Winter 2027

Doors open Monday - Friday, 8:30 am - 3:30 pm
Reception and business transactions close at 3:00 pm
4355 Halmont Drive, Ottawa, ON K1J 8W6
Tel: (613) 749-1974 Email: info@gloucester50pluscentre.ca
Website: www.gloucester50pluscentre.ca

Fun, friendship, and activities

January - March 2027

From the Board President

As we head into 2027 and we have all enjoyed the Holiday season, many of you may already know that Sharon Oatway retired on November 27, 2026, as Executive Director of the Gloucester 50+ Centre. After many years in the sector, Sharon felt that it was time to embark on new and exciting challenges and enjoy her newfound retirement. All the best for a very Happy Retirement!

NOTE: As the weather begins to change over the next few months, please remember that boots and winter coats should be left in the coat closet. Proper footwear is required. Thanks.

Jackie Lafontaine
President, Board of Directors

We're proud to announce our Sponsors!

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

basicFunerals AND CREMATION CHOICES
STONEMONT Retirement Lifestyle
Aspira Retirement Living

Gloucester 50+ Centre gratefully acknowledges the financial support of the **City of Ottawa/ Gloucester 50+ Centre** remercie sincerement la Ville d'Ottawa de son soutien financier.

Ottawa

Ontario

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

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2026-2027 Volunteer Board of Directors

Jackie Lafontaine, President
Carol Nicholson, Vice President
Roxanne Latulippe, Treasurer
Debbie Karam, Secretary
Pat Grandy
Gloria Manuel
Cécile Schryburt
Shari Shaver



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.

We are a registered charity #11894 0535 RR0001. Tax receipts will be provided for donations $50 and over. Please remember G50+ as your charity of choice for 2027.

Welcome New Members!

Jean-Paul L, Johanne L, Nola C, Lori E, Margaret L, Jim D, Catherine M, JoAnn N, Avis M, Keith M, Bob H, Barbara W, Colleen W, Yvonne M, Bonnie C, Jennifer H, Paula B, Sue D, Louise H, Katie C, Lise M, Margaret B, Marguerite H, Barbara J, Michael G, Nadia L, Joan D, Anna C, Rogers C, Denise K, Maria S, Bill L, Judy L, Ginette B, Sheila H, Amiri H, Seyedeh M, Denis G, Lorik M, Dale C, Veronica H, Austin L, Karen T, Ross C, Bernie A, Joann B, Peter G, Aline G, Nicole Q, Pat Q, Richard L, Jean M, Robert C, Barry L, Beverly L, Kathy W, YS Y, Evelyn S, Rod T, Nancy G, Barry E, Dawn E, Frank L, Gary P, Mike S, Christine J, Bernard M, Frank L, Diane Q, Allen L, Julie S, Marie B

Member Orientation

Date and Time TBA

Meet other members, enjoy refreshments, and learn about G50+ activities, services, and volunteerism.

RSVP at reception or call 613-749-1974 to register.

SOLE CENTERED FOOT CARE

Foot Care Clinic
Members Only $40

Please reserve your appointment in person or by calling reception at 613-749-1974. New clients or clients who have not had food care within the last six months require a second appointment. One business day required for cancellation or a $25 fee will apply.



Suggestion Box

We value your suggestions. The suggestion box is located on the back wall in the Dining Hall, or you can email us. Thank you for your feedback!

Blood Pressure Clinics by Beacon Heights Retirement Residence

Drop-in to the complimentary blood pressure clinics and meet the wonderful staff at Beacon Heights Retirement Residence. **Please check dates on the calendar. 10:00 am – 11:00 am, MP1**

Weekly Pot of Gold

All members are eligible to play Pot of Gold. One name is drawn every Friday. Stop by reception for more details.



Food Services (No tipping policy)



If you are planning to enjoy lunch or a snack, please select Lunch when you sign in at reception. The dining room is reserved for people to enjoy lunch 11:30 am–12:30 pm, Monday-Friday. Soup, sandwich, salad, and/or entrée may be purchased for a nominal fee, typically $3-6 each. Thursday lunch can be purchased as a combo for $10 or à la carte. We have frozen entrées and soups available for purchase to take home. Cash/card accepted.

Cards for Members

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 11 @ 11:45 am

$12 Pork loin lunch, dessert, tea/coffee



Purchase starting Mon, Jan 18, 2027
Max 2 tickets per person

St. Patrick's Day Lunch

Thursday, Mar 11 @ 11:45 am

$12 Irish Stew (beef or lamb), dessert, tea/coffee



Purchase starting Mon, Jan 18, 2027
Max 2 tickets per person

Easter Lunch

Thursday, Mar 25 @ 11:45 am

$12 Ham & scalloped potatoes, dessert, tea/coffee



Purchase starting Mon, Jan 18, 2027
Max 2 tickets per person

Presentations

We are grateful for those who share their expertise during free presentations at Gloucester 50+ Centre. Please register in advance at reception or by calling 613-749-1974.

Lynda Buske presents

Title: A Tale Worth Telling! (see below)
Date: Friday, January 15, 2027
Time: 1:00 - 2:30 pm
RSVP Required

Chris Taylor presents

Title: Artificial Intelligence Useful Tips
Date: Friday, February 19, 2027
Time: 1:00 - 3:00 pm
RSVP Required

A Tale Worth Telling!

Join Lynda Buske for a presentation of her experiences aboard the family boat, the Minerva 3. She will share the adventures she encountered as a child during a trip from Montreal to Halifax in 1960 and the return trip to Ottawa in 1965. These voyages made the news in both Charlottetown and Ottawa newspapers and had multiple challenges such as zero visibility in fog (long before GPS!) and an engine room fire! Once in Ottawa, the boat was enjoyed on the Rideau System and St. Lawrence River for fifteen more years.



Courses for Registration

GLOUCESTER 50+ CENTRE

Winter 2027

Register for Courses beginning Mon, Jan 4, 9:30 am, in person. By phone registration begins on Wed, Jan 6. Registration ends at noon on Thu, Jan 7.

Register early, as courses do fill up quickly! **A signed Physical Activity Readiness Questionnaire (PAR-Q) is required for all physical activities.** All courses sold separately and non-transferable. **You may register for only one person in addition to yourself.**

Fitness Tuesday with Jacqueline Richards



Gentle Fitness Tuesday – W27GFitT
9:00 – 10:00 am Gym (9 wks)
Jan 12, 19, 26, Feb 2, 9, 16, 23, Mar 2, 9
Members: $68 Non-members: $102



Chair Fitness Tuesday – W27ChairFitT
10:15 – 11:15 am Gym (9 wks)
Jan 12, 19, 26, Feb 2, 9, 16, 23, Mar 2, 9
Members: $68 Non-members: $102

Fitness Thursday with Anna Crandlemire



Gentle Fitness Thursday – W27GFitTh
9:00 – 10:00 am Gym (9 wks)
Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11
Members: $68 Non-members: $102



Chair Fitness Thursday – W27ChairFitTh
10:15 – 11:15 am Gym (9 wks)
Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11
Members: $68 Non-members: $102

Yoga with Jacqueline

Adaptive Mat Yoga Wednesday – W27AdaptMat
9:30 – 10:30 am Studio (10 wks)
Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17
Members: $75 Non-members $113



Chair Yoga Wednesday – W27ChairYoga
10:45 – 11:45 am Studio (10 wks)
Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17
Members: $75 Non-members $113



Line Dancing with Lynda Buske

Line Dancing Tuesday – W27Line
10:00 – 11:00 am Studio (9 wks)
Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 9, 16
Members: $68 Non-members: $102



Watercolour with Laurie Hemmings

Watercolour Wednesday – W27Watercolour
9:15 – 11:15 am MP2 (9 wks)
Jan 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17
Members: $135 Non-members: $203



Tai Chi with Oleksandr (Alex) Kharitonov

Tai Chi for Beginners Monday – W27TaiM
1:00 – 2:00 pm Gym (8 wks)
Jan 11, 18, 25, Feb 1, 8, 22 Mar 1, 8
Members: $60 Non-members: $90



Learn Bridge with Lois Collins

Learn Bridge Wednesday – W27LearnBridge
10:00 – 11:00 am Board Rm (6 wks)
DATES: Feb 3, 10, 17 Mar 3, 10, 17
Members Only: $12



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. Refunds may take up to 10 business days to complete. A medical certificate may be required.

Learn to Play Bridge (members only)

Discover a game that blends strategy, teamwork, and endless fun in this 6-week course. Our sessions guide beginners step by step, making it easy to build confidence and enjoy this classic card game.

Watercolour Painting

Individual style is encouraged with lots of one-on-one instruction. Learn about watercolour painting and enjoy exploration of the medium in further developing skills. Supplies not included (see reception for list).

Chair Fitness

While seated, or using a chair for stability, you will be led through a warm-up, cardio, muscle strength, and endurance designed to increase your cardio, strengthen your core, and increase balance. This class is a well-rounded regime for all fitness levels. Wear comfortable clothing, indoor shoes, and bring a water bottle.

Gentle Fitness

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. This class is a well-rounded regime for all fitness levels. Wear comfortable clothing, indoor shoes, and bring a water bottle.

Line Dancing

Get “in line” with Lynda for a lively, low-impact way to stay active. Simple choreographed steps with upbeat music create a warm sense of community. Boost balance, memory, and confidence while moving, laughing, and connecting. Dress in layers, comfortable shoes, and bring a water bottle.

Tai Chi for Beginners

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

Chair Yoga

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.

Adaptive Mat Yoga

Experience the Healing Power of 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 yoga without the strain.

Drop-in Activities

GLOUCESTER 50+ CENTRE

Winter 2027

Monday	Activity	Rm
8:30-10:30 am	Pickleball 1	Gym
9:00-11:45 am	Quilting 1	MP2
10:30 am-12:30 pm	Pickleball 2	Gym
11:45 am-2:15 pm	Quilting 2	MP2
12:45 am-2:45 pm	500	MP1
1-2:30 pm 1st & 3rd Mon	Writers Group	Board
1:00-2:30 pm Last Mon	Book Club	Board
Tuesday	**Activity**	**Rm**
9:45-11:15 am	Pétanque-atout	MP1
12:00-2:00 pm	Sandbags	Gym
12:30-2:30 pm	Whist	MP2
Wednesday	**Activity**	**Rm**
8:30-10:30 am	Pickleball 1	Gym
9:30-11:15 am Last Wed	Java Chat	Board
10:30 am-12:30 pm	Pickleball 2	Gym
12:00-2:45 pm	Bridge	MP2
12:45-2:45 pm	Canasta	Board
1:00-3:00 pm	Trivial Pursuit	Studio
Thursday	**Activity**	**Rm**
9:00-11:45 am	Bid Euchre	MP2
12:30-2:30 pm	Euchre	Studio
1:00-3:00 pm	Bingo	MP2
Friday	**Activity**	**Rm**
8:30-10:30 am	Pickleball 1	Gym
9:30-11:30 am	Cribbage	Studio
9:30-11:30 am	Darts	MP2
10:30 am-12:30 pm	Pickleball 2	Gym
12:00-2:45 pm	Bridge	MP2
12:45-2:45 pm	Poker	Studio
12:45-2:45 pm	Shuffleboard	Gym



Drop-in activities are designed for recreation, inclusion, fun, friendship, and laughter. They are reserved for G50+ members.

If you are unsure how to participate or play a game, we can help you.

Participations fees are $2. Drop-in activities may also charge a small fee, typically $1-2, for prizes.

Visitors (50+ years old)



Out-of-town visitors may attend a drop-in activity by purchasing a guest pass at reception for $5.

Local visitors may receive a maximum of three guest passes at reception, after which they must become members to attend any further drop-in activities.

Did you know?

Drop-in activities are run by volunteers. Please thank your volunteer coordinator!



Subject to Change

Please note that some room locations and times have been adjusted. Check calendar for dates. Subject to change/revision. Please see the latest guide on our website.

January 2027 — Winter Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Classes/activities identifiable by blue/lighter print in the calendar require advance registration. You must purchase the full set of classes to attend. **Please respect G50+ business hours: Monday - Friday 8:30 am – 3 pm.** To avoid waiting in inclement weather, please book your transportation accordingly (pick up by 3 pm). As the winter progresses, please visit the website for Centre closures and listen to robocall messages.				**1** **Centre Closed** 
4 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Writers Group **9:30 Registration – in person only**	**5** 9:45 Pétanque-atout 12:00 Sandbags 12:30 Whist **Registration – in person only**	**6** 8:30 Pickleball 1 10:30 Pickleball 2 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit **Registration – in person and phone**	**7** 9:00 Bid Euchre 12:30 Euchre 1:00 Bingo **Registration ends at noon**	**8** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker
11 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Tai Chi	**12** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**13** 8:30 Pickleball 1 9:30 Adapt Mat Yoga 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**14** 9:00 Bid Euchre 9:00 Gentle Fit 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**15** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker 1:00 Tale WorthTelling
18 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Writers Group 1:00 Tai Chi	**19** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**20** 8:30 Pickleball 1 9:15 Watercolour 9:30 Adapt Mat Yoga 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**21** (Board Mtg) 9:00 Bid Euchre 9:00 Gentle Fit 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**22** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker
25 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Tai Chi 1:00 Book Club	**26** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**27** 8:30 Pickleball 1 9:15 Watercolour 9:30 Adapt Mat Yoga 9:30 Java Chat 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**28** 9:00 Bid Euchre 9:00 Gentle Fit 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**29** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker

Jan 4-7 Registration for courses
Jan 15 Tale Worth Telling



Survey Time!

Please complete the survey from one of our funders: Government of Ontario Ministry for Seniors and Accessibility. Thank you!

February 2027 — Winter Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Writers Group 1:00 Tai Chi	**2** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**3** 8:30 Pickleball 1 9:15 Watercolour 9:30 Adapt Mat Yoga 10:00 Learn Bridge 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**4** 9:00 Bid Euchre 9:00 Gentle Fit 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**5** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker
8 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Tai Chi	**9** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**10** 8:30 Pickleball 9:15 Watercolour 9:30 Adapt Mat Yoga 10:00 Learn Bridge 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**11** **Valentine's Lunch** 9:00 Bid Euchre 9:00 Gentle Fit 10:00 Blood Pressure 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**12** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker
15 **Centre Closed** HAPPY Family Day	**16** 9:00 Gentle Fit 9:45 Pétanque-atout 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**17** 8:30 Pickleball 9:15 Watercolour 9:30 Adapt Mat Yoga 10:00 Learn Bridge 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**18** (Board Mtg) 9:00 Bid Euchre 9:00 Gentle Fit 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**19** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker 1:00 AI Tips and Fun
22 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Book Club 1:00 Tai Chi	**23** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**24** 8:30 Pickleball 9:15 Watercolour 9:30 Adapt Mat Yoga 9:30 Java Chat 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**25** 9:00 Bid Euchre 9:00 Gentle Fit 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**26** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker

Feb 11 Valentine's Lunch
Feb 11 Blood Pressure Clinic
Feb 15 Closed
Feb 19 AI Tips and Fun

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.

Robocalls

We kindly ask that you listen to any phone calls/voicemail messages from robocalls. These automated calls are used to notify members of service interruptions, closures, or other important updates. If you choose to opt out of receiving robocalls, it becomes your responsibility to check the website regularly for this information. Please note: Once a robocall is issued, staff are generally not on site to answer the phone. Thank you for staying informed and helping us maintain efficient communication.

March 2027 — Winter Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Writers Group 1:00 Tai Chi	**2** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**3** 8:30 Pickleball 1 9:15 Watercolour 9:30 Adapt Mat Yoga 10:00 Learn Bridge 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**4** 9:00 Bid Euchre 9:00 Gentle Fit 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**5** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker
8 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Tai Chi	**9** 9:00 Gentle Fit 9:45 Pétanque-atout 10:00 Line Dancing 10:15 Chair Fit 12:00 Sandbags 12:30 Whist	**10** 8:30 Pickleball 1 9:15 Watercolour 9:30 Adapt Mat Yoga 10:00 Learn Bridge 10:30 Pickleball 2 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**11** **St. Patrick's Lunch** 9:00 Bid Euchre 9:00 Gentle Fit 10:00 Blood Pressure 10:15 Chair Fit 12:30 Euchre 1:00 Bingo	**12** 8:30 Pickleball 1 9:30 Cribbage 9:30 Darts 10:30 Pickleball 2 12:00 Bridge 12:45 Shuffleboard 12:45 Poker
15 9:00 Quilting 1 11:45 Quilting 2 12:45 500 (Cards) 1:00 Writers Group **March Break – No Gym**	**16** 9:45 Pétanque-atout 10:00 Line Dancing 12:30 Whist **March Break – No Gym**	**17** 9:15 Watercolour 9:30 Adapt Mat Yoga 10:00 Learn Bridge 10:45 Chair Yoga 12:00 Bridge 12:45 Canasta, MP1 1:00 Trivial Pursuit **March Break – No Gym**	**18** (Board Mtg) 9:00 Bid Euchre 12:30 Euchre 1:00 Bingo **March Break – No Gym**	**19** 9:30 Cribbage 9:30 Darts 12:00 Bridge 12:45 Poker **March Break – No Gym**
22 8:30 Pickleball 1 9:00 Quilting 1 10:30 Pickleball 2 11:45 Quilting 2 12:45 500 (Cards) 1:00 Book Club	**23** 9:45 Pétanque-atout 12:00 Sandbags 12:30 Whist	**24** 8:30 Pickleball 1 10:30 Pickleball 2 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**25** **Easter Lunch** 9:00 Bid Euchre 10:00 Blood Pressure 12:30 Euchre 1:00 Bingo	**26** **Centre Closed Good Friday**
29 **Centre Closed Easter Monday**	**30** 9:45 Pétanque-atout 12:00 Sandbags 12:30 Whist	**31** 8:30 Pickleball 1 9:30 Java Chat 10:30 Pickleball 2 12:00 Bridge 12:45 Canasta 1:00 Trivial Pursuit	**Puzzle and Colouring Nook** The Centre has purchased large puzzle boards, colouring books, and colouring pencils. Available Mon, Wed, Fri, from 8:30-11:30 am and 12:30-3:00 pm in MP1. Please visit reception for assistance.	

March 11 St. Patrick's Day Lunch
March 11 Blood Pressure Clinic
March 15-19 No Gym, March Break

March 25 Easter Lunch
March 25 Blood Pressure Clinic
March 26 & 29 Closed