



Fall 2026

Hours - Monday to Friday
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 2026

We're proud to announce our Sponsors!

We deeply value the expertise and professionalism of Park Lawn - Basic Funerals, Stonemont Retirements Lifestyle and Aspira Retirement Living. Whether you're seeking quotes or advice for yourself or a loved one, our Sponsors are here to help with compassion.

G50+ encourages you to reach out to them!



Inside this Issue

Page 2

Member Information
Foot Care

Special Event Lunches

Page 3

Presentations
Drop-in Activities

Page 4

Registered Courses
Refund Policy
PAR-Q

Page 5 to 8 Calendars

September
October
November
December

Page 9

Course/Activity Descriptions

Page 10

City of Ottawa Surveys



Early Bird Membership Renewal \$40.00

Renew your G50+ Membership early from August 17 to 28 and have your name entered into the early bird draw for a Gift Basket. 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.

2026-2027 G50+ Volunteer Board of Directors

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

Pat Grandy
Gloria Manuel
Cecile 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 \$50.00 and over. Please remember G50+ as your Charity of Choice for 2026.

Members' Information

WELCOME NEW MEMBERS!

Chris H, Michelle D, Ann B, Dan B, Ruth Ann D, Naomi G, Laurie H, Bill S, Claudia S, Anne B, Annette V, Sandra G, Nadia S, Bill B, Claire S, Rahlo A, Daniel S, Diane L, Patricia H, Denise M, Kathryn W, Arlene M, Kim S, Ruth O, Diana S, Helene P, Janet S, Kathleen D, Mike B, Hanna A, Carole S

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 à la carte. Check out our Frozen Entrees for sale!



No Tipping Necessary

To ensure fairness and protect the dignity of all participants, tipping is not permitted at G50+. All contributions must go directly through our official donation channels so support is shared equitably and transparently.

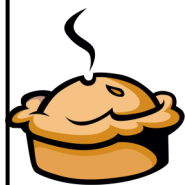
Please protect the staff and volunteers— don't tip.



Thanksgiving Turkey with all the fixings \$12.00

**October 8, 2026
11:45 am**

Purchase starting September 14



Tourtière #1 & #2

\$12.00 each

December 10 & 17 11:45 am

**Tourtière, Mashed Potatoes &
Vegetables**

Purchase starting September 14



Did you know?

The Centre has purchased large puzzle boards, colouring books and colouring pencils.

Available Monday, Wednesday, Thursday and Friday from 8:30 to 11:30 and 12:30 to 3:00 pm in the dining room.

If you have questions or require assistance, please visit Reception.



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 \$40 Non Members \$45

New Clients or clients who have not had foot care within the last year require a double appointment. Please reserve your appointment in person or by calling 613-749-1974.

Cancellation Policy

One business day or a \$25 charge will apply.



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 7 to 11**

For your information



One Million Canadian Hearts Screening November 26, 2026

65 yrs and older will be screened for cardiovascular risk factors in addition to having a mini ultrasound of their heart and ECG. Clients 18 yrs and older are screened for risk factors only. **Registration Instructions will be posted on the website, e-newsletter and Reception.**

Join Lynda Buske for

How To Take Better Vacation Photos

Friday October 2, 2026
1:00 to 3:00 pm



RSVP Required



Member Orientation



October 7 12:30 pm to 2:00 pm
Meet other Members, learn about G50+ Activities, Services and Volunteerism.
RSVP required.

Prostate Cancer Information Session Friday October 23, 2026 1 to 2:30 pm



Chris Taylor Taming the Inbox 1 to 3 pm Friday Nov 6 RSVP Required.



Discover the evils of spam, spoofing & phishing and how to detect & deal with them. Learn to organize email with folders and filters and more!

Join CBC retired radio host

Laurence Wall
for a presentation on
20th Century Canadian History
through the magic of Radio
Friday November 20
1 to 3 pm
RSVP required.



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.

Pickleball 1
Pickleball 2
Quilting
500
Book Club

Monday

8:30 to 10:30 am GYM
10:30 to 12:30 pm GYM
9:00 to 11:45 am MP2
12:45 to 2:45 pm MP2
1:00 to 2:30 pm BR (see calendar)

Pétanque-Atout
Quilting
Sandbags
Whist

Tuesday

9:45 to 11:15 am MP1
9:00 to 11:45 am MP2
noon to 2:00 pm GYM
12:30 to 2:30 pm MP2

Wednesday

Pickleball 1
Pickleball 2
Walking Soccer
Java Chat (last Wed)
Bridge
Canasta
Trivial Pursuit

8:30 to 10:30 am GYM
10:30 to 12:30 pm GYM
1:00 to 2:30 pm GYM
9:30 to 11:15 am MP1
noon to 3:00 pm MP2
12:45 to 2:45 pm Board Room
12:45 to 2:45 pm Studio

Bid Euchre
Euchre
Bingo

Thursday

9:00 to 11:45 am MP2
12:30 to 2:30 pm Studio
1:00 to 3:00 pm MP2

Friday

Pickleball 1
Pickleball 2
Cribbage
Darts
Bridge
Shuffleboard

8:30 to 10:30 am GYM
10:30 to 12:30 pm GYM
9:30 to 11:30 am Studio
9:30 to 11:30 am MP2
11:45 to 3:00 pm MP2
12:45 to 2:45 pm GYM

Please ensure you sign into "My Senior Center" at Reception.

Did you know that all Drop-In Activities are run by Volunteers?

Please take some time to thank your Volunteer Coordinator.

Puzzle/ Colouring Nook—Monday, Wednesday, Thursday and Friday in MP1

Fall Courses 2026 ALL CLASSES SOLD SEPARATELY NON TRANSFERABLE

Salwa Khouzam

Conversational French Monday - **F26FRENCH**

10:30 to 11:30 am Board Room

Sept 14, 21, 28 Oct 5, 19 Nov 2, 9, 16, 23, 30 Dec 7, 14

Members only \$24

Jacqueline Richards

Gentle Fitness Tuesday - **F26GFITT**

9:00 to 10:00 am GYM

Sept 8, 15, 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24 Dec 1

Mem \$98 Non \$147

Chair Fitness Tuesday - **F26CHAIRT**

10:15 to 11:15 am GYM

Sept 8, 15, 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24 Dec 1

Mem \$98 Non \$147

Lynda Buske

Line Dance Tuesday - **F26LINE**

10:00 am to 11:00 am Studio/Basement

Sept 8, 15, 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24 Dec 1

Mem \$98 Non \$147

Laurie Hemmings

Watercolour Wednesday - **F26WATERCOLOUR**

9:15 to 11:15 am MP2

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

Mem \$180.00 Non \$270.00

Laurie Hemmings

Calligraphy Monday - **F26CALLIGRAPHY**

9:30 to 11:00 am MP1

Nov 2, 9, 16, 23, 30 Dec 7

Mem \$66.00 Non \$99.00

Teresa Yip

Adaptive Mat Yoga Wednesday - **F26ADAPTYOGA**

9:30 am to 10:30 am Studio

Sept 9, 16, 23, 30 Oct 7, 14, 21, 28 Nov 4, 11, 18, 25

Mem \$90 Non \$135

Chair Yoga Wednesday - **F26CHYOGA**

10:45 to 11:45 am Studio

Sept 9, 16, 23, 30 Oct 7, 14, 21, 28 Nov 4, 11, 18, 25

Mem \$90 Non \$135

Anna Crandlemire

Gentle Fitness Thursday - **F26GFITTH**

9:00 to 10:00 am GYM

Sept 10, 17, 24 Oct 1, 8, 15, 29 Nov 5, 19, 26, Dec 3

Mem \$83 Non \$125

Chair Fitness Thursday - **F26CHAIRFITTH**

10:15 to 11:15 am GYM

Sept 10, 17, 24 Oct 1, 8, 15, 29 Nov 5, 19, 26, Dec 3

Members \$83 Non \$125

Lois Collins

Learn to Play Bridge-**F26LEARNBRIDGE**

Wednesdays 10:00 to 11:00 am BR

Oct 7, 14, 21 Nov 4, 11, 18

Members \$12.00

Alex Kharitonov

Beginner Tai Chi Monday - **F26TAICHIM**

1:00 to 2:00 pm GYM

Sept 14, 21, 28 Oct 5, 19 Nov 2, 9, 16, 23, 30 Dec 7

Mem \$83.00 Non \$125

Beginner Tai Chi Thursday - **F26TAICHITH**

1:00 to 2:00 pm GYM

Sept 10, 17, 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3

Mem \$98.00 Non \$147.00

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

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
 Registration Aug 31	1 Pétanque-Atout Quilting Sandbags Whist Registration	2 Pickleball 1 & 2 Canasta Bridge Trivial Pursuit Registration (by phone)	3 Bid Euchre Euchre Bingo Registration	4 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Registration (closes at noon)
7 Centre Closed 	8 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	9 Pickleball 1 & 2 Canasta Bridge Trivial Pursuit Adaptive Mat Yoga Chair Yoga	10 Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	11 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
14 Pickleball 1 & 2 Quilting 500 French Conversation Tai Chi	15 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	16 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga	17 Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	18 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
21 Pickleball 1 & 2 Quilting 500 French Conversation Tai Chi	22 Blood Pressure Clinic Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	23 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga	24 Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	25 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
28 Pickleball 1 & 2 Quilting 500 Book Club French Conversation Tai Chi	29 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	30 Pickleball 1 & 2 Java Chat Bridge Canasta Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga	Renew your Membership early to streamline your registration Aug 17 to 28. Fall Program Registration Aug 31 to Sept 4 from 8:30 to 3:00 pm. Register in person, or over the phone starting Wednesday Sept 2nd with a credit card.	



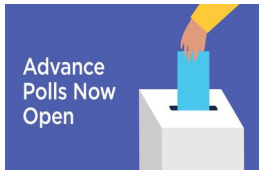
Aug 31- Sept 4 Fall Registration
Sept 7 Labour Day Centre Closed
Sept 14 Special Lunch tickets on sale
Sept 22 Blood Pressure Clinic
Sept 24 Heart Valve Clinic



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
 Soliciting Within the Membership Selling items within the Membership is not allowed without prior permission. If you'd like to sell something, please stop by Reception and we'll help you with the required steps.			1 Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	2 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard How to Take Better Vacation Photos 
5 Pickleball 1 & 2 Quilting 500 French Conversation Tai Chi	6 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	7 Pickleball 1 & 2 Bridge Canasta Walking Soccer Trivial Pursuit Member Orientation Watercolour Adaptive Mat Yoga Chair Yoga Learn Bridge  	8 Thanksgiving lunch Turkey Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	9 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
12 Centre Closed 	13 Blood Pressure Clinic Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness 	14 Pickleball 1 & 2 Bridge Canasta Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga Learn Bridge 	15 Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	16 Centre closed for Advance Polls 
19 Pickleball 1 & 2 Quilting 500 Book Club French Conversation Tai Chi 	20 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	21 Pickleball 1 & 2 Canasta Bridge Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga Learn Bridge 	22 Bid Euchre Euchre Bingo Tai Chi	23 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Prostate Cancer Awareness 
26 Centre closed for Municipal Elections 	27 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	28 Pickleball 1 & 2 Java Chat Bridge Canasta Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga 	29 Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	30 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard



Oct 2 Take Better Vacation Photos
Oct 7 Member Orientation
Oct 12 Centre Closed
Oct 13 Blood Pressure Clinic
Oct 16 Centre Closed Municipal Election
Oct 23 Prostate Cancer Awareness
Oct 26 Centre Closed Municipal Election



SOLE CENTERED
FOOT CARE

To book an appointment

Call 613-749-1974.

Members \$40/Non \$45

If you are new to foot care, a double appointment is required for your first visit. Cancellations require one business day notice or a \$25 cancellation / no show fee will be charged. Official Receipts for insurance claims are provided.



November

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pickleball 1 & 2 Quilting 500 Calligraphy French Conversation Tai Chi	3 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	4 Pickleball 1 & 2 Bridge Canasta Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga Learn Bridge	5 Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	6 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Taming the Inbox
9 Pickleball 1 & 2 Quilting 500 Book Club Calligraphy French Conversation Tai Chi	10 Blood Pressure Clinic Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	11 Pickleball 1 & 2 Bridge Canasta Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga Learn Bridge	12 Bid Euchre Euchre Bingo Tai Chi	13 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
16 Pickleball 1 & 2 Quilting 500 Calligraphy French Conversation Tai Chi	17 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	18 Pickleball 1 & 2 Bridge Canasta Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga Learn Bridge	19 Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Chair Fit Tai Chi	20 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard CBC radio host Laurence Wall
23 Pickleball 1 & 2 Quilting 500 Book Club Calligraphy French Conversation Tai Chi	24 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	25 Pickleball 1 & 2 Java Chat Bridge Canasta Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Yoga Chair Yoga	26 Heart Valve Screening Bid Euchre Bingo Gentle Fitness Chair Fit Tai Chi	27 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
30 Pickleball 1 & 2 Quilting 500 Calligraphy French Conversation Tai Chi	 November 1, 2026	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. Please be aware there is generally no one on site to answer calls after a Robo Call is generated. Please ensure you listen to the Voicemail.		



Nov 1 Turn Clock Back 1 hour
Nov 6 Taming The Inbox Workshop
Nov 10 Blood Pressure Clinic
Nov 11 Remembrance Day 2 mins silence
Nov 20 CBC Radio Host Laurence Wall



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
 Holiday Bazaar Dec 7 to 11	1 Pétanque-Atout Quilting Sandbags Whist Line Dance Gentle Fitness Chair Fitness	2 Pickleball 1 & 2 Bridge Canasta Walking Soccer Trivial Pursuit Watercolour Adaptive Mat Chair Yoga 	3 Bid Euchre Bingo Euchre Gentle Fitness Chair Fit Tai Chi	4 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
7 Pickleball 1 & 2 Quilting 500 Calligraphy French Conversation Tai Chi Bazaar-No-Bazaar	8 Pétanque-Atout Quilting Sandbags Whist Bazaar-No-Bazaar	9 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit Bazaar-No-Bazaar 	10 Blood Pressure Clinic Tourtière #1 Bid Euchre Bingo Euchre  Bazaar-No-Bazaar Bake Table & Sale	11 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard Bazaar-No-Bazaar
14 Pickleball 1 & 2 Quilting 500 Book Club French Conversation 	15 Pétanque-Atout Quilting Sandbags Whist	16 Pickleball 1 & 2 Bridge Canasta Trivial Pursuit 	17 Tourtière #2 Bid Euchre Bingo Euchre 	18 Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard
21 Pickleball 1 & 2 Quilting Tap Dance 500 	22 Pétanque-Atout Quilting Sandbags Whist	23 Pickleball 1 & 2 Java Chat Bridge Canasta Trivial Pursuit 	24 Closed 	25 Closed 
28	29	30	31	1

Happy Holidays to you and your family.
 The Centre is Closed Dec 24 to Jan 1.



December 7 to 11 Bazaar-No-Bazaar
 December 10 Blood Pressure Clinic
 December 10 Tourtière Lunch #1
 December 10 Christmas Bake Sale
 December 17 Tourtière Lunch #2
 Dec 24 to Jan 1 Centre Closed



Winter 2027 Registration
 January 4 to 8
 8:30 am to 3:00 pm
 Phone registration begins
 Wednesday.
 Registration closes Friday at noon.

Course/Activity Description

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. Everyone welcome!.

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 (see Reception for list).**

Calligraphy (Registered Course)

Join Laurie as she shares her expertise in Calligraphy. Planned before the Holiday season, allowing you to create your own beautiful messages for your friends and family. **Supplies not included (see Reception for list).**

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, indoor shoes and a water bottle.

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, indoor shoes and bring a water bottle.

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, indoor shoes and bring a water bottle.

Kundalini Chair Yoga (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 a water bottle.

Kundalini Adaptive Mat Yoga (Registered Course)

Experience the Healing Power of Kundalini Yoga—Your Way! Discover a transformative yoga practice tailored to your body's unique needs. No Knee Pressure: We avoid or modify poses that cause joint pain. Custom variations are provided. Bring your mat, open your heart, and experience all the mental and physical benefits of Kundalini yoga without the strain.

Line Dancing (Registered Course)

Get "in line" with Lynda for a lively, low-impact way to stay active. Line dancing blends simple choreographed steps with upbeat music and a warm sense of community. It boosts balance, memory, and confidence while giving everyone a chance to move, laugh, and connect. Dress in layers, wear comfortable shoes and bring a water bottle.

Members Only - Learn to Play Bridge (Registered Course)

Join Lois for this 6 week Learn to Play Bridge course and discover a game that blends strategy, teamwork, and endless fun. Our sessions guide beginners step-by-step, making it easy to build confidence and enjoy this classic card game.

Members Only - French Conversation

Join Salwa and build your vocabulary, improve your French language fluency, and enjoy great conversations in a friendly, supportive group.

All Members



It's that time of year again!
The City of Ottawa is a great funder and supporter of G50+. Please use the Survey Links / QR codes for the Social Inclusion Survey and the Meal Program Survey (if you partake in Food Services). Surveys are due December 31, 2026.

[CFEF Social Inclusion Programs Survey](#)



[CFEF Meal Programs Survey](#)



Thank you very much for taking the time to fill out the surveys.