and learn about G50+ history, programs, services and volunteering.  
May 13, 2025 at 12:45 pm

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

*Every Detail Remembered®*



*Gloucester 50+ Bronze Sponsor Thank you!*



**Basic Funerals**

*Gloucester 50+ Bronze Sponsor Thank you!*

**FootCare  
Wednesdays &  
Every third Friday  
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.  
Appointments are 20 minutes in length.  
Please reserve your appointment in person or call 613-749-1974.



*Where Caring is Our Number One Concern™  
Où votre bien-être est notre priorité™*



**Blood Pressure Clinic  
9:00 am to 11:00 am  
In the Main Lobby  
of the G50+ Centre  
April 9, May 7, June 10**



**\$2 Drop-In Activities are reserved for Members.**

**Check Calendars for dates.**

**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 a tout  
Quilting  
Sandbags  
Whist**  
**Tuesday**  
9:45 to 11:15 am MP1  
10:00 to 2:30 pm MP2  
noon to 2:00 pm GYM  
12:45 to 2:45 pm MP1

**Pickleball 1  
Pickleball 2  
Java Chat**  
**Wednesday**  
8:30 to 10:30 am GYM  
10:30 to 12:30 pm GYM  
10:00 to 11:30 am Board Room  
(see Calendars for dates)  
Noon to 3:00 pm MP2

**Bridge**

**Canasta**  
**12:45 to 2:45 pm MP1**

**Bid Euchre  
Euchre  
Bingo**  
**Thursday**  
9:00 to 11:45 am MP2  
12:30 to 2:30 pm Studio  
1:00 to 3:00 pm MP2

**Cribbage  
Darts (sign in 9:30)  
Bridge  
Shuffle Board**  
**Friday**  
9:30 to 11:30 am MP1  
9:45 to 11:30 am MP2  
11:45 to 3:00 pm MP2  
12:45 to 2:45 pm GYM

**ALL CLASSES SOLD SEPARATELY—NON TRANSFERABLE**

**Anna Crandlemire**  
Gentle Fitness Tuesday -11 weeks  
**SP25GFIT**

9:00 to 10:00 am GYM  
Members \$83 Non Members \$125  
Chair Fitness Tuesday

**SP25CHAIRFIT**

10:15 to 11:15 am GYM

Members \$83 Non Members \$125

April 8, 15, 22, 29 May 6, 13, 20, 27 June 3, 10, 17

Gentle Fitness Thursday - 10 weeks

**SP25GFITTH**

9:00 to 10:00 am GYM

Members \$75 Non Members \$113

Mat Flexibility Thursday

**SP25FLEX**

10:15 to 11:15 am Studio

April 10, 17, 24 May 1, 8, 15, 22 June 5, 12, 19

Members \$75 Non Members \$113

**Laurie Hemmings**  
Drawing Monday 10 weeks  
**SP25Draw**

9:15 to 11:15 am MP1

Members \$150 Non Members \$225

Learn the essentials of drawing with focus on tonal value, technique, perspective and more.

Supplies (not included):

9 x 12 inch sketching pad (or larger)

HB and 2B pencil

White eraser

April 16, 23, 30 May 7, 14, 21, 28 June 4, 11, 18

**Laurie Hemmings**

Watercolour Wednesday multi-level 9 weeks

**SP25WC**

9:15 to 11:15 am MP1

Members \$165 Non Members \$248

April 14, 28 May 5, 12, 26 June 2, 9, 16



**Diane Watson**

Zumba Gold Friday 10 weeks

**SP25ZUMBA**

10:30 am to 11:30 am Studio

Members \$75 Non Members \$113

April 11, 25 May 2, 9, 16, 23, 30 June 6, 13, 20

PB1 8:30am to 10:30 and/or PB2 10:30 to 12:30  
Pickleball Monday Members only GYM 9 weeks

**SP25MPB1 & W25MPB2 \$18 each**

April 7, 14, 28 May 5, 12, 26 June 2, 9, 16

Pickleball Friday Members only GYM 10 weeks

**SP25FPB1 & W25FPB2 \$20 each**

April 11, 25 May 2, 9, 16, 23, 30 June 6, 13, 20

Intermediate Women's Pickleball Monday 9 weeks

**SP25INTWPB \$18**

12:30 to 2:30 pm Gym

April 7, 14, 28 May 5, 12, 26 June 2, 9, 16

**Teresa Yip—7 Week**

Mat Yoga Wednesday - **SP25MATYOGA**

9:00 to 10:00 am Studio

Members \$53 Non Members \$80

Chair Yoga 2 Wednesday - **SP25CHYOGA2**

10:15 am 11:15 am Studio

Members \$53.00 Non Members \$80

Chair Yoga 1 Wednesday - **SP25CHYOGA1**

11:30 am to 12:30 pm

Members \$53.00 Non Members \$80

May 7, 14, 21, 28 June 4, 11, 18



**Lynda Buske**

Line Dance Tuesday - 10 weeks

**SP25LINE**

10:00 to 11:00 am



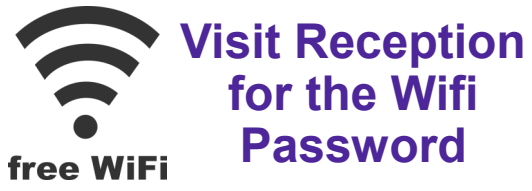
Members \$75 Members \$113

April 8, 15, 22, 29 May 6, 20, 27 June 3, 10, 17

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](mailto:gsac@storm.ca) refunds may take up to 10 business days to complete. A medical certificate may be required.



April

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <b>31 Registration</b><br>Pickleball drop in<br>Quilting<br>500   | <b>1 Registration</b><br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist   | <b>2 Registration</b><br>By Phone Starts<br><br>Pickleball 1 & 2<br>Canasta<br>Bridge        | <b>3 Registration</b><br><br>Pizza & wings<br>Bid Euchre<br>Euchre<br>Bingo<br>Heart Institute Valve<br>Screening | <b>4</b><br><br>Pickleball drop in<br>Cribbage<br>Darts<br>Bridge<br>Shuffleboard                                   |
| <b>7</b><br><br>Quilting<br>500<br><br>Pickleball 1 & 2<br>INT Women's PB   | <b>8</b><br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist<br><br>Gentle Fitness<br>Chair Fitness<br>Line Dance | <b>9</b><br><br>Pickleball 1 & 2<br>Canasta<br>Bridge  | <b>10</b><br><br>Shepherd's pie<br><br>Bid Euchre<br>Euchre<br>Bingo<br>Gentle Fitness<br>Mat Flexibility         | <b>11</b><br><br>Cribbage<br>Darts<br>Bridge<br>Shuffleboard<br>Pickleball 1 & 2<br>Zumba Gold                      |
| <b>14</b><br><br>Quilting<br>500<br>Pickleball 1 & 2<br>Drawing<br><br>INT Women's PB   | <b>15</b><br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist<br>Gentle Fitness<br>Chair Fitness<br>Line Dance    | <b>16</b><br><br>Pickleball 1 & 2<br>Bridge<br>Canasta<br>Watercolour                        | <b>17 Easter Lunch</b><br>Board Meeting<br>Bid Euchre<br>Euchre<br>Bingo<br><br>Gentle Fitness<br>Mat Flexibility | <b>18 Centre Closed</b><br><br> |
| <b>21 Centre Closed</b><br><br> <p>Happy Easter Monday</p> | <b>22</b><br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist<br>Gentle Fitness<br>Chair Fitness<br>Line Dance    | <b>23</b><br><br>Pickleball 1 & 2<br>Java Chat<br>Bridge<br>Canasta<br>Watercolour           | <b>24</b><br><br>Hot Beef Sandwich<br><br>Bid Euchre<br>Euchre<br>Bingo<br><br>Gentle Fitness<br>Mat Flexibility  | <b>25</b><br><br>Cribbage<br>Darts<br>Bridge<br>Shuffleboard<br>Pickleball 1 & 2<br>Zumba Gold                      |
| <b>28</b><br><br>Quilting<br>500<br><br>Pickleball 1 & 2<br>Drawing<br>INT Women's PB<br>Fraud Workshop                                       | <b>29</b><br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist<br>Gentle Fitness<br>Chair Fitness<br>Line Dance    | <b>30</b><br><br>Pickleball 1 & 2<br>Bridge<br>Canasta<br>Watercolour<br><br>Volunteer Lunch |                              |   |













March 31 to April 3 - Registration 9 am to 3 pm  
 April 3 - Heart Valve Screening  
 April 8 Blood Pressure Clinic  
 April 17 Easter Lunch  
 April 18 & 21 Closed  
 April 28 Fraud Workshop  
 April 30 Volunteer meeting and lunch

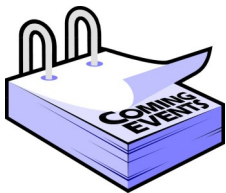


Please respect G50+ business hours.  
 Monday to Friday 8:30 am to 3:00 pm.

To avoid waiting in inclement weather, please book your transportation to and from the Centre accordingly. Please visit the website regularly for Centre Closures and listen to Robo Call messages as there is generally no one on site when Robo Calls are released. Para Transpo users, please note the staff leaves the Centre by 3:30 pm.

May

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <p><b>Bake Sale Thursday May 8 from 9:30 until sold out! Calling all Bakers! Please bring your baked goods / homemade pickles etc. on Wednesday between noon and 2:30pm or before 9:30 am on Thursday.</b></p> |  |   | <p>1 Spaghetti &amp; Meat Balls<br/>Bid Euchre<br/>Euchre<br/>Bingo<br/>Gentle Fitness<br/>Mat Flexibility</p>   | <p>2 Cribbage<br/>Darts<br/>Bridge<br/>Shuffleboard<br/>Pickleball 1 &amp; 2<br/>Zumba</p>   |
| <p>5 Quilting 500<br/>Pickleball 1 &amp; 2<br/>Drawing<br/>INT Women's PB</p>  | <p>6 Pétanque atout<br/>Quilting<br/>Sandbags<br/>Whist<br/>Gentle Fitness<br/>Chair Fitness<br/>Line Dance</p>  | <p>7 Pickleball 1 &amp; 2<br/>Bridge<br/>Canasta<br/>Yoga- Mat, Chair 1 &amp; 2<br/>Watercolour</p>   | <p>8 Mother's Day Lunch &amp; Bake Sale<br/>Bid Euchre<br/>Euchre<br/>Bingo<br/>Gentle Fitness<br/>Mat Flexibility</p>  | <p>9 Cribbage in Studio<br/>Darts<br/>Bridge<br/>Shuffleboard<br/>Pickleball 1 &amp; 2<br/>Zumba</p>   |
| <p>12 Quilting 500<br/>Pickleball 1 &amp; 2<br/>Drawing<br/>Int Women's Pickleball</p>   | <p>13 Pétanque atout<br/>Quilting<br/>Sandbags<br/>Whist<br/>Gentle Fitness<br/>Chair Fitness<br/>Member Orientation</p>  | <p>14 Pickleball 1 &amp; 2<br/>Bridge<br/>Canasta<br/>Yoga- Mat, Chair 1 &amp; 2<br/>Watercolour</p>   | <p>15 Pork Chop Board Meeting<br/>Bid Euchre<br/>Euchre<br/>Bingo<br/>Gentle Fitness<br/>Mat Flexibility</p>   | <p>16 Cribbage<br/>Darts<br/>Bridge<br/>Shuffleboard<br/>Pickleball 1 &amp; 2<br/>Zumba</p>                      |
| <p>19 Victoria Day Centre Closed</p>    | <p>20 Pétanque atout<br/>Quilting<br/>Sandbags<br/>Whist<br/>Gentle Fitness<br/>Chair Fitness<br/>Line Dance</p>   | <p>21 Pickleball 1 &amp; 2<br/>Bridge<br/>Canasta<br/>Yoga- Mat, Chair 1 &amp; 2<br/>Watercolour</p>   | <p>22 Chicken Curry<br/>Bid Euchre<br/>Euchre<br/>Bingo<br/>Gentle Fitness<br/>Mat Flexibility</p>   | <p>23 Cribbage<br/>Darts<br/>Bridge<br/>Shuffleboard<br/>Pickleball 1 &amp; 2<br/>Zumba<br/>Photo Workshop</p>  |
| <p>26 Quilting 500<br/>Pickleball 1 &amp; 2<br/>Drawing<br/>INT Women's PB</p>   | <p>27 Pétanque atout<br/>Quilting<br/>Sandbags<br/>Whist<br/>Gentle Fitness<br/>Chair Fitness<br/>Line Dance</p>   | <p>28 Pickleball 1 &amp; 2<br/>Java Chat<br/>Bridge<br/>Canasta<br/>Yoga- Mat, Chair 1 &amp; 2<br/>Watercolour</p>   | <p>29 Hamburger Steak &amp; Onions<br/>Bid Euchre<br/>Euchre<br/>Bingo</p>   | <p>30 Cribbage<br/>Darts<br/>Bridge<br/>Shuffleboard<br/>Pickleball 1 &amp; 2<br/>Zumba</p>  |



May 7 Blood Pressure Clinic  
May 8 Mother's Day & Bake Sale  
May 13 Member Orientation  
May 19 Victoria Day Closed  
May 23 Take better vacation photos


Registered Course Participants

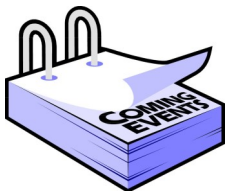


Check Your Calendar

The dates for Registered Classes are listed within the text box of the calendar and on page 4 of this bulletin. Cancelled classes will be rescheduled or refunded.

June

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| 2<br>Quilting<br>500<br>Pickleball 1 & 2<br>Drawing<br>INT Women's PB  | 3<br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist<br>Gentle Fitness<br>Chair Fitness<br>Line Dance   | 4<br>Pickleball 1 & 2<br>Bridge<br>Canasta<br>Yoga- Mat, Chair 1 & 2<br>Watercolour               | 5<br>Beef & Chicken Kabobs<br>Bid Euchre<br>Euchre<br>Bingo<br>Gentle Fitness<br>Mat Flexibility               | 6<br>Cribbage<br>Darts<br>Bridge<br>Shuffleboard<br>Pickleball 1 & 2<br>Zumba  |
| 9<br>Quilting<br>500<br>Pickleball 1 & 2<br>Drawing<br>INT Women's PB  | 10<br>Pétanque atout<br>Quilting<br>Sandbags Studio<br>Whist<br>Gentle Fitness<br>Chair Fitness<br>Line Dance   | 11<br>Pickleball 1 & 2<br>Bridge<br>Canasta<br>Yoga- Mat, Chair 1 & 2<br>Watercolour              | 12<br>Chicken Parmesan<br>Bid Euchre<br>Euchre<br>Bingo<br>Gentle Fitness<br>Mat Flexibility                   | 13<br>Cribbage<br>Darts<br>Bridge<br>Shuffleboard<br>Pickleball 1 & 2<br>Zumba |
| 16<br>Quilting<br>500<br>Pickleball 1 & 2<br>Drawing<br>INT Women's PB | 17<br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist<br>Gentle Fitness<br>Chair Fitness<br>Line Dance  | 18<br>Pickleball 1 & 2<br>Java Chat<br>Bridge<br>Canasta<br>Yoga- Mat, Chair 1 & 2<br>Watercolour | 19<br>Beef Bourguignon<br>Annual Meeting<br>Bid Euchre<br>Euchre<br>Bingo<br>Gentle Fitness<br>Mat Flexibility | 20<br>Cribbage<br>Darts<br>Bridge<br>Shuffleboard<br>Pickleball 1 & 2<br>Zumba |
| 23<br>Quilting<br>500<br><br>Summer Registration                       | 24<br>Pétanque atout<br>Quilting<br>Sandbags<br>Whist<br><br>Summer Registration  | 25<br>Bridge<br>Canasta<br><br>Summer Registration  | 26<br>Canada Day Lunch<br>Bid Euchre<br>Euchre<br>Bingo  | 27<br>Cribbage<br>Darts<br>Bridge  |
| 30<br>Quilting<br>500  |  <p><b>Annual Meeting</b><br/>                     Thursday June 19, 2025<br/>                     10:00 am<br/>                     Refreshments served at 9:30am<br/>                     RSVP or Proxy at Reception</p>  |   |  |  |



June 19 Annual Meeting  
 June 20 Longest day of 2025  
 June 26 Canada Day Lunch  
 June 23 Summer Registration starts  
 June 23 Children's Summer Camps commence



**Suggestion Box**

We value your suggestions.  
 The suggestion box is located in the back corner of the Main Hall, or you can email us at [info@gloucester50pluscentre.ca](mailto:info@gloucester50pluscentre.ca)  
 Thank you for your feedback!

## Workshops and Clinics - RSVP REQUIRED TO ATTEND



# SCAMS TARGETING ELDERS

Join Constable Mike Gatti from Community and Safety Services of the Ottawa Police on Tuesday April 28, 2025 from 1:00 pm to 2:30 pm for a Workshop on Frauds and Scams that target seniors in Ottawa.

RSVP at Reception or call 613-749-1974  
Everyone welcome!



## Have you heard about **valvular heart diseases**?

Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada.

Heart valve problems are often undetected, and late detection may have severe consequences. Our mobile screening program offers early detection, diagnosis and treatment.

**A free screening for people 65+ with no known heart issues is available near you.**

Your 30- to 60-minute appointment involves:

- a mini ultrasound of your heart
- questioning, measurements, and rapid finger poke blood tests to evaluate your cardiovascular risk factors

A cardiologist will review the results and recommendations will be provided at the end of your visit.

We will be at the **Gloucester 50+ / Pat Clark Community Centre (4335 Halmont Dr., Ottawa) on April 3<sup>rd</sup>, 2025.**

Please complete this form to be added to the waitlist:

<https://forms.office.com/r/bUurABZeDL>. Our staff will contact you then to book you for an appointment.

If you are not able to complete the form, please then call 613 696 7412 to leave a message and use the keyword "50+".



### How to take better vacation photos

SP25PHOTO

Presented by Lynda Buske

Learn how to more effectively tell the story of your vacations through pictures. Regardless of what kind of camera you use (cell phone, tablet, DSLR, etc.), learn how to use light, foreground, people, framing and to create a descriptive picture that needs no captioning.

Friday May 23, 2025 1:00 to 2:30 pm  
RSVP required to attend.



## To Call or Not to Call?

Robo Calls are generated by our Data Base software and they are sent out mainly to share closures or interruptions in services to the Membership. It is possible to remove yourself from receiving calls however you will be responsible for checking the website for information. Please be aware there is generally no one on site to answer calls after a Robo Call is generated.

Please ensure you  
listen to the  
Voicemail.

