



Winter 2026

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

January to March 2026

Hello everyone,

I do hope that everyone will have or did have a wonderful Christmas with lots of rest and relaxation and able to share a few good moments of joy and laughter with friends and family during the Holiday season. I'm looking forward to seeing you all again in 2026, starting a new cycle of Winter activities in January!

Isn't it amazing how our months all roll into each other. Wasn't it just a month ago in November that we had a lot of rain, and then a whole bunch of snow. All that to say, this is a reminder that boots and all winter attire should be left in the coat closet near the Reception desk so as not to track snow or mud into the Centre. Please make sure you bring shoes or slippers while in the Centre to avoid falling or slipping.

We are waiting for the City of Ottawa to replace/repair the HVAC unit to regulate the temperature in some of our activity rooms. In the meantime, we are happy to let you know that there is a heater available in the Studio for use by our members. The Activity Coordinator will turn the heater on at the beginning of the activity and ensure that it is shut off and back in its box at the end of the activity.

Take care and all the best.

Jackie Lafontaine President, Board of Directors



Inside this Issue

Page 2

Member Information

Foot Care

Special Event Lunches

Member Orientation

Blood Pressure

Page 3

Presentations

Drop-in Activities

Page 4

Registered Courses

Refund Policy

PAR-Q

Page 5 to 7 Calendars

January

February

March

Page 8

Descriptions



We're proud to announce our Bronze Level Sponsor!

We deeply value the expertise and professionalism of 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.

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 2026.

Members' Information



WELCOME NEW MEMBERS! Tom H, Cathy B, Susan A, Douglas C, Donna L, Laurie W, George W, Denise P, Sulaiman K, Serguei M, Natalia M, Susan Y, Mireille D, Teresa Y, Jennifer K, Deborah H, Allan Y, Jim T, Catherine C, Barbara D, Dawn W, Marion P, Helen L, Brent D, Marilee K, Joan W, Jack L, Maureen K, Marc D, Cathy G, Joan O, Joan R, Bryan R, Louise R, Rudy A, Lilian A, Morris W, Pam W, Earl M, Karen M, Jenny D, Elizabeth H, Sherri M, Joanne H, Suzanne T, Carol C, Suzanne D, Liz F, Wayne P, Janice T, Raymond T, Lisa S, Arlene K, Kevin F, Elizabeth M, Paula C, Valerie G, Eddy C, Francine L, Christine M, Fern C, Susan M, Jo-Ann R,



Soliciting Within the Membership

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.

Food Services

If you are planning to enjoy lunch or a snack, please press the Lunch button when you sign-in at Reception. The dining room is reserved 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!

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: 2nd Monday, 3rd Friday and every Wednesday of the month. See Calendars for this symbol.



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.



Valentine's Day Lunch
Thursday Feb 12 @11:45am
\$12.00
Roast Beef Lunch
Dessert / Tea / Coffee

Blood Pressure Clinics
Drop-in to the Complimentary Blood Pressure Clinic and meet the wonderful staff at Beacon Heights. Jan 13, Feb 10, Mar 10 9:00 am to 11:00 am in the lobby.
Thank you Beacon Heights Residence All Seniors Care



St. Patrick's Day Lunch
Thursday March 12
\$12.00 @ 11:45 am
Irish Stew (Beef or Lamb)
Dessert / Tea / Coffee



Member Orientation

February 25 & March 17
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.

For your information



Lynda Buske Presents

Visit Iceland from the comfort of your chair, enjoy photos of magnificent waterfalls, lava fields, geysers and stunning fjords.

Friday Jan 16 1:00 to 3:00 pm Board Room



Learn how to Restore Your Old Photos

March 6 from 1:00 to 3:00 pm
Board Room

Space is limited, please visit Reception or call us to reserve your space.



Basic Funerals & Ottawa Police Present

Current Frauds, Scams & Safety

Friday March 27 from 1:00 to 3:00 pm

RSVP required to reserve your space.



Chris Taylor Presents

Fun and Useful Tips of Artificial Intelligence (AI)

Friday January 23, 2026 1:00 to 3:00 pm

&

Keeping Your Passwords Safe

Friday, February 27 1:00 to 3:00 pm

Space is limited, only those who book ahead will be permitted.
RSVP at Reception.



University of Ottawa Heart Institute

Valve Screening Clinic

At G50+ on Thursday Feb 26, 2026

<https://survey.ottawaheart.ca/index.php?r=survey/index&sid=839128&lang=en>

Or Call 613 696-7412 or email at cvhd-msp@ottawaheart.ca

To reserve your appointment.



G50+ Drop-In activities are reserved for Members, designed for recreation, social inclusion, fun, friendship and laughter. If you are unsure how to participate or play a game, please visit Reception, we are here to help. Please refer to the Calendars for scheduled activity dates.

Monday

Pickleball 1 8:30 to 10:30 am GYM
Pickleball 2 10:30 to 12:30 pm GYM
Quilting 9:00 to 12:00 pm MP2
Mindful Meditation 500 10:00 to 11:00 am Studio-4wks
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

Wednesday

Pickleball 1 8:30 to 10:30 am GYM
Pickleball 2 10:30 to 12:30 pm GYM
Java Chat(4th Wed) 10:00 to noon Board RM
Bridge noon to 3:00 pm MP2
Canasta 12:45 to 2:45 pm Studio
Trivial Pursuit 1:00 to 3:00 pm Board Room

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 internal programming adjustments.
Did you know all Drop-In Activities are coordinated by Volunteers?
Please take some time to thank your Volunteer Coordinator.

Anna Crandlemire**Gentle Fitness Tuesday— W26GFIT**

9:00 to 10:00 am GYM

Dates: Jan 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10

Mem \$68 Non \$102**Oleksandr (Alex) Kharitonov****Tai Chi Monday W26TAIM**

1:00 to 2:00 pm - Gym

Mem \$60 Non \$90

Dates: Jan 12, 19, 26 Feb 2, 9, 23 Mar 2, 9

Chair Fitness Tuesday— W26CHAIRFIT

10:15 to 11:15 am GYM

Dates: Jan 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10

Mem \$68 Non \$102**Tai Chi Thursday W26TAITH**

1:00 to 2:00 pm - Gym

Mem \$68 \$102

Dates: Jan 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12

Gentle Fitness Thursday - W26GFITTH

9:00 to 10:00 am GYM

Dates: Jan 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12

Mem \$68 Non \$102**Strength & Stability Thursday - W26S&S**

10:15 to 11:15 am GYM

Dates: Jan 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12

Mem \$68 Non \$102**Lynda Buske****Line Dance Tuesday - W26LINE**

10:00 am to 11:00 am Studio

Mem \$75 Non \$113

Dates: Jan 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10, 17

**Laurie Hemmings****Watercolour Wednesday****W26WATERCOLOUR**

9:15 to 11:15 am MP2

Mem \$120 Non \$180

Dates: Jan 21, 28 Feb 4, 11, 25 Mar 4, 11, 18

Jacqueline Richards**Chair Yoga Wednesday - W26CHAIRYOGA**

10:15 to 11:15 am Studio

Mem \$68 Non \$102

Dates: Jan 14, 21, 28 Feb 4, 11, 18, 25 Mar 4, 11

Kerry Coulter**Learn Bridge -Wednesday W26Learn Bridge**

10:30 to 11:30 am Board Room

Members only \$12

Dates: Feb 4, 11, 18 Mar 4, 11, 18

**A signed Par-Q is required for all Physical Activities.****REFUND
POLICY**

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.

January

Monday	Tuesday	Wednesday	Thursday	Friday
Robo Calls				
	<p>We kindly ask that you listen to any phone calls /voicemail messages from Robo Calls. These automated calls are used to notify members of service interruptions, closures, or other important updates. If you choose to opt out of receiving Robo Calls, it becomes your responsibility to check the website regularly for this information. Please note: Once a Robo Call is issued, staff are generally not on-site to answer follow-up phone calls. Thank you for staying informed and helping us maintain efficient communication.</p>			
5 Pickleball 1 & 2 Quilting Mindful Meditation 500 Registration	6 Pétanque-Atout Quilting Sandbags Whist Registration	7 Pickleball 1 & 2 Canasta Bridge Trivial Pursuit Registration in person or by phone starts	8 Ginger Beef Bid Euchre Euchre Bingo	9 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Registration till noon
12 Pickleball 1 & 2 Mindful Meditation Quilting 500 Tai Chi	13 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	14 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Chair Yoga	15 Shepherd's Pie Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability Tai Chi	16 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Chair visit to Iceland
19 Pickleball 1 & 2 Mindful Meditation Quilting 500 Tai Chi	20 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	21 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Int Chair Yoga	22 Board Meeting Pizza & Wings Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability Tai Chi Calligraphy	23 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard AI Presentation
26 Pickleball 1 & 2 Mindful Meditation Quilting 500 Tai Chi	27 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	28 Pickleball 1 & 2 Java Chat Bridge Canasta Trivial Pursuit Watercolour Int Chair Yoga	29 Hamburger Steak & Onions Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability Tai Chi Calligraphy	30 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard



Jan 5 to 9 Registration
Jan 13 Blood Pressure Clinic
Jan 16 Iceland Presentation
Jan 23 AI Presentation

08:30

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 Winter progresses please visit the website (link below) for Centre Closures and listen to Robo Call messages as there is generally no one on site when Robo Calls are released. [Home - Gloucester 50+ Centre](#)

February

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pickleball 1 & 2 Quilting 500 Tai Chi	3 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	4 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Int Learn to play Bridge Chair Yoga	5 Lasagna Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability Tai Chi Calligraphy	6 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Intro to Ancestry
9 Pickleball 1 & 2 Quilting 500 Tai Chi	10 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	11 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Int Learn to play Bridge Chair Yoga	12 Valentines Lunch Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability Tai Chi Calligraphy	13 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
16 Centre Closed 	17 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	18 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Learn to play Bridge Chair Yoga	19 Pork Loin Dinner Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability Tai Chi Calligraphy	20 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
23 Pickleball 1 & 2 Quilting 500 Tai Chi	24 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	25 Pickleball 1 & 2 Java Chat Canasta Bridge Trivial Pursuit Orientation Watercolour Int Chair Yoga	26 Boiled Ham Lunch Bid Euchre Euchre Bingo Valve Screening Gentle Fitness Strength & Stability Tai Chi Calligraphy MP1	27 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Keep Passwords Safe



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.


Feb 6 Introduction to Ancestry
Feb 10 Blood Pressure Clinic
Feb 12 Valentines Ticket Required
Feb 16 Centre Closed Family Day
Feb 25 Orientation
Feb 26 Valve Screening
Feb 27 Keep Passwords Safe



Brian Bullock Presents: Introduction to Ancestry

Brian will help you uncover the
mysteries of your Family and start
building your Family Tree.
Please RSVP to reserve your seat
and presentation handouts.
Friday February 6 @ 1:00 pm

March

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pickleball 1 & 2 Quilting 500 Tai Chi Beg	3 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	4 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Int Learn to play Bridge Chair Yoga	5 Beef Bourguignon Bid Euchre Euchre—GYM Bingo Gentle Fitness Strength & Stability Tai Chi	6 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Restore your Old Photos
9 Pickleball 1 & 2 Quilting 500 Tai Chi Beg	10 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	11 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Int Learn to play Bridge Chair Yoga	12 St. Patrick's Day Lunch Bid Euchre Euchre Bingo Gentle Fitness Strength & Stability Tai Chi	13 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
16 Quilting 500 March Break no Gym	17 Pétanque-Atout Quilting Whist Orientation Line Dance March Break no Gym	18 Bridge Canasta Foot Care Board Room Watercolour Int Learn to play Bridge— MP1 March Break no Gym	19 Sweet & Sour Pork Board Meeting Bid Euchre Euchre Bingo March Break no Gym	20 Cribbage Darts Bridge March Break no Gym
23 Pickleball 1 & 2 Quilting 500	24 Pétanque-Atout Quilting Sandbags Whist	25 Pickleball 1 & 2 Bridge Canasta Java Chat Trivial Pursuit	26 Hamburger Platter Bid Euchre Euchre Bingo	27 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Current Frauds, Scams and Senior Safety sponsored by Basic Funerals
30 Pickleball 1 & 2 Quilting 500	31 Pétanque-Atout Quilting Sandbags Whist	Special thanks to Staples for printing our Winter Bulletin in Colour. Please visit Staples for your copying and supplies. 		



- March 6 Restore your old photos
- March 8 Clocks Spring ahead
- March 10 Blood Pressure Clinic
- March 12 St. Patrick's Day ticket required
- March 16 to 20 March Break—NO GYM
- March 17 Orientation
- March 27 Current Frauds, Scams & Safety



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!

Watercolour Beginner 2 hour classes

Turn your compositions into masterpieces by learning the element of design. Learn the basics in watercolour and build your confidence with the medium. Focus will be on creating texture, tonal value, colour and shape while learning various techniques. Lots of one-on-one attention. Please bring an HB Pencil and white eraser. **Required supplies:** Jar for water, White palette, Size 10 or 12 round soft hair brush with point, Beginner watercolour paint set (any brand), Watercolour paper pad or block, HB pencil, White eraser.

Watercolour Painting 2 hour classes

In this course, individual style is encouraged with lots of one-on-one instruction. Learn all there is to know about watercolour painting and enjoy exploration of the medium in further developing skills. **Supplies not included. See supplies Above.**

The Art of Calligraphy 1.5 hour classes

Learn the classic art of calligraphy by practising the 4 most popular scripts. Individual projects will be covered such as; place setting cards, name and gift tags, greeting cards, family trees, poems and verses, jar labels, etc. Make your events and gifts special this year by adding the extra touch of calligraphy. **Required supplies:** HB pencil, white eraser, Pilot Parallel Pen 2.4mm (orange package).

Gentle Fitness 1 hour classes

While standing, you will be led through a Warm-up, Cardio and Muscle Strength and Endurance designed to increase your cardio, strengthen your core and increase balance, making this class a well rounded fitness regime for all fitness levels. Please wear comfortable clothes and indoor shoes.

Chair Fitness 1 hour classes

While seated, or using a chair for stability, you will be led through a Warm-up, Cardio and Muscle Strength and Endurance designed to increase your cardio, strengthen your core and increase balance, making this class a well rounded fitness regime for all fitness levels. Please wear comfortable clothes and indoor shoes.

Strength and Stability 1 hour classes

Designed to strengthen your inner core, this class is a combination of seated and standing exercises using a chair as support. The exercises are designed to maintain or increase your balance, thereby reducing risk of falls or the fear of falling. Wear comfortable clothing and indoor shoes.

Meditation Reset 1 hour classes (Jan 5, 12, 19, 26)

Find peace and restored energy in yourself by attending these one hour classes. Meditation can be in a Chair or lying on the Floor. Please bring your own yoga mat (if needed), wear comfortable clothing and indoor shoes.

Learn to play bridge 1 hour classes

Learn Bridge basics over six weeks. Kerry will provide lessons and practice sessions, in preparation to join G50+ Drop-in Bridge Wednesdays / Fridays.

Tai Chi 1 hour classes

Tai Chi provides seniors with numerous physical and mental health benefits, including improved balance, reduced fall risk, and enhanced muscle strength. It can also help with cognitive function, stress reduction, better mood, and improved cardiovascular health. Its low-impact, gentle movements are ideal for older adults looking to stay active without overstressing their joints. Wear comfortable clothing and indoor shoes.

Red Iron Yoga 1 hour classes

Learn Yoga postures adapted for comfort, accessibility and strength using light hand-weights to improve muscle tone with gentle breathing & relaxation techniques. Perfect for all fitness levels as we use the chair for balance & safety. Wear comfortable clothing and indoor shoes.

Mat Yoga / Chair Yoga 1 hour classes

Yoga is more than exercise—it's a holistic mind-body practice that enhances physical health, emotional balance, and overall quality of life. Whether practiced gently or vigorously, seated or on a mat, yoga provides tools for resilience, relaxation, and vitality. The stretching and strengthening movements will benefit all fitness levels. Wear comfortable clothing, dress in layers and if needed, bring your own mat.