



# Fall 2024

Hours - Monday to Friday  
Doors open 8:30 am to 3:30 pm

4355 Halmont Dr., OTTAWA, ONTARIO K1J 8W6  
Tel: (613) 749-1974

Email: [info@gloucester50pluscentre.ca](mailto:info@gloucester50pluscentre.ca)

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

Fun, Friendship and Activities

September to December 2024



## Early Bird Membership Renewal

Renew your G50+ Membership early from **August 12 to 30** and have your name entered into the early bird draw for a Gift Basket compliments of Dignity Memorial. Early bird renewal will provide a more streamlined Fall Course Registration.

**2024 Membership is \$40.00.**

\*\*\*\*\*

## Soliciting Within the Membership

Selling items within the Membership is prohibited. If you wish to sell something within the Membership, please drop by Reception and we will guide you through the process.



\*\*\*\*\*

## Christmas Bazaar & Chili Lunch



Mark your calendars for **Saturday November 2, 2024** from **10:00 am to 2:00 pm** for the **G50+ Christmas Bazaar and Lunch**. If you would like to **Volunteer** please add your name to the list at Reception. Also, if you have new or gently used items for donation please bring them in.

## Fall Bulletin Welcome Back!

### Inside this Issue:

Page 2

Member Information  
Foot Care  
Special Event Lunches

Page 3

Library  
Member Orientation  
Open Board Meeting  
Dignity Info Fair  
Drop in Activities

Page 4

Registered Courses  
Refund Policy  
PAR-Q

Page 5 to 8 Calendars

September  
October  
November  
December



## G50+ Diversity Statement

The Gloucester 50+ Centre is open to participants, volunteers, staff and visitors from all walks of life regardless of race, colour, religion, gender identity, sexual orientation, socioeconomic circumstance or disability.

## Volunteer Board of Directors

Jackie Lafontaine, President  
Carol Nicholson, Treasurer  
Cécile Schryburt, Vice President  
Debbie Karam, Secretary  
Lucy Pasiecznik

Pat Grandy  
Gloria Manuel  
Shari Shaver  
Roxanne Latulippe



*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 over \$100.00. Please remember G50+ as your Charity of Choice for 2024.

## Members' Information

### WELCOME NEW MEMBERS!

Liz R., Judy R., Nellie T., Ginette P., Claude S., Irina O., Sharon F., Louise I., Marie-Anne B., Bonny P., Jo Anne B., Teri S., Ken A., Douglas S., Naeema D., Wendy W., Ian W., Lil L. Sandra M., Ginette T., Dale B., Gladys H., Bessie F.C, Daniel B., Marsha P., Margaret P., Joanne K., Graham W. Barbara T., Ed K., Young Chow K., April C., Barbara A., Maria F., Kathy E., Leo L. Paule B.

### Food Services

If you are planning to enjoy lunch or a snack, please ensure you press the Food Services 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 or a la carte at the counter for \$10.00.



**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.**



### Special Event Lunch

Ticket purchase is required by noon on Friday before the scheduled event, in person or by phone with a credit card.



### Pot Of Gold

Did you know that all Members are eligible to play Pot of Gold? Stop by Reception for more details on how to get involved.



**Welcome Back Lunch \$12.00  
September 19 11:45  
Spaghetti Dinner  
Dessert  
Tea / Coffee**



**Foot Care  
Wednesday 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.

Please provide 72 hours for cancellations.



**Thanksgiving Lunch \$12.00  
October 10 11:45  
Homemade Cabbage Rolls  
Dessert  
Tea / Coffee**



Want an easy way to eat healthy without all the fuss? Debbie has it covered! Frozen entrées are available for purchase. Please check with Debbie or visit Reception for the menu and prices.



**Christmas Lunch \$20.00  
December 12 11:45  
Turkey Dinner with the fixings  
Dessert  
Tea / Coffee**



**Tourtière Lunch \$12.00  
December 19 11:45  
Tourtière, Mashed Potatoes &  
Vegetables  
Dessert  
Tea / Coffee**

### To Call or Not to Call?

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. It is possible to remove yourself from receiving calls however you will be responsible for checking the website for information. 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.

**Our Lending Library is open for you to enjoy! Borrow a book, puzzle or DVD whenever you wish. Donations of paperback novels, puzzles and DVD's are welcomed. Are you interested in volunteering for the lending library? Visit Reception for details.**



## Member Orientation

**October 9 & December 5  
10:00 to 11:30 am**  
Meet other Members, enjoy refreshments and learn about G50+.  
**RSVP at Reception**  
or call 613-749-1974.



Ever wondered how the Board of Directors operates, or wonder if you would like to be a Board Director? Do you have questions or suggestions regarding the Operations or Governance of G50+? Want to learn more about the Strategic Plan, or other Standing Committees?

**RSVP to attend the Open Board Meeting  
September 19 at 9:00 am.  
Visit reception for more information.**

**Wednesday October 23, 2024**



*Every Detail Remembered®* | **Dignity**  
MEMORIAL

**Invites you to the Information Fair Speaker Series  
Wednesday October 23, 2024  
More information to follow.  
9:30 am to 1 pm**



**\$2 Drop-In Activities are reserved for Members.**

**Check Calendars for dates.**

**If you are unsure how to participate or play a game just let us know, we can help!**

<b>Quilting</b>	<b>Monday</b>	<b>Java Chat</b>	<b>10:00 to 11:30 am Board Room</b>
<b>Tap</b>	<b>10:00 to 2:30 pm MP2</b>	<b>Bridge</b>	<b>(3rd Wednesday of the month)</b>
<b>500</b>	<b>10:00 to 11:00 am Studio</b>	<b>Canasta</b>	<b>noon to 3:00 pm MP2</b>
	<b>12:45 to 2:45 pm MP1</b>		<b>12:45 to 2:45 pm MP1</b>
	<b>Tuesday</b>	<b>Bid Euchre</b>	<b>Thursday</b>
<b>Pétanque a tout</b>	<b>9:45 to 11:15 am MP1</b>	<b>Euchre</b>	<b>9:00 to 11:45 am MP2</b>
<b>Line Dance</b>	<b>10:00 to 11:00 am Studio</b>	<b>Bingo</b>	<b>12:30 to 2:30 pm Studio</b>
<b>Quilting</b>	<b>10:00 to 2:30 pm MP2</b>		<b>1:00 to 3:00 pm MP2</b>
<b>Sandbags</b>	<b>noon to 2:00 pm GYM</b>		
<b>Whist</b>	<b>12:45 to 2:45 pm MP1</b>		
	<b>Wednesday</b>	<b>Cribbage</b>	<b>Friday</b>
<b>Pickleball 1</b>	<b>8:30 to 10:30 am GYM</b>	<b>Darts (sign in 9:45)</b>	<b>9:30 to 11:30 am MP1</b>
<b>Pickleball 2</b>	<b>10:30 to 12:30 pm GYM</b>	<b>Bridge</b>	<b>10:00 to 11:30 am MP2</b>
		<b>Shuffle Board</b>	<b>11:45 to 3:00 pm MP2</b>
			<b>12:45 to 2:45 pm GYM</b>

**Fall Courses 2024 ALL CLASSES SOLD SEPARATELY NON TRANSFERABLE**

**Anna Crandlemire**

**Gentle Fitness Tuesday- F24GFIT**

9:00 to 10:00 am GYM

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

**Members \$83 Non Members \$125**

**Chair Fitness Tuesday- F24CHAIRFIT**

10:15 to 11:15 am GYM

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

**Members \$83 Non Members \$125**

**Gentle Fitness Thursday - F24GFITTH**

9:00 to 10:00 am GYM

Sept 26 Oct 3, 10, 17, 31 Nov 7, 14, 21, 28 Dec 5

**Members \$75 Non Members \$113**

**Mat Flexibility Thursday - F24FLEX**

10:15 to 11:15 am Studio

Sept 26 Oct 3, 10, 17, 31 Nov 7, 14, 21, 28 Dec 5

**Members \$75 Non Members \$113**

**Teresa Yip**

**Mat Yoga Wednesday - F24MATYOGA**

9:00 to 10:00 am Studio

**Members \$90 Non Members \$135**

**Chair Yoga 2 Wednesday - F24CHYOGA2**

11:00 am to noon Studio

**Members \$90.00 Non Members \$135**

**Chair Yoga 1 Wednesday - F24CHYOGA1**

12:30 pm to 1:30 pm

**Members \$90.00 Non Members \$135**

Sept 18, 25 Oct 2, 9, 16, 23, 30 Nov 13, 20, 27 Dec 4

**Leslie Lambert**

**Watercolour Beginner Monday F24WCBEG**

9:15 to 11:15 am MP1

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

**Members \$165 Non Members \$248**

**Laurie Hemmings**

**Watercolour Intermediate Wednesday F24WCINT**

9:00 to 11:00 am MP1

Sep 25 Oct 2, 9, 16, 30 Nov 6, 13, 20, 27 Dec 4

**Members \$150 Non Members \$225**

**Pickleball Monday Members only GYM**

Sept 16, 23, 30 Oct 7, 21, 28

Nov 4, 11, 18, 25 Dec 2, 9, 16

**F24MPB1 & F24MPB2 \$26 each**

**Pickleball Friday Members only GYM**

September 13, 20, 27 Oct 4, 11, 18, 25

Nov 8, 15, 22, 29 Dec 6, 13, 20

**F24FPB1 & F24FPB2 \$28 each**

**PB1 8:30am to 10:30 \$**

**PB2 10:30 to 12:30**

**Intermediate Womens' Pickleball Monday**

**12:30 to 2:30 pm see Criteria to Register**

**F24INTWPB - GYM**

Sept 16, 23, 30 Oct 7, 21, 28 Nov 4, 11, 18, 25 Dec 2, 9, 16

**Members only \$26.00**

**Alex Kharitonov**

**Basic Fitness Monday F24BASICM**

1:00 to 2:00 pm Studio

**Members \$83 Non Members \$125**

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

**Basic Fitness Wednesday F24BASICW**

1:00 to 2:00 pm Studio

**Members \$90 Non Members \$135**








Sept 18, 25 Oct 2, 9, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4

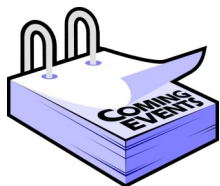
A signed Par Q is required for Fall Registration.

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](mailto: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
<p>2 Centre Closed</p>  <p><b>LABOUR DAY</b></p>	<p>3</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist</p>	<p>4</p> <p>Pickleball 1 &amp; 2 Drop in Painting Canasta Bridge</p> 	<p>5</p> <p>Bid Euchre Euchre Bingo</p> <p>Registration</p>	<p>6</p> <p>Pickleball drop in Cribbage Darts Bridge Shuffleboard</p> <p>Registration</p>
<p>9</p> <p>Pickleball drop in Quilting Tap Dance 500</p> <p>Registration</p>	<p>10</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist</p> <p>Registration in person or by phone</p>	<p>11</p> <p>Pickleball 1 &amp; 2 Drop in Painting Canasta Bridge</p>  <p>Registration</p>	<p>12</p> <p>Bid Euchre Euchre Bingo</p> <p>Registration</p>	<p>13</p> <p>Pickleball 1 &amp; 2 Cribbage Darts Bridge Shuffleboard</p>
<p>16</p> <p>Quilting Tap Dance 500 Watercolour Beginner Pickleball 1 &amp; 2 INT Women's PB Basic Fit</p>	<p>17</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist</p> <p>Gentle Fitness Chair Fitness</p>	<p>18</p> <p>Pickleball 1 &amp; 2 Java Chat Bridge Canasta Mat Yoga Chair Yoga 1 &amp; 2 Basic Fit</p> 	<p>19</p> <p>Open Board Meeting Welcome Back Lunch Bid Euchre Euchre Bingo</p> 	<p>20</p> <p>Pickleball 1 &amp; 2 Cribbage Darts Bridge Shuffleboard</p>
<p>23</p> <p>Quilting Tap Dance 500 Watercolour Beginner Pickleball 1 &amp; 2 INT Women's PB Basic Fit</p>	<p>24</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist</p> <p>Gentle Fitness Chair Fitness</p>	<p>25</p> <p>Pickleball 1 &amp; 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 &amp; 2 Basic Fit</p> 	<p>26</p> <p>Bid Euchre Euchre Bingo</p> <p>Gentle Fitness Mat Flexibility</p>	<p>27</p> <p>Pickleball 1 &amp; 2 Cribbage Darts Bridge Shuffleboard</p>
<p>30</p> <p>Quilting Tap Dance 500 Watercolour Beginner Pickleball 1 &amp; 2 INT Women's PB Basic Fit</p>		<p><b>Renew your Membership early to streamline your registration.</b>  <b>Fall Program Registration</b>  <b>September 5 to 12th from 8:30 to 3:00 pm.</b>  <b>Register in person, or over the phone starting</b>  <b>Tuesday Sept 10th with a credit card.</b></p>		















Sept 2 Labour Day Centre Closed  
 Sept 5 to 12 Fall Registration  
 Sept 19 Open Board Meeting RSVP  
 Sept 19 Welcome Back Lunch

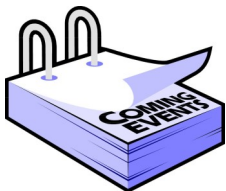


Please respect G50+ business hours.  
 Monday to Friday 8:30 am to 3:30 pm.

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
	1 Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness	2 Pickleball 1 & 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2 Basic Fit 	3 Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility	4 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
7 Quilting Tap Dance 500 Watercolour Beginner Pickleball 1 & 2 INT Women's PB Basic Fit	8 Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness	9 Pickleball 1 & 2 Bridge Canasta Member Orientation Watercolour INT Mat Yoga Chair Yoga 1 & 2 Basic Fit  	10 Thanksgiving Lunch Bid Euchre Euchre Bingo  Gentle Fitness Mat Flexibility	11 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
14 Centre Closed 	15 Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness	16 Pickleball 1 & 2 Java Chat Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2 Basic Fit 	17 Board Meeting Bid Euchre Euchre Bingo  Gentle Fitness Mat Flexibility	18 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
21 Quilting 500 Watercolour Beginner Pickleball 1 & 2 INT Women's PB Basic Fit	22 Pétanque atout Line Dance Quilting Sandbags Whist	23 NO Pickleball Bridge Info Fair brought to you by Dignity Memorial. Mat Yoga Chair Yoga 1 & 2 Basic Fit  	24 Bid Euchre Euchre Bingo	25 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
28 Quilting 500 Watercolour Beginner Pickleball 1 & 2 INT Women's PB Basic Fit	29 Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness	30 Pickleball 1 & 2 Pickle Ball Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2 Basic Fit 	31 Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility 	 Saturday Nov 2









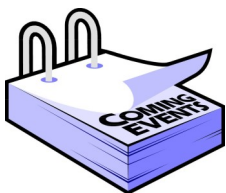
Oct 10 Thanksgiving Dinner  
Oct 9 Member Orientation  
Oct 14 Centre Closed  
October 17 Board Meeting  
Oct 23 Dignity Information Fair

Appointments must be booked in advance call 613-749-1974. Members \$37 Non Members \$40 Cancellations require 72 hour advance notice or may be subject to additional charges. Receipts for insurance claims are provided.



## November

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Christmas Bazaar &amp; Chili Lunch</b></p> <p align="center">Join us on Saturday November 2, 2024 from 10:00 to 2:00 pm. Shop for Baked Goods, Jewelry, Books, Puzzles, Arts, Crafts, Decorations and more! G50+ will be supporting the Gloucester Emergency Food Cupboard. More Information to follow.</p>				<p align="center">1</p> <p align="center"><b>Bazaar Set-Up in GYM &amp; MP1</b> Cribbage Darts Bridge</p>
<p>4</p> <p>Quilting 500 Watercolour Beginner Pickleball 1 &amp; 2 INT Women's PB Basic Fit</p>	<p>5</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>6</p> <p>Pickleball 1 &amp; 2 Bridge Canasta Watercolour INT Basic Fit</p> <p align="center"></p>	<p>7</p> <p>Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>	<p>8</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 &amp; 2</p>
<p>11</p> <p>Quilting 500 Watercolour Beginner Pickleball 1 &amp; 2 INT Women's PB Basic Fit</p> <p align="center"> WE REMEMBER</p>	<p>12</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>13</p> <p>Pickleball 1 &amp; 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 &amp; 2 Basic Fit</p> <p align="center"></p>	<p>14</p> <p>Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>	<p>15</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 &amp; 2</p>
<p>18</p> <p>Quilting 500 Watercolour Beginner Pickleball 1 &amp; 2 INT Women's PB Basic Fit</p>	<p>19</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>20</p> <p>Pickleball 1 &amp; 2 Java Chat Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 &amp; 2 Basic Fit</p> <p align="center"></p>	<p>21</p> <p>Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p> <p align="center"></p>	<p>22</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 &amp; 2</p>
<p>25</p> <p>Quilting 500 Watercolour Beginner Pickleball 1 &amp; 2 INT Women's PB Basic Fit</p>	<p>26</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>27</p> <p>Pickleball 1 &amp; 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 &amp; 2 Basic Fit</p> <p align="center"></p>	<p>28</p> <p>Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>	<p>29</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 &amp; 2</p>



Nov 1 Bazaar Set-up in Gym & MP1  
Nov 2 Christmas Bazaar & Chili Lunch  
Nov 2 Daylight Savings Fall Back  
Nov 21 Board Meeting





### 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](mailto:info@gloucester50pluscentre.ca)

Thank you for your feedback!

December

Monday	Tuesday	Wednesday	Thursday	Friday
2 Quilting 500 Watercolour Beginner Pickleball 1 & 2 INT Women's PB Basic Fit	3 Pétanque atout Line Dance Quilting Sandbags Whist Gentle Fitness Chair Fitness	4 Pickleball 1 & 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2 Basic Fit 	5 Bid Euchre Bingo Euchre Member orientation Gentle Fitness Mat Flexibility 	6 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
9 Quilting 500 Pickleball 1 & 2 INT Women's PB	10 Pétanque atout Line Dance Quilting Sandbags Whist	11 Pickleball 1 & 2 Bridge Canasta 	12 Christmas Lunch Bid Euchre Bingo Euchre 	13 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
16 Quilting 500 Pickleball 1 & 2 INT Women's PB	17 Pétanque atout Line Dance Quilting Sandbags Whist	18 Pickleball 1 & 2 Java Chat Bridge Canasta 	19 Tourtière Lunch Bid Euchre Bingo Euchre 	20 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
23	24	25	26	27
 <p>Seasonings Greetings to you and your family. The Centre is Closed Dec 23 to Jan 3.</p> 				
30				



December 5 Member Orientation  
 December 12 Christmas Dinner  
 December 19 Tourtière Dinner  
 Dec 23 to Jan 3 Centre Closed  
 Jan 6 to 10 Registration  
 January 8 Foot Care



**Free WiFi for Members!**  
 Visit reception for password.