



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

Website: 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 a book, puzzle or DVD whenever you wish. Donations of paperback novels, puzzles and DVD's 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
Bridge
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

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 \$68 Non Members \$102
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 \$68 Non Members \$102
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





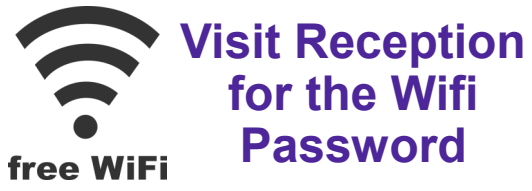
Lynda Buske
Line Dance Tuesday - 10 weeks
SP25LINE

10:00 to 11:00 am
Members \$75 Non 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 refunds may take up to 10 business days to complete. A medical certificate may be required.

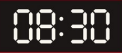


April

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












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

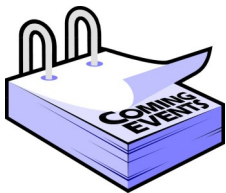


Please respect G50+ business hours.
 Monday to Friday 8:30 am to 3:00 pm.

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



May 8 Mother's Day & Bake Sale
May 13 Member Orientation
May 19 Victoria Day Closed


Registered Course Participants

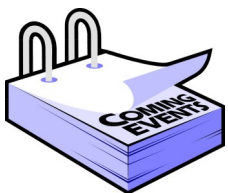


Check Your
Calendar

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 re-scheduled or refunded.

June

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

