



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

Website: 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!

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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!

| | | | |
|--|---|---|---|
| Drop in Painting Quilting Tap 500 Pétanque a tout Line Dance Quilting Sandbags Dominoes Whist Pickleball 1 Pickleball 2 | Monday 9:15 to 11:15 am MP1 10:00 to 2:30 pm MP2 10:00 to 11:00 am Studio 12:45 to 2:45 pm MP1 | Java Chat Bridge Canasta | 10:00 to 11:30 am Board Room (4th Wednesday of the month) noon to 3:00 pm MP2 12:45 to 2:45 pm MP1 |
| | Tuesday 9:45 to 11:15 am MP1 10:00 to 11:00 am Studio 10:00 to 2:30 pm MP2 noon to 2:00 pm GYM 12:30 - 2:30 pm Studio 12:45 to 2:45 pm MP1 | Bid Euchre Euchre Bingo | Thursday 9:30 to 11:45 am MP2 12:30 to 2:30 pm Studio 1:00 to 3:00 pm MP2 |
| | Wednesday 8:30 to 10:30 am GYM 10:30 to 12:30 pm GYM | Cribbage Darts (sign in 9:45) Bridge Shuffle Board | Friday 9:30 to 11:30 am MP1 10:00 to 11:30 am MP2 11:45 to 3:00 pm MP2 12:45 to 2:45 pm GYM |

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

10:15 am 11:15 am Studio

Members \$90.00 Non Members \$135

Chair Yoga 1 Wednesday - F24CHYOGA1

11:30 am to 12:30 pm

Members \$90.00 Non Members \$135

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

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








Please join me
in Thanking our
wonderful
Instructors and
Volunteers!

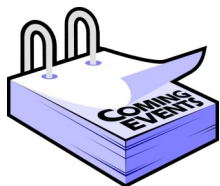
A signed Par Q is required for Fall Registration.

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 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>LABOUR DAY</p> | <p>3</p> <p>Pétanque atout Line Dance Quilting Sandbags Whist</p> | <p>4</p> <p>Pickleball 1 & 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 & 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 & 2 Cribbage Darts Bridge Shuffleboard</p> |
| <p>16</p> <p>Quilting Tap Dance 500 Pickleball 1 & 2 INT Women's PB</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 & 2 Bridge Canasta Mat Yoga Chair Yoga 1 & 2</p>  | <p>19</p> <p>Open Board Meeting Welcome Back Lunch Bid Euchre Euchre Bingo</p>  | <p>20</p> <p>Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard</p> |
| <p>23</p> <p>Quilting Tap Dance 500 Pickleball 1 & 2 INT Women's PB</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 & 2 Java Chat Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2</p>  | <p>26</p> <p>Bid Euchre Euchre Bingo</p> <p>Gentle Fitness Mat Flexibility</p> | <p>27</p> <p>Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard</p> |
| <p>30</p> <p>Quilting Tap Dance 500 Pickleball 1 & 2 INT Women's PB</p> |  | <p>Renew your Membership early to streamline your registration. Fall Program Registration September 5 to 12th from 8:30 to 3:00 pm. Register in person, or over the phone starting Tuesday Sept 10th with a credit card.</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 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 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 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB | 22 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist | 23 NO Pickleball Java Chat Bridge Info Fair brought to you by Dignity Memorial. Mat Yoga Chair Yoga 1 & 2   | 24 Bid Euchre Euchre Bingo | 25 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2 |
| 28 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB | 29 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist Gentle Fitness Chair Fitness | 30 Pickleball 1 & 2 Pickle Ball Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2  | 31 Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility  |  Saturday Nov 2 |









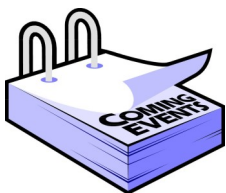
Oct 10 Thanksgiving Dinner
 Oct 9 Member Orientation
 Oct 14 Centre Closed
 October 17 Board Meeting
 Oct 23 Dignity Information Fair

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>Christmas Bazaar & Chili Lunch</p> <p>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!</p> <p>G50+ will be supporting the Gloucester Emergency Food Cupboard. More Information to follow.</p> | | | | 1 Bazaar Set-Up in GYM & MP1 Cribbage Darts Bridge |
| <p>4 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB</p> | <p>5 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist Gentle Fitness Chair Fitness</p> | <p>6 Pickleball 1 & 2 Bridge Canasta Watercolour INT</p>  | <p>7 Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p> | <p>8 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p> |
| <p>11 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB</p>  | <p>12 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist Gentle Fitness Chair Fitness</p> | <p>13 Pickleball 1 & 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2</p>  | <p>14 Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p> | <p>15 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p> |
| <p>18 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB</p> | <p>19 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist Gentle Fitness Chair Fitness</p> | <p>20 Pickleball 1 & 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2</p>  | <p>21 Board Meeting Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>  | <p>22 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p> |
| <p>25 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB</p> | <p>26 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist Gentle Fitness Chair Fitness</p> | <p>27 Pickleball 1 & 2 Java Chat Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2</p>  | <p>28 Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p> | <p>29 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 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

Thank you for your feedback!

December

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB | 3 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist Gentle Fitness Chair Fitness | 4 Pickleball 1 & 2 Bridge Canasta Watercolour INT Mat Yoga Chair Yoga 1 & 2 | 5 Bid Euchre Bingo Euchre Member orientation Gentle Fitness Mat Flexibility | 6 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2 |
| 9 Drop--in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB | 10 Pétanque atout Line Dance Quilting Sandbags Domonoës Whist | 11 Pickleball 1 & 2 Bridge Canasta | 12 Christmas Lunch Bid Euchre Bingo Euchre | 13 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2 |
| 16 Drop-in Painting Quilting 500 Pickleball 1 & 2 INT Women's PB | 17 Pétanque atout Line Dance Quilting Sandbags Dominoes Whist | 18 Pickleball 1 & 2 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.