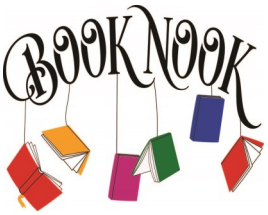
Spring 2026

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

Inside this Issue

Page 2
Member Information
Foot Care
Special Event Lunches
Blood Pressure
Page 3
Presentations
Member Orientation
Drop-in Activities
Page 4
Registered Courses
Refund Policy
PAR-Q
Page 5 to 7 Calendars
April
May
June– Annual Meeting
Page 8
Drop-In/Course Descriptions

Bronze Sponsors

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STONEMONT Retirement Lifestyle

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.

Ottawa

We also gratefully acknowledge the financial support of the Province of Ontario Ministry for Seniors and Accessibility.

Ontario

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

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

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

Foot Care Clinics
Members $37
Non Members $40

SOLE CENTERED FOOTCARE

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!
Canadian Content

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

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

basicFunerals AND CREMATION CHOICES

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.

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.

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
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
Current Events (2nd Tues)	1:15 to 3:00 pm Studio New

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 Board Room
Trivial Pursuit	12:45 to 2:30 pm Studio
Walking Soccer	1:00 to 2:30 pm Gym New

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

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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

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.

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

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.

REFUND POLICY

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 CentenarianCelebration Registration (phone starts) No studio	8 Pickleball 1 & 2 Bridge Trivial Pursuit gym Canasta Registration	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	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 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	

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 7 to 17 Studio Closed
April 13 & 14 Gym Closed
April 22 Volunteer Lunch

Roy Allen's 100th Birthday!

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

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! NEW 				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 Beef Stir Fry 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 Bid Euchre Euchre Bingo Tai Chi	15 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard NFLD Travel
18 Centre Closed Victoria DAY	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 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 though 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 overstressing 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