



# Summer 2026

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Email: [info@gloucester50plus.ca](mailto:info@gloucester50plus.ca)

Website: [www.gloucester50pluscentre.ca](http://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 2026



## 2026-2027 Membership \$40.00

To have your name entered into the Early Bird Draw and streamline your Fall Course Registration, please Renew your Membership starting August 17. The Early Bird draw will take place on August 28 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.

[2026-2027 Membership Form](#) & [PAR-Q \(for physical activities\)](#)



## Summer Program Registration June 22 to 25



### Service Animals

We're happy to welcome Service Animals at G50+. To help us make your visit smooth and comfortable, please bring the required documentation and have it ready to share with our staff when you arrive. Please note that pets are not permitted in the Centre.



### Zero Tolerance

In an effort to provide a safe and joyful place for everyone, please familiarize yourself with our Zero Tolerance Policy. Lets make this a safe place for everyone! "In a world where you can choose to be anything, be kind."



### Robo Calls

Are an important way for G50+ to get information to the membership. Emergency closures, class /activity cancellations etc. Please listen to the message provided as the phones are generally not answered after the Robo Call is released.

**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 one time and accumulated donations totalling over \$100.00. Please remember us as your Charity of Choice.

## Weekly Drop-In Activities & Summer Registered Courses

**All Drop-in Activities are reserved for Members  
And a \$2 fee applies (other fees may apply).**

### MONDAY

<b>*Foot Care</b>	<b>By Appointment (RR)</b>
9:00 am to noon	Quilting (MP2)
12:45 to 2:45 pm	500 MP2

### TUESDAY

9:45 to 10:45	Line Dance Studio
9:45 to 11:15 am	Pétanque-Atout MP1
9:00 am to noon	Quilting (MP2)
<b>*11:00 to noon</b>	<b>*S26CHAIRFIT Studio (RR)</b>
12:45 to 2:45	Whist MP2
12:15 to 2:00	Sandbags Studio

### WEDNESDAY

9:30 to 11:30 am	Drop-in Painting MP1
<b>*9:30 to 10:30 am</b>	<b>*S26CHAIRYOGA Studio (RR)</b>
<b>*10:45 to 11:45 am</b>	<b>*S26ADAPTMAT Studio (RR)</b>
noon to 3:00 pm	Bridge MP2
12:45 to 2:45 pm	Canasta Board Room
12:45 to 2:45 pm	Trivial Pursuit Studio

### THURSDAY

9:00 to 11:45 am	Bid Euchre MP2
<b>*10:00 to 11:00 am</b>	<b>S26GENTLEFIT Studio (RR)</b>
1:00 to 3:00 pm	Bingo MP2
12:30 to 2:30 pm	Euchre Studio

### FRIDAY

<b>*Foot Care</b>	<b>By Appointment (RR)</b>
9:30 to 11:30 am	Cribbage Studio
9:45 to 11:30 am	Darts MP2 (sign in 9:30)
11:45 to 3:00 pm	Bridge MP2



## Summer Courses (RR)

\* Registration Required

**Registration In Person**  
8:30 am to 3:00 pm June 22-26

In person or by phone  
with a credit card  
June 25 & 26 (before noon)

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**S26CHAIRFIT Tuesday**  
**Jaqueline Richards**  
**\$53 Mem \$79 Non**  
**11:00 am to noon**  
**July 7, 14, 21, 28 Aug 4, 11, 18**

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**S26CHAIRYOGA Wednesday**  
**Teresa Yip**  
**\$53 Mem / \$79 Non**  
**9:30 to 10:30 am**  
**July 8, 15, 22, 29 Aug 5, 12, 19**

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**S26ADAPTMAT Wednesday**  
**Teresa Yip**  
**\$53 Mem / \$79 Non**  
**10:45 to 11:45 am**  
**July 8, 15, 22, 29 Aug 5, 12, 19**

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**S26GENTLEFIT Thursday**  
**Jacqueline Richards**  
**\$60 Mem / \$90 Non**  
**10:00 to 11:00 am**  
**July 2, 9, 16, 23, 30 Aug 6, 13, 20**

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NB: Please see Reception for class descriptions.

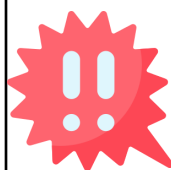
July 2026

Daily Lunch (MP1) 11:30 am to 12:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>The Centre is Heated / Air conditioned. The temperature is set and controlled through a computer software. Some rooms may be hotter or cooler than you would like, please understand that G50+ cannot change the temperature. For your comfort, please dress accordingly.</p>		<p>1</p> <p><b>CLOSED</b></p>  <p>Happy Canada Day</p>	<p>2</p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>3</p> <p>Cribbage Darts Bridge</p>
<p>6</p> <p>Quilting</p> <p>500</p> 	<p>7</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness</p>	<p>8</p> <p>Drop In Painting Canasta Bridge Trivial Pursuit Chair Yoga Adaptive Mat Yoga</p>	<p>9</p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>10</p> <p>Cribbage Darts Bridge</p>
<p>13</p> <p>Quilting</p> <p>500</p> <p>Kitchen closed</p> 	<p>14</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness</p>	<p>15</p> <p>Drop-In Painting Canasta Bridge Trivial Pursuit Chair Yoga Adaptive Mat Yoga</p>	<p>16</p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>17</p> <p>Cribbage Darts Bridge</p> <p>Kitchen closed</p> 
<p>20</p> <p>Quilting</p> <p>500</p> <p>Kitchen closed</p> 	<p>21</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness</p>	<p>22</p> <p>Drop-In Painting Canasta Bridge Trivial Pursuit Chair Yoga Adaptive Mat Yoga</p>	<p>23</p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>24</p> <p>Cribbage Darts Bridge</p> <p>Kitchen closed</p>
<p>27</p> <p>Quilting</p> <p>500</p> <p>Kitchen closed</p> 	<p>28</p> <p>Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness</p>	<p>29</p> <p>Drop-In Painting Canasta Bridge Trivial Pursuit Chair Yoga Adaptive Mat Yoga</p>	<p>30</p> <p>Bid Euchre Bingo Euchre Gentle Fitness</p>	<p>31</p> <p>Cribbage Darts Bridge</p> <p>Kitchen closed</p>



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.












**Food Service News!**

We are anticipating some changes in service days/hours as Debbie takes a leave of absence. Please watch the MSC data base and the G50+ website for updates.

August 2026

Daily Lunch (MP1) 11:30 am to 12:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed Civic holiday 	4 Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness	5 Drop-In Painting Canasta Bridge Trivial Pursuit Chair Yoga Adaptive Mat Yoga	6 Bid Euchre Bingo Euchre Gentle Fitness	7 Cribbage Darts Bridge Kitchen closed
10 Quilting 500 Kitchen closed 	11 Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness	12 Drop-In Painting Canasta Bridge Trivial Pursuit Chair Yoga Adaptive Mat Yoga	13 Bid Euchre Bingo Euchre Gentle Fitness	14 Cribbage Darts Bridge Kitchen closed
17 Quilting 500 Kitchen closed  	18 Line Dance Quilting Pétanque-Atout Whist Sandbags Chair Fitness	19 Drop-In Painting Canasta Bridge Trivial Pursuit Chair Yoga Adaptive Mat Yoga	20 Board Meeting Bid Euchre Bingo Euchre Gentle Fitness	21 Cribbage Darts Bridge Kitchen closed 
24 Quilting 500 Kitchen closed 	25 Line Dance Quilting Pétanque-Atout Whist Sandbags	26 Drop-In Painting Canasta Bridge Trivial Pursuit	27 Bid Euchre Bingo Euchre	28 Cribbage Darts Bridge Kitchen closed Early Bird Draw 
31 Quilting 500 Kitchen closed FALL REGISTRATION STARTS	 <p><b>Early Bird 2026-2027 Membership Renewal</b>                      August 17 - 28                      \$40.00</p> 			

Fall Course Registration August 31 to September 4.  
 9:00 am to 3:00 pm

NB: Registration closes at noon on the 4th.  
 Phone registration starts September 2.  
 613-749-1974 (with a credit card)

Early Bird Membership Renewal will considerably shorten Course Registration wait times.  
Please renew early.

