



Summer 2025

4355 Halmont Dr., OTTAWA, ONTARIO K1J 8W6

Tel: (613) 749-1974

Email: info@gloucester50plus.ca

Website: 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 2025



2025-2026 Membership \$40.00

To have your name entered into the Early Bird Draw and streamline your Fall Course Registrations, please Renew your Membership starting August 18. The Early Bird draw will take place on August 29 at 3:00 pm. It is very important to fill out a Form each year to ensure G50+ has your current information including your emergency contacts.

[2025-2026 Membership Form](#)

[PAR-Q \(for physical activities\)](#)



A heat warning is issued when the 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.

Environment Canada 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
- Spend time each day in an air conditioned space like G50+

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 **Studio**
 12:45 to 2:45 pm 500 MP1 (Set-up 12:35)

TUESDAY

9:45 to 10:45 Line Dance **Studio**
***Chair Fitness** **Registered Course Studio**
 9:45 to 11:15 am Pétanque-Atout MP1
 10:00 am to 2:30 pm Quilting (MP2)
 12:45 to 2:45 Whist MP1 (set-up 12:35)
 12:15 to 2:00 Sandbags **Studio**

WEDNESDAY

***Foot Care** **By Appointment (board room)**
 9:30 to 11:30 am Drop-in Painting MP1
***YogaChair2** **Registered Course Studio**
***Yoga Chair1** **Registered Course Studio**
 noon 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
 12:30 to 2:30 pm Euchre **Studio**

FRIDAY

***Foot Care** **By Appointment (board room)**
 9:30 to 11:30 am Cribbage MP1
 9:45 to 11:30 am Darts MP2 (sign in 9:30)
 11:45 to 3:00 pm Bridge (sign in at 11:35)MP2



Summer Courses

* Registration Required

Registration In Person

8:30 am to 3:00 pm

In person June 23 to June 26 (at noon)

In person or by phone

with a credit card

June 25 to June 26 (before noon)

Chair Fitness Tuesday

Anna Crandlemire

S25CHAIRFIT \$38 Mem / \$57 Non

11:00 am to noon

July 8, 15, 22 August 12, 19

Yoga Wednesday

Teresa Yip

S25CHAIRYOGA2 \$45 Mem / \$68 Non

Comfortable with yoga standing and sitting

9 to 10 am

S25CHAIRYOGA1 \$45 Mem / \$68 Non

Those comfortable sitting only

10:15 to 11:15 am

July 9, 16, 23, 30 Aug 6, 13

Gentle Fitness Thursday

Anna Crandlemire

S25GentleFit \$23 Mem / \$35 Non

10:15 to 11:15 am

July 17 August 14, 21










WORKSHOP

Join Lynda Buske for an armchair trip to
The Baltic.

Friday July 25 at 1:00 pm.

RSVP REQUIRED at Reception

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED 	2 Drop In Painting Canasta Bridge 	3 Chicken Quesadilla Bid Euchre Bingo Euchre	4 Cribbage Darts Bridge
7 Quilting Tap 500	8 Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness	9 Drop In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	10 Shepherd's Pie Bid Euchre Bingo Euchre	11 Cribbage Darts Bridge
14 Quilting Tap 500	15 Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness	16 Drop-In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	17 Fish & Chips Board Meeting Bid Euchre Bingo Euchre Gentle Fitness	18 Cribbage Darts Bridge 
21 Quilting Tap 500	22 Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness	23 Drop-In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1 	24 Chicken Alfredo Bid Euchre Bingo Euchre	25 Cribbage Darts Bridge Arm Chair Travel— The Baltic RSVP 
28 Quilting Tap 500	29 Line Dance Quilting Pétanque-Atout Whist Sandbags	30 Drop-In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1	31 Hamburger Platter Bid Euchre Bingo Euchre	

Join Lynda Buske in the Board Room on Friday July 25 at 1:00pm for an Arm Chair Travel experience to the Baltic! RSVP Required at Reception. Visit Denmark, Sweden, Finland, Russia, Poland, Estonia, and Norway. Highlights include location where Nobel prizes are awarded, a rock church, palaces of Catherine and Peter the Great.




Renew your G50+ Membership from August 18 to 29 and your name will be included in a draw for the Early Bird Basket.

Members who renew early (August 18 to 29) 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 Courses (longer process). Download, print and fill out the Membership Form to make Renewal fast and easy.

[Click here for 2025-2026 Membership Form](#)

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Make Fall Registration easy! Early Bird Membership Renewal August 18 - 29 \$40.00 at Reception</p> 				<p>1</p> <p>Cribbage Darts Bridge</p>
<p>4 Closed Civic holiday</p> 	<p>5</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags</p>	<p>6</p> <p>Drop-In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1</p> 	<p>7</p> <p>Chicken Stir-fry Bid Euchre Bingo Euchre</p>	<p>8</p> <p>Cribbage Darts Bridge</p>
<p>11</p> <p>Quilting Tap 500</p>	<p>12</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness</p>	<p>13</p> <p>Drop-In Painting Canasta Bridge Chair Yoga 2 Chair Yoga 1</p> 	<p>14</p> <p>Sweet & Sour Pork Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>15</p> <p>Cribbage Darts Bridge</p> 
<p>18</p> <p>Quilting Tap 500</p> 	<p>19</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness</p>	<p>20</p> <p>Drop-In Painting Canasta Bridge</p> 	<p>21</p> <p>Rueben Sandwich Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>22</p> <p>Cribbage Darts Bridge</p>
<p>25</p> <p>Quilting Tap 500</p>	<p>26</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags</p>	<p>27</p> <p>Drop-In Painting Canasta Bridge</p> 	<p>28</p> <p>Spaghetti & Meatballs Bid Euchre Bingo Euchre</p>	<p>29</p> <p>Cribbage Darts Bridge</p>  

Fall Course Registration September 8 to September 12
9:00 am to 3:00 pm

NB: registration closes at noon on the 12th.
Phone registration September 10th.
613-749-1974 (with a credit card)



To promote inclusiveness and equal opportunity, Pickleball is once again a Drop-In Activity reserved for members of Gloucester 50+ Centre and will not require pre-registration.