



Spring 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

April to June 2026

Welcome to the Centre's stress-free nooks...

Exciting news! If you have a bit of time in between activities, or just want to hang out with some "me time", you have come to the right place... Have a coffee or two while chatting with a friend, or simply journey into the world of puzzles and coloring books.

A puzzle nook and a coloring book nook are calling for your attention and are set up near the library in the main dining room. The puzzles range from 300 to 1000 pieces; two puzzle boards are at your disposal and the individual puzzle pieces can be stored inside the board, ready for use the next day. On the other hand, you may want to relax and unwind in a different way. What better way than to venture into a make-believe world of adult coloring books.

Your choice! and your enjoyment.

Jackie Lafontaine



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Bronze Sponsors



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.



G50+ is a registered Charity #11894 0535 RR0001. Tax Receipts & Charitable Giving

Tax receipts will be issued for donations totalling over \$100.00. As you plan your giving for 2026-2027, please consider choosing G50+ as your Charity of Choice. Your support makes a meaningful difference.

Members' Information

WELCOME NEW MEMBERS!

Susan C, Edwin M, Beverly D, James C, Gail S, Christine D, Terry S, Lien W, Therese S, Francine S, Terry J, Jeannette F, John W, Bev Z, Joe Z, Deb B, Maureen C, Bryan J, Marlene D, David F, Richard L, Charlotte S, Evelyn D, Philo A, Francis T, Lekien H, Jocelyne B, Peter W, Gerri W, Maria B, Louise B, Luci S, Barry W, Lyn W, Chris H, Renata B, Gabriella N



**In a world where you can be anything,
choose to be kind.**

It's important to remember why we come to the Centre—fun, friendship, enjoying our activities, respecting one another, respecting activity schedules and sharing plenty of laughs.



As much as we try we may not always be able to break \$20, \$50, \$100 bills into change. If at all possible, please bring \$5 bill and ample change.

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.



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.



**Easter Lunch
Thursday April 2
11:45 am
\$12.00**



Ham and Scalloped Potatoes \$12



**Mother's Day
Thursday May 7
11:45 am
Chicken Alfredo**



\$12

Blood Pressure Clinics



Drop-in to the Complimentary Blood Pressure Clinic and meet the wonderful staff at Beacon Heights. April 2, May 7, June 25 10:30 to 11:30 am in the lobby. Thank you Beacon Heights Residence All Seniors Care



**Canada Day
June 25
11:45 am
Hamburger Platter
Homemade Salads**



\$12



**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: See Calendars for the Blue Foot.

Please provide 72 hours for cancellations.

For your information



Lynda Buske Elbows up! 1:00 to 2:30pm Canadian Content



Friday May 8 Landscape Photography
Friday May 15 Newfoundland Armchair Travel
Friday June 12 Nova Scotia Armchair Travel



Estate Planning & POA
Friday, May 1, 2026 1pm to 3pm
Join Basic Funerals (G50+ Bronze Sponsor) as they share information on Power of Attorney, Estate Planning and Funeral Planning. Questions and Answers with a guest Lawyer. Refreshments served. RSVP required.



Member Orientation
Wednesday May 20, 2026
12:30 to 2:00 Dining Room



Meet the Experts - Heart Institute
Friday April 24 1:00 to 3:00 pm Dining Room

More information TBA.
Paul Bodnoff



Chris Taylor
Whoa, Back-up!
Friday May 22 from 1 to 3 pm

Think about all the data on your PC; videos, photos of your trip, tax records, emails... do those files exist anywhere else? Avoid lost data due to viruses, fire, theft, tornado, hard disk failure, etc.



How to Buy a PC
Friday June 19 from 1 to 3 pm
Buy the computer that fits your needs! Chris will discuss storage, size, processor, monitor, memory and much more.



G50+ Drop-In activities are reserved for Members, designed for recreation, social inclusion, fun, friendship and laughter. Some activities require an extra charge to play. 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.

Pickleball 1	Monday	8:30 to 10:30 am GYM
Pickleball 2		10:30 to 12:30 pm GYM
Quilting		9:00 to 12:00 pm MP2
500		12:45 to 2:45 pm MP2
Pétanque-Atout	Tuesday	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
Current Events (2nd Tues)		1:15 to 3:00 pm Studio New
Pickleball 1	Wednesday	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 Board Room
Trivial Pursuit		12:45 to 2:30 pm Studio
Walking Soccer		1:00 to 2:30 pm Gym New

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

Pickleball 1	Friday	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.

Courses 2026**ALL CLASSES SOLD SEPARATELY NON TRANSFERABLE****Anna Crandlemire****Gentle Fitness Tuesday– SP26GFIT**

9:00 to 10:00 am GYM

Dates: Apr 14, 21, 28 May 19, 26 June 2, 9

Mem \$53 Non \$79**Chair Fitness Tuesday– SP26CHAIRFIT**

10:15 to 11:15 am GYM

Dates: Apr 14, 21, 28 May 19, 26 June 2, 9

Mem \$53 Non \$79**Gentle Fitness Thursday - SP26GFITTH**

9:00 to 10:00 am GYM

Dates: Apr 16, 23, 30 May 21, 28 June 4, 11

Mem \$53 Non \$79**Balance & Stability Thursday - SP26BALANCE**

10:15 to 11:15 am GYM

Dates: Apr 16, 23, 30 May 21, 28 June 4, 11

Mem \$53 Non \$79**Oleksandr (Alex) Kharitonov****Beginner Tai Chi Monday SP26TAIM**

1:00 to 2:00 pm - Gym

Mem \$60 Non \$90

Dates: Apr 20, 27 May 4, 11, 25 June 1, 8, 15

Beginner Tai Chi Thursday SP26TAITH

1:00 to 2:00 pm - Gym

Mem \$75 \$113

Dates: Apr 16, 23, 30 May 7, 14, 21, 28 June 4, 11, 18

Lynda Buske**Line Dance Tuesday - SP26LINE**

10:00 am to 11:00 am Studio

Mem \$68 Non \$102

Dates: Apr 28, May 5, 12, 19, 26 June 2, 9, 16, 23

Teresa Yip**Chair Yoga 2 Wednesday– SP26CHAIRYOGA2**

9:00 to 10:00 am Studio

Mem \$53 Non \$79

Dates: May 6, 13, 20, 27 June 3, 10, 17

Chair Yoga 1 Wednesday - SP26CHAIRYOGA1

10:15 to 11:15 am Studio

Mem \$53 Non \$79

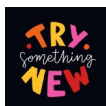
Dates: May 6, 13, 20, 27 June 3, 10, 17

Laurie Hemmings**Watercolour Wednesday SP26WATERCOLOUR**

9:15 to 11:15 am MP2

Mem \$150 Non \$225

Dates: Apr 15, 22, 29 May 6, 13, 20, 27 June 3, 10, 17

TRY-IT

If you would like to try a class, please visit Reception to request a Guest Pass and complete a Par-Q form.

If you are a New Member interested in joining a course that has already started, pro-rated fees may be available once, provided there is space in the class.

Jacqueline Richards**Red Iron Yoga Monday - SP26REDIRON**

Noon to 1:00 pm Studio

Mem \$60.00 Non \$90.00

Dates: Apr 20, 27, May 4, 11, 25 June 1, 8, 15

A signed [Par-Q](#) is required for all Physical Activities.



If a refund is required, it will be issued by cheque, minus administration fees and the cost of any classes already attended, up until the second week of your program. Please visit or contact Reception to complete a Refund Request Form, or reach us by phone or email at 613-749-1974 or gsac@storm.ca. Refunds may take up to 10 business days to process. A medical certificate may be required for requests made outside of these parameters.

Spring Calendar 2026

April

THANK YOU VOLUNTEERS!

Monday	Tuesday	Wednesday	Thursday	Friday
Please respect your fellow Members by not entering any room or space that is currently in use for an activity or program. Kindly wait until the program has finished and the new setup is complete before entering.		1 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit  Registration	2 Easter Dinner  Bid Euchre Euchre Bingo Registration	3 Centre Closed 
6 Easter Monday Centre Closed 	7 Pétanque-Atout Quilting Sandbags Whist Centenarian Celebration Registration (phone starts) No studio	8 Pickleball 1 & 2 Bridge Trivial Pursuit gym Canasta Registration No studio	9 Chicken Curry Bid Euchre Bingo Registration till noon No studio	10 Pickleball 1 & 2 Darts Bridge Shuffleboard No studio
13 Quilting 500  No studio No gym	14 Quilting Whist Gentle Fitness Chair Fit No studio No Gym	15 Pickleball 1 & 2 Bridge Trivial Pursuit gym Canasta Watercolour No studio	16 Hamburger Steak & Onions Board Meeting Bid Euchre Bingo Gentle Fitness Balance Tai Chi No studio	17 Pickleball 1 & 2 Darts Bridge Shuffleboard  No studio
20 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga	21 Pétanque-Atout Quilting Sandbags Whist Gentle Fitness Chair Fit	22 Pickleball 1 & 2 Java Chat Bridge Canasta Trivial Pursuit Walking Soccer Watercolour Volunteer lunch 	23 Spaghetti & Meatballs Cribbage Bid Euchre Euchre Bingo Gentle Fitness Balance Tai Chi	24 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Meet The Experts 
27 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga	28 Pétanque-Atout Quilting Sandbags Whist Gentle Fitness Line Dance Chair Fit	29 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Walking Soccer Watercolour 	30 Bangers & Mash Bid Euchre Euchre Bingo Gentle Fitness Balance Tai Chi	

MARK YOUR CALENDAR!

April 1 to 9 Registration
 April 2 Blood Pressure Clinic
 April 2 Easter Lunch
 April 3 & 6 Closed
 April 7 Cake at Lunch for Roy Allen
 April 22 Volunteer Lunch
 April 24 Meet the Experts

NB: Studio closed Apr 7 to 17. Gym closed Apr 13 & 14

Roy Allen's 100th Birthday!
 April 7th

Join us around noon to sing and enjoy cake, during lunch service. RSVP at Reception.

Spring Calendar 2026

May

Monday	Tuesday	Wednesday	Thursday	Friday
Introducing Walking Soccer Wednesdays from 1:00 to 2:30 pm Recreational, No Contact, No Experience Necessary. Learn the basics of indoor soccer in a very welcoming, gentle environment. The activity will start with a warm-up and stretch followed by skills & drills and a friendly game. Equipment is supplied. Please bring indoor athletic shoes and a water bottle. This activity is recreational. Play for fun and friendship. See you in the Gym! 				1 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Basic funerals 1 to 3pm Estate Planning & POA 
4 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga	5 Pétanque-Atout Quilting Sandbags Whist Line Dance	6 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Walking Soccer Watercolour Chair Yoga 1 & 2	7 Mother's Day Lunch Bid Euchre Euchre Bingo Tai Chi 	8 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Landscape Photography
11 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga 	12 Pétanque-Atout Quilting Sandbags Whist Current Events Line Dance	13 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Walking Soccer Watercolour Chair Yoga 1 & 2 	14 Beef Stir Fry Bid Euchre Euchre Bingo Tai Chi	15 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard NFLD Travel 
18 Centre Closed 	19 Pétanque-Atout Quilting Sandbags Whist Gentle Fitness Line Dance Chair Fit	20 Pickleball 1 & 2 Canasta Bridge Trivial Pursuit Orientation Walking Soccer Chair Yoga 1 & 2 Watercolour 	21 Fish & Chips Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Balance Tai Chi	22 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Whoa, back-up! 
25 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga	26 Pétanque-Atout Quilting Sandbags Whist Gentle Fitness Line Dance Chair Fit	27 Pickleball 1 & 2 Java Chat Bridge Canasta Trivial Pursuit Walking Soccer Watercolour Chair Yoga 1 & 2 	28 Honey Garlic Chicken Bid Euchre Euchre Bingo Gentle Fitness Balance Tai Chi	29 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard



May 1 Estate Planning & POA Funeral
May 7 Mother's Day Lunch
May 7 Blood Pressure Clinic
May 18 Centre Closed
May 20 Member Orientation
May 22 Whoa, back up! Presentation

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.

Spring Calendar 2026

June

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga	2 Pétanque-Atout Quilting Sandbags Whist Gentle Fitness Line Dance Chair Fit	3 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Chair Yoga 1 & 2	4 Pork Tenderloin Bid Euchre Euchre Bingo Gentle Fitness Balance Tai Chi	5 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
8 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga	9 Pétanque-Atout Quilting Sandbags Whist Current Events Gentle Fitness Line Dance Chair Fit	10 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Walking Soccer Watercolour Chair Yoga 1 & 2	11 Meatloaf Bid Euchre Euchre Bingo Gentle Fitness Balance Tai Chi	12 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Nova Scotia Travel
15 Pickleball 1 & 2 Quilting 500 Tai Chi Red Iron Yoga	16 Pétanque-Atout Quilting Whist Sanbags Line Dance	17 Pickleball 1 & 2 Bridge Trivial Pursuit Walking Soccer Watercolour Chair Yoga 1 & 2	18 Annual Meeting Shepherd's Pie Board Meeting Bid Euchre Euchre Bingo Tai Chi	19 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard How to Buy a PC
22 Quilting 500	23 Pétanque-Atout Quilting Whist Line Dance	24 Bridge Trivial Pursuit Canasta Java Chat	25 Canada Day Platter Bid Euchre Euchre Bingo	26 Cribbage Darts Bridge
29 Quilting 500	30 Pétanque-Atout Quilting Whist	Annual Meeting Thursday, June 18, 2026 10:00 am to 11:30 am in the Dining Room Coffee and Refreshments Please RSVP Proxies are available at Reception		



June 18 Annual Meeting
June 19 How to Buy a PC
June 25 Canada Day Lunch
June 25 Blood Pressure Clinic
June 22 Ottawa Summer Day Camps start



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!

Current Events (Drop-In Activity)

Join Chris as he facilitates/moderates discussions regarding the news of the day. This friendly non-confrontational group is for respectful sharing of knowledge and perspectives. All members welcome.

Walking Soccer (Drop-in Activity)

Recreational, non contact, no experience necessary. Learn the basics of indoor soccer in a very welcoming, gentle environment. The activity will start with a warm up and stretch followed by skills and drills and a friendly game. Equipment is supplied. Wear indoor athletic shoes and bring a water bottle. This activity is recreational play for fun and friendship.

Watercolour Painting (Registered Course)

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.**

Gentle Fitness (Registered Course)

While standing, you will be led through a Warm-up, Cardio, 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 (Registered Course)

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.

Balance and Stability (Registered Course)

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.

Beginner Tai Chi (Registered Course)

Tai Chi provides 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, and improved cardiovascular health. Beginner Tai Chi is low-impact, gentle movements that are ideal for older adults looking to stay active without overstretching their joints. Wear comfortable clothing and indoor shoes.

Red Iron Yoga (Registered Course)

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.

Chair Yoga (1 & 2) (Registered Course)

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, 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. Chair 2 is more rigorous than Chair 1.

Landscape Photography (Information Session)

Learn the art of capturing the natural world, outdoor spaces, and urban environments to evoke emotion, a sense of place, or to tell a story. Lynda Buske, from the Orleans Photo Club, will give you tips on how to take great landscape photos in any season and in all sorts of weather. Most of her sample images were taken in the Ottawa area so no need to travel far to practice what you learn!

Member Orientation

Join the ED / Board Member, meet other Members, enjoy refreshments and learn about G50+ History, Charitable Status, Activities, Services, Policies, Food Services, and Volunteerism. Please let us know if you are attending. See Page 3 for date. RSVP at Reception or call 613-749-1974