



Winter 2025

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

January to March 2025

Note from the President:

I would like to remind everyone of the following guidelines as they apply to the Gloucester 50+ Centre:



In order to be comfortable in any of the rooms where your activities are being held, please remember to dress accordingly as the temperature inside the building may vary.

The winter season is fast upon us. This is a reminder that boots and outerwear are to be left in the closet near the front entrance of the building - to avoid slippage of any kind, boots and/or wet shoes are not permitted beyond the main entrance.



 As per the Smoke-Free Ontario Act, 2017, it is against the law to smoke or vape within close proximity of common areas as well as an entrance or exit of any public building, including the Pat Clark Community Centre.

Thank you for your support which is greatly appreciated.

Jackie Lafontaine

President, Board of Directors
Gloucester 50+ Centre



Winter Bulletin

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Workshops



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 2025.

Members' Information

WELCOME NEW MEMBERS!

April C., Michel S., Manon B., Elaine C., Alice L., Jo P., Tanis M., Nicole L., Jo-Anne B., Mario D., Sharon S., Tim E., Nicole L., Bill W., Rita O., Richard S., Ginette B., Harvey R., Chris B., Martha A., Meg H., Claire H., Robert B., Judy H., Kathy J., Eleanor W., Betty A., Jean C., Liette G., Gerrard J., Mariette D., Elizabeth G., Doug D., Leann F., Kerry C.J., Carmen W., Leslie L., Bonnie D.

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 scheduled 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, the scheduled Thursday lunches are subject to change.



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.



Chinese New Year

Wednesday

**January 29 at 11:45 am
Special Guest Chef Jay \$12**



**FootCare
Wednesday Clinics**

**Friday Clinics Jan 10, 31 Feb 21, Mar 21
Members \$37
Non Members \$40**



**Valentines Day
Feb 13 at 11:45 am
Roast Beef
Tuxedo Cake
\$12**



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.

72 hours required for cancellations.



**St. Patricks Day
March 13 at 11:45 am
Lamb or Beef Stew
\$12**



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.



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.

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.



Member Orientation

February 19, 2024
10:00 to 11:30 am

Meet other Members, enjoy refreshments and learn about G50+.

RSVP at Reception or call 613-749-1974



Soliciting (selling goods) 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.



Beacon Heights Blood Pressure Clinic

9:00 am to 11:00 am
In the Main Lobby of the G50+ Centre.
January 6, February 13, March 13



Beacon Heights Dementia Workshop

Friday January 31 from 1:00 to 3:00 pm
RSVP required at Reception or call the Centre 613-749-1974



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

Check Calendars for dates. NB: No gym activities March 10 to 14.

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

Quilting 500
Monday
10:00 to 2:30 pm MP2
12:45 to 2:45 pm MP1

Pétanque a tout
Quilting
Sandbags
Whist
Tuesday
9:45 to 11:15 am MP1
10:00 to 2:30 pm MP2
noon to 2:00 pm GYM
12:45 to 2:45 pm MP1

Pickleball 1
Pickleball 2
Java Chat
Bridge
Wednesday
8:30 to 10:30 am GYM
10:30 to 12:30 pm GYM
10:00 to 11:30 am Board Room
(4th Wednesday of the month)
Noon to 3:00 pm MP2

Canasta
12:45 to 2:45 pm MP1

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

Cribbage
Darts (sign in 9:30)
Bridge
Shuffle Board
Friday
9:30 to 11:30 am MP1
9:45 to 11:30 am MP2
11:45 to 3:00 pm MP2
12:45 to 2:45 pm GYM

ALL CLASSES SOLD SEPARATELY—NON TRANSFERABLE

Anna Crandlemire
Gentle Fitness Tuesday
W25GFIT

Jan 21, 28 Feb 4, 11, 18, 25 Mar 4, 11, 18
9:00 to 10:00 am GYM

Members \$68 Non Members \$102

Chair Fitness Tuesday
W25CHAIRFIT

Jan 21, 28 Feb 4, 11, 18, 25 Mar 4, 11, 18
10:15 to 11:15 am GYM

Members \$68 Non Members \$102



Laurie Hemmings
Drawing Monday
W25Draw

Jan 13, 20, 27 Feb 3, 10, 24 Mar 3, 10, 17
9:15 to 11:15 am MP1

Members \$135 Non Members \$203

Learn the essentials of drawing with focus on tonal value, technique, perspective and more.

Supplies (not included):

9 x 12 inch sketching pad (or larger)
HB and 2B pencil
White eraser

Anna Crandlemire
Gentle Fitness Thursday
W25GFITTH

Jan 23, 30 Feb 6, 13, 20, 27 Mar 6, 13, 20
9:00 to 10:00 am GYM

Members \$68 Non Members \$102

Mat Flexibility Thursday
W25FLEX

Jan 23, 30 Feb 6, 13, 20, 27 Mar 6, 13, 20
10:15 to 11:15 am Studio

Members \$68 Non Members \$102

Laurie Hemmings

Watercolour Wednesday multi-level
W25WC

Jan 15, 22, 29 Feb 5, 12, 19 26 Mar 5, 12, 19
9:15 to 11:15 am MP1

Members \$150 Non Members \$225

Welcome Jacqueline Richards

Mat Yoga Wednesday - W25MATYOGA

9:00 to 10:00 am Studio

Members \$75 Non Members \$113

Chair Yoga 2 Wednesday - W25CHYOGA2

10:15 am 11:15 am Studio

Members \$75.00 Non Members \$113

Chair Yoga 1 Wednesday - W25CHYOGA1

11:30 am to 12:30 pm

Members \$75.00 Non Members \$113

Jan 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12, 19

PB1 8:30am to 10:30 and/or PB2 10:30 to 12:30

Pickleball Monday Members only GYM

W25MPB1 & W25MPB2 \$14 each

Jan 13, 20, 27 Feb 3, 24 Mar 3, 17

Pickleball Friday Members only GYM

W25FPB1 & W25FPB2 \$18 each

Jan 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21

Intermediate Women's Pickleball Monday

W25INTWPB \$14

Jan 13, 20, 27 Feb 3, 24, Mar 3, 17

12:30 to 2:30 pm Gym

Registered Course Participants

The dates for Registered Classes are listed within the text box of the Registered Class. If there are cancelled classes G50+ will either re-schedule the classes or offer a refund for the missed classes.














Check Your Calendar

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

January

Monday	Tuesday	Wednesday	Thursday	Friday
6 Registration Pickleball 1 & 2 Quilting Sandbags Beacon Heights Blood Pressure Clinic 9 - 11 am 	7 Registration Pétanque atout Quilting Sandbags Whist	8 Registration By Phone Starts Multiple pickleball reg. Pickleball 1 & 2 Canasta Bridge 	9 Beef Stir Fry Registration Heart Valve Clinic Bid Euchre Euchre Bingo 	10 Registration closes at noon today Pickleball 1 & 2 Cribbage Darts Bridge Shuffleboard 
13 Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB	14 Pétanque atout Quilting Sandbags Whist	15 Pickleball 1 & 2 Canasta Bridge Yoga- Mat, Chair 1 & 2 Intermediate Watercolour 	16 Cabbage Rolls Bid Euchre Euchre Bingo	17 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
20 Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB	21 Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness  Life Matters Workshop (see page 8)	22 Pickleball 1 & 2 Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour 	23 Pork Loin Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility	24 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2
27 Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB	28 Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness	29 Chinese New Year Lunch Pickleball 1 & 2 Java Chat Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour  	30 Pierogis Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility	31 Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2 Dementia Clinic Beacon Heights  

NOMINATIONS
ARE OPEN

In January the Nominating Committee will be advertising for candidates interested in joining the Board of Directors. If you are interested, please stop by Reception and request an application. Someone from the Nominating Committee will call you and possibly set up a time for a face-to-face meeting.















January 6 to 10 (at noon) Registration
 NEW January 10 & 31 FootCare
 Jan 6 Beacon Heights Blood Pressure
 Jan 6 and 10 Drop-in Pickleball
 Jan 9 Heart Institute Heart Valve Clinic
 Jan 29 Chinese New Year Guest Chef
 Jan 31 Dementia Workshop

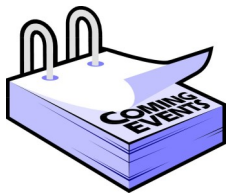


Please respect G50+ business hours.
 Monday to Friday 8:30 am to 3:00 pm.

To avoid waiting in inclement weather, please book your transportation to and from the Centre accordingly. Please visit the website regularly for Centre Closures and listen to Robo Call messages as there is generally no one on site when Robo Calls are released. Para Transpo users, please note the staff leaves the Centre by 3:30 pm.

February

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB</p>	<p>4</p> <p>Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>5</p> <p>Pickleball 1 & 2 Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour</p> 	<p>6 Meat Loaf</p> <p>Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>	<p>7</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p>
<p>10</p> <p>Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB</p>	<p>11</p> <p>Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>12</p> <p>Pickleball 1 & 2 Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour</p> 	<p>13 Valentines Day Lunch</p> <p>Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>  	<p>14</p> <p>Cribbage in Studio Darts Bridge Shuffleboard Pickleball 1 & 2</p>
<p>17 Closed</p> 	<p>18</p> <p>Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>19</p> <p>Pickleball 1 & 2 Member Orientation Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour</p>  	<p>20 Honey Garlic Pork</p> <p>Board Meeting Bid Euchre Euchre Bingo</p>  <p>Gentle Fitness Mat Flexibility Heart institute MP1</p>	<p>21</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p> 
<p>24</p> <p>Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB</p>	<p>25</p> <p>Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>26</p> <p>Pickleball 1 & 2 Java Chat Bridge Yoga- Mat, Chair 1 & 2 Intermediate Watercolour</p> 	<p>27 Hamburger Steak</p> <p>Bid Euchre Euchre Bingo</p> <p>Gentle Fitness Mat Flexibility</p>	<p>28</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p>
 <p>Free WiFi for Members!</p> <p>Visit reception for password.</p> 				












Valentines Day Lunch Feb 13
Member Orientation Feb 12
Family Day Centre Closed Feb 17
Heart Institute
Meet the Expert Feb 20
NEW Foot Care February 21

SWAG



Are you interested in SWAG "Stuff We All Get"? Help us pick items desired by the Members. Please drop us a line on a Comment Card with your name, and drop it at Reception or in the Box in the dining room.

March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB</p>	<p>4</p> <p>Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>5</p> <p>Pickleball 1 & 2 Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour</p> 	<p>6 Chicken Quesadilla</p> <p>Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>	<p>7</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2 Spring forward Saturday</p> 
<p>10 March Break</p> <p>Quilting 500 Drawing</p>	<p>11 March Break</p> <p>Pétanque atout Quilting Sandbags Studio Whist Gentle Fitness Chair Fitness Steph in MP1 Tues Thursday</p>	<p>12 March Break</p> <p>Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour</p> 	<p>13 March Break</p> <p>St. Patricks Lunch Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>  	<p>14 March Break</p> <p>Cribbage Darts Bridge</p>
<p>17</p> <p>Quilting 500 Pickleball 1 & 2 Drawing INT Women's PB</p>	<p>18</p> <p>Pétanque atout Quilting Sandbags Whist Gentle Fitness Chair Fitness</p>	<p>19</p> <p>Pickleball 1 & 2 Bridge Canasta Yoga- Mat, Chair 1 & 2 Intermediate Watercolour</p> 	<p>20 Fish and Chips</p> <p>Bid Euchre Euchre Bingo Gentle Fitness Mat Flexibility</p>	<p>21</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p> 
<p>24</p> <p>Quilting 500 Pickleball 1 & 2 INT Women's PB</p>	<p>25</p> <p>Pétanque atout Quilting Sandbags Whist</p>	<p>26</p> <p>Pickleball 1 & 2 Bridge Canasta Java Chat</p> 	<p>27 Chicken Stir Fry</p> <p>Board Meeting Bid Euchre Euchre Bingo</p>	<p>28</p> <p>Cribbage Darts Bridge Shuffleboard Pickleball 1 & 2</p>
<p>31</p> <p>Quilting 500 Pickleball 1 & 2 INT Women's PB</p>	<p style="text-align: center;">City of Ottawa March Break Camp</p> <p style="text-align: center;">Limited G50+ Gym activities - please check the calendar for activities that may be cancelled or moved to other rooms.</p> 			



March 9 Daylight Savings Spring Forward
 March 10 to 14 - limited Gym activities
 please refer to the calendar
 St. Patrick's Day Lunch Mar 13
 NEW Footcare March 21



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!

Workshops and Clinics—RSVP/Registration REQUIRED TO ATTEND



Have you heard about **valvular heart diseases?**

Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada.

Heart valve problems are often undetected, and late detection may have severe consequences. Our mobile screening program offers early detection, diagnosis and treatment.

A free screening for people 65+ with no known heart issues is available near you.

Your 30- to 60-minute appointment involves:

- a mini ultrasound of your heart
- questioning, measurements, and rapid finger poke blood tests to evaluate your cardiovascular risk factors

A cardiologist will review the results and recommendations will be provided at the end of your visit.

We will be at the **Gloucester 50+ Centre (4335 Halmont Dr., Ottawa) on January 9th, 2025.**

Please complete this form to be added to the waitlist:

<https://forms.office.com/r/bUurABZeDL>. Our staff will contact you then to book you for an appointment.

If you are not able to complete the form, please then call 613 696 7412 to leave a message and use the keyword "50+".



Dementia Workshop Friday January 31 from 1:00 to 3:00 pm **RSVP required before January 27**

This presentation is to understand dementia. Unlike many dementia education programs, GPA is multidisciplinary and comprehensive in its delivery. It is evidence based, incorporating collective, established evidence from the dementia context and AGE's own empirical evidence derived from our extensive evaluations of GPA within organizations. GPA Basics Education comprises 4 modules: • An Introduction to Personhood • Brain and Behaviour • The Interpersonal Environment • Gentle Persuasive Techniques for Respectful Self-Protection.



Embracing Transition & the Cycles of Life

Tuesday January 21, 2025
1:30 pm to 2:30 pm

Join Alison Braun as she talks about the natural changes we all face in life. From navigating retirement and changing homes to losing loved ones and other key life cycles that can leave us feeling anxious and drained.

Together we will discover practical ways to move through these challenges with grace and resilience. We'll discuss supportive tools and strategies for calming stress like journaling, breathing techniques. You can also enjoy a moment of deep relaxation during a guided group meditation.

RSVP required to attend.



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



PATIENT ALUMNI
ASSOCIATION DES
ANCIENS PATIENTS



Meet the Experts Rencontrez l'expert

Getting started with a Physical Activity program

Save the Date

Thursday February 20, 2025
1:00 to 3:00 pm

Refreshments will be available
RSVP required to attend—information to follow.