



Fall 2025

Hours - Monday to Friday
Doors open 8:30 am to 3:30 pm
Business Transactions end at 3:00 pm

4355 Halmont Dr., OTTAWA, ONTARIO K1J 8W6

Tel: (613) 749-1974

Website: www.gloucester50pluscentre.ca

Fun, Friendship and Activities

September to December 2025

We're proud to announce our Bronze Level Sponsors!

We deeply value the expertise and professionalism of Dignity - Racine, Robert and Gautier and Park Lawn - Basic Funerals.

Whether you're seeking quotes or advice for your own or a loved one's final arrangements, our Sponsors are here to help with compassion. G50+ encourages you to reach out with any questions or for guidance.



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Early Bird Membership Renewal \$40.00

Renew your G50+ Membership early from **August 18 to 29** and have your name entered into the early bird draw for a Gift Basket compliments of Ogilvie Villa - Spring Living. Those who renew during Early Bird Renewal will enjoy a streamlined Fall Course Registration.



G50+ Mission Statement

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 volunteers.

2025-2026 G50+ Volunteer Board of Directors

Jackie Lafontaine, President
Carol Nicholson, Treasurer
Roxanne Latulippe, Vice President
Debbie Karam, Secretary

Pat Grandy
Gloria Manuel
Cécile Schryburt
Shari Shaver



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!

Joanne Z., Lynne C., Rolf G., Francoise G., Priscilla J., Helene T., Donna H., Shaun H., Dominique B., Madeleine B., Evelyn P., Audrey M., Claire F., Joyce W., Lucia C., Huguette L., Brian B., Guylaine L., Carmelle B., Terry M., Gilles G., Bessie C., Donna M., Linda L., Johanne T., Esther A., Marilyn C., Brian C., Linda K., Candace D., Susana G., Habtemariam K., Diane C., Sylvie CP, Pauline B., Donna L.,

Food Services

If you are planning to enjoy lunch or a snack, please ensure you press the Lunch button when you sign in at reception. The dining room is occupied for people to enjoy lunch from 11:30 am to 12:30 pm Monday to Friday. Thursday Lunch can be purchased as a combo for \$10.00 or a la carte. Check out our Frozen Entrees for sale!

Welcome Back Lunch \$12.00

September 18 11:45 am

Lasagna

Dessert

Tea / Coffee (buy starting August 18)



Thanksgiving Lunch \$12.00

October 9 11:45 am

Ham and Scalloped Potatoes

Dessert (buy starting Sept 15)

Tea / Coffee



Christmas Lunch \$20.00

December 11 11:45 am

Turkey Dinner with the fixings

Dessert (buy starting Sept 15)

Tea / Coffee



Tourtière Lunch \$12.00

December 18 11:45 am

Tourtière, Mashed Potatoes & Vegetables (buy starting Sept 15)

Dessert / Tea / Coffee



Membership Drive

Tim Tierney's G50+ Membership Drive
Friday September 12 from noon to 3:00 pm.

Tim would like to help G50+ increase Membership. Current Members of G50+ are cordially invited when accompanied by a friend who may be interested in Membership at the Centre.



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.

Weekly Pot Of Gold

Did you know that all Members are eligible to play Pot of Gold? One name is drawn every Friday. Stop by Reception for more details on how to get involved.



Foot Care 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.

Clinics: Wednesdays & 3rd Friday of the month

Please provide 72 hours for cancellations.



Blood Pressure Clinics



Drop-in to the Clinics and meet the wonderful staff at Beacon Heights for a free Blood Pressure Check. Please see calendars for dates.

Thank you Beacon Heights Residence
All Seniors Care

Bazaar-No-Bazaar Fundraiser Week



Draws, Silent Auction, Bake Sale.

Join us for a week of Fundraising!
December 8 to 12.



**University of Ottawa Heart
Institute
Valve Screening Clinic
November 6, 2025.**

People 65 or older are eligible.
Registration Instructions will be posted on
the website, e-newsletter and at Reception.

Member Orientation

**October 8 & December 4
12:30 pm to 2:00 pm**

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

RSVP at Reception or call 613-749-1974.



basicFunerals®
AND CREMATION CHOICES

**"How to Cope with the Holidays and
Plan Ahead for Your Family"**

1:00 to 2:30 pm
Wednesday, November 26th
RSVP at Reception
Everyone Welcome!

**Basic Photo Editing
Friday October 3
1:00 to 2:30 pm**

Join Volunteer, Lynda Buske as
she explains and demonstrates
how to Edit photos. This
Workshop is free. RSVP at
Reception to save your place.



**How to Make a Photo Book
Friday October 17
1:00 to 2:30 pm**

Join Volunteer, Lynda Buske as she
explains and demonstrates how to
Make a photobook This Workshop
is free. RSVP at Reception to save
your place.



Drop-In activities are designed for recreation, inclusion, fun, friendship and laughter and are
reserved for G50+ Members. **Please note that some room locations
and times have been adjusted. Check Calendars for dates.**

If you are unsure how to participate or play a game we can help you, please visit Reception.

Monday	
Pickleball 1	8:30 to 10:30 am GYM
Pickleball 2	10:30 to 12:30 pm GYM
Pickleball 3	12:30 to 2:30 pm GYM
Quilting	9:00 to 12:00 pm MP2
Tap	10:00 to 11:00 am Studio
500	12:45 to 2:45 pm MP2
Tuesday	
Pétanque-Atout	9:45 to 11:15 am MP1
Quilting	9:00 to noon pm MP2
Sandbags	noon to 2:00 pm GYM
Whist	12:30 to 2:30 pm MP2
Somatic Journey	10:30 to 11:30 am Board Rm
Wednesday	
Pickleball 1	8:30 to 10:30 am GYM
Pickleball 2	10:30 to 12:30 pm GYM
Java Chat	10:00 to noon Board Room (monthly 4th Wednesday)
Bridge	noon to 3:00 pm MP2
Canasta	12:45 to 2:45 pm Studio

Thursday	
Bid Euchre	9:00 to 11:45 am MP2
Euchre	12:30 to 2:30 pm Studio
Bingo	1:00 to 3:00 pm MP2
Friday	
Pickleball 1	8:30 to 10:30 am GYM
Pickleball 2	10:30 to 12:30 pm GYM
Cribbage	9:30 to 11:30 am Studio
Darts	9:45 to 11:30 am MP2
Bridge	11:45 to 3:00 pm MP2
Shuffleboard	12:45 to 2:45 pm GYM

**Please ensure you sign into "My Senior Center" at
Reception. Statistical data from the MSC is used
for reporting to our Funders and for making
internal programming adjustments.
Did you know that all Drop-In Activities are run by
Volunteers?
Please take some time to thank your Volunteer**

Fall Courses 2025 ALL CLASSES SOLD SEPARATELY NON TRANSFERABLE

Anna Crandlemire

Gentle Fitness Tuesday- **F25GFIT**

9:00 to 10:00 am GYM

Sept 16, 23, 30 Oct 7, 14, 21, 28 Nov 4, 11, 18, 25 Dec 2

Mem \$90 Non \$135

Chair Fitness Tuesday- **F25CHAIRFIT**

10:15 to 11:15 am GYM

Sept 16, 23, 30 Oct 7, 14, 21, 28 Nov 4, 11, 18, 25 Dec 2

Mem \$90 Non \$135

Gentle Fitness Thursday - **F25GFITTH**

9:00 to 10:00 am GYM

Sept 18, 25 Oct 9, 16, 23, 30 Nov 6, 13, 20, 27

Mem \$75 Non \$113

Strength & Stability Thursday

F25STRENGTH&STABILITY

10:15 to 11:15 am GYM

Sept 18, 25 Oct 9, 16, 23, 30 Nov 6, 13, 20, 27

Members \$75 Non Members \$113

Teresa Yip

Chair Yoga 2 Wednesday - **F25CHYOGA2**

10:15 am 11:15 am Studio

Mem \$90.00 Non \$135

(Chair 2 is designed for those comfortable standing and using a Chair for balance. Chair 1 is seated.)

Sept 17, 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, 26, Dec 3

Chair Yoga 1 Wednesday - **F25CHYOGA1**

11:30 am to 12:30 pm Studio

Mem \$90.00 Non \$135

Sept 17, 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, 26, Dec 3

Lynda Buske

Line Dance Tuesday - **F25LINE**

10:00 am to 11:00 am Studio

Mem \$90 Non \$135

Sept 16, 23, 30 Oct 7, 14, 21, 28 Nov 4, 11, 18, 25 Dec 2

Laurie Hemmings

Watercolour Wednesday - **F25WATERCOLOUR**

9:15 to 11:15 am MP2

Mem \$165.00 Non \$248.00

Sept 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3

Laurie Hemmings

Compositional Design Monday - **F25DESIGN**



9:30 to 11:00 am MP1 **Mem \$60.00 Non \$90.00**

Sept 22, 29 Oct 6, 20

Turn your compositions into masterpieces by learning the element of design. Please bring an HB Pencil and white eraser

Laurie Hemmings

Calligraphy Monday - **F25CALLIGRAPHY**



9:30 to 11:00 am MP1 **Mem \$90.00 Non \$135.00**

Oct 27, Nov 3, 10, 17, 24 Dec 1

Learn the classic art of calligraphy to make your holiday season extra special. Please bring a Pilot Parallel Pen 2.4 mm (orange package.)

Jacqueline Richards

Red Iron Yoga Monday - **F25REDIRON**



Noon to 1:00 pm Studio

Mem \$68.00 Non \$102.00

Sept 15, 22, 29 Oct 6, 20, 27 Nov 3, 10, 17

Perfect for all fitness levels!

Learn Yoga postures adapted for comfort & accessibility using light hand weights to improve muscle tone, using the chair for balance & safety, combined with gentle breathing & relaxation techniques.

Jacqueline Richards

Peaceful Petal Meditation

Blooming Through the Chakras

Friday October 24 1:00 to 2:30 pm Studio

F25CHAKRAS Mem \$30.00 Non \$45

In this workshop you will experience healing breath work, creative visualization, flower selection based on Chakras.












A signed Par-Q is required for Fall Course Registration.

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.

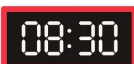
**REFUND
POLICY**

September

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centre Closed  LABOUR DAY	2 Pétanque-Atout Quilting Sandbags Whist	3 Pickleball 1 & 2 Canasta Bridge 	4 Pizza & Wings Bid Euchre Euchre Bingo	5 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
8 Pickleball 1 & 2 Quilting Tap Dance 500 Registration	9 Pétanque-Atout Quilting Sandbags Whist Registration	10 Pickleball 1 & 2 Canasta Bridge Registration in person or by phone starts 	11 Meat Loaf Bid Euchre Euchre Bingo Registration	12 Cribbage Darts Bridge Tim's Membership Drive (GYM)  Registration
15 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Red Iron Yoga	16 Pétanque-Atout Quilting Sandbags Whist  Blood Pressure Clinic Line Dance Gentle Fitness Chair Fitness	17 Pickleball 1 & 2 Bridge Canasta Chair Yoga 2 & 1 	18 Welcome Back Lunch Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability 	19 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard 
22 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Compositional Design Red Iron Yoga	23 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	24 Pickleball 1 & 2 Java Chat Bridge Canasta Watercolour Chair Yoga 2 & 1 	25 Fish & Chips Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	26 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
29 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Compositional Design Red Iron Yoga	30 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness	Renew your Membership early to streamline your registration Aug 18 to 29. Fall Program Registration September 8 to 12th from 8:30 to 3:00 pm. Register in person, or over the phone starting Wednesday Sept 10th with a credit card.		




Sept 1 Labour Day Centre Closed
 Sept 8 to 12 Fall Registration
 Sept 12 Tim's Membership Roundup
 Sept 16 Blood Pressure Clinic
 Sept 18 Welcome Back Lunch



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

To avoid waiting in inclement weather, please book your transportation accordingly. As the Fall progresses please visit the website for Centre Closures and listen to Robo Call messages as there is generally no one on site when Robo Calls are released.

October

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Soliciting Within the Membership</u> Selling items within the Membership is prohibited without permission. If you wish to sell something within the Membership, please drop by Reception and we will guide you through the process.		1 Pickleball 1 & 2 Bridge Canasta Watercolour Chair Yoga 2 & 1	2 Chicken Curry Bid Euchre Euchre Bingo	3 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Photo Editing
6 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Compositional Design Red Iron Yoga	7 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness	8 Pickleball 1 & 2 Bridge Canasta Member Orientation Watercolour Chair Yoga 2 & 1	9 Thanksgiving Lunch Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	10 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
13 Centre Closed 	14 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness	15 Pickleball 1 & 2 Bridge Canasta Watercolour Chair Yoga 2 & 1	16 Lamb Stew Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	17 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard How to make a Photo Book
20 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Compositional Design Red Iron Yoga	21 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Blood Pressure Clinic Line Dance Gentle Fitness Chair Fitness Meet The Experts	22 Pickleball 1 & 2 Java Chat Canasta Bridge Watercolour Chair Yoga 2 & 1	23 Pork Chops Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	24 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Blooming through the Chakras
27 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Calligraphy Red Iron Yoga	28 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness	29 Pickleball 1 & 2 Pickle Ball Bridge Canasta Watercolour Chair Yoga 2 & 1	30 Sweet & Sour Meatballs Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	31 Happy Halloween Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard







Oct 3 Photo Editing Workshop
 Oct 9 Thanksgiving Lunch
 Oct 8 Member Orientation
 Oct 13 Centre Closed
 Oct 16 Board Meeting
 Oct 17 Photo Book Workshop
 Oct 21 Blood Pressure Clinic
 Oct 21 Meet the Experts Workshop
 Oct 24 Blooming Chakra Workshop

Appointments must be booked in advance. Call 613-749-1974.
 Members \$37 Non Members \$40
 Cancellations require 72-hour advance notice or may be subject to additional charges.
 Receipts for insurance claims are provided.



November

Monday	Tuesday	Wednesday	Thursday	Friday
<div>   Robo Calls 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. </div>				
3 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Calligraphy Red Iron Yoga	4 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness	5 Pickleball 1 & 2 Bridge Canasta Watercolour Chair Yoga 2 & 1	6 Chicken Cordon Bleu Bid Euchre Euchre—GYM Bingo Gentle Fitness Strength & Stability Heart Valve Screening Clinic	7 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
10 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Calligraphy Red Iron Yoga	11 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness 	12 Pickleball 1 & 2 Bridge Canasta Watercolour Chair Yoga 2 & 1	13 Ginger Beef Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	14 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
17 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Calligraphy Red Iron Yoga	18 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Blood Pressure Clinic Line Dance Gentle Fitness Chair Fitness 	19 Pickleball 1 & 2 Bridge Canasta Watercolour Chair Yoga 2 & 1	20 Hamburger Steak & Onions Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	21 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
24 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Calligraphy	25 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness	26 Pickleball 1 & 2 Java Chat Bridge Canasta (studio) Watercolour Chair Yoga 2 & 1 How to Cope With The Holiday and Plan Ahead For Your Family	27 Beef Ravioli Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability	28 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard



Nov 2 Daylight Savings Fall Back
 Nov 6 Heart Valve Screening Clinic
 Nov 11 One Minute of Silence
 Nov 20 Board Meeting
 Nov 26 Workshop Basic Funerals– How to Cope With The Holidays and Plan Ahead For Your Family



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!

December

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Calligraphy	2 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Line Dance Gentle Fitness Chair Fitness	3 Pickleball 1 & 2 Bridge Canasta Watercolour	4 Pork Loin Bid Euchre Bingo Euchre Gentle Fitness Strength & Stability Member orientation	5 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
8 Pickleball 1 & 2 & 3 Quilting Tap Dance 500 Bazaar-No-Bazaar	9 Pétanque-Atout Quilting Sandbags Whist Somatic Journey Blood Pressure Clinic Bazaar-No-Bazaar	10 Pickleball 1 & 2 Bridge Canasta Bazaar-No-Bazaar	11 Christmas Dinner Christmas Bake Sale Bid Euchre Bingo Euchre Bazaar-No-Bazaar Bake Sale	12 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Bazaar-No-Bazaar
15 Pickleball 1 & 2 & 3 Quilting Tap Dance 500	16 Pétanque-Atout Quilting Sandbags Whist Somatic Journey	17 Pickleball 1 & 2 Bridge Canasta	18 Tourtière Dinner Bid Euchre Bingo Euchre	19 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
22 Closed	23 Closed	24 Closed	25 Closed	26 Closed
				
29	30	31	1	2

HAPPY HOLIDAYS TO YOU AND YOUR FAMILY.
THE CENTRE IS CLOSED DEC 22 TO JAN 2.



December 4 Member Orientation
 December 8 to 12 Bazaar-No-Bazaar
 December 11 Christmas Lunch
 December 11 Christmas Bake Sale
 December 18 Tourtière Lunch
 Dec 22 to Jan 2 Centre Closed



Free WiFi for Members!
 Visit reception for the password.