



TINSEL TEA AND BAZAAR

November 7, 2015 10:00 am to 2:00 pm



Again this year, we will have our Tinsel Tea and Bazaar on Saturday, November 7, 2015. Reserve the date and come and join us for a light luncheon, some baking, and other goodies to be found.

We will accept new and gently used goods for our Straw Draw. There will be baking, quilting, knitting, arts and crafts tables, and our Treasure Chest along with awesome draws!

Come one! Come all! And have a fun day.

Danielle Lapointe and Carol Nicholson Co-Chairs.

Lives We Lead

"Ralph and Marilyn Scribner met in a boarding house in Halifax where any new single men boarders immediately brought out the "Fast and the Curious"... Want the whole story? Visit our web site or the Reception desk and find out this love story is going!

Judith Coulter is an awe inspiring freelance writer and member/Volunteer of GSAC. Her works preserve the memories of our Volunteers and Instructors in the "Lives we Lead". Thanks Judith!



The mission of this Centre is 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 senior volunteers.

Your Volunteer Board of Directors 2015-2016

President: Betty Joannis

Vice President: Betty Eadie

Vice President: John McBride

Secretary: Jim Eadie

Treasurer: Danielle Lapointe

Directors: Albert Faucher

Carole Ann Faucher

André Gascon

Mark Merriman

Carol Nicholson

Cecile Schryburt

Registered Charity # 11894 0535 RR0001



We are pleased to serve you.

Monday to Friday
8:30 am to 3:30 pm.

Weekends and
Evenings See page 7
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Inserts:

Johnson Insurance

Chartwell

*The Centre gratefully
acknowledges the financial
support of:*



President's Report

Dear Members,

Welcome Back! Hope you can join your Board of Directors at the Welcome Back Lunch and Celebrity Bingo Thursday September 3rd!

Here we are back in our most comfortable surroundings, lots of sunshine streaming through the windows. The elevator is completely new.

I want to thank the board of Directors for the great job they did last year and for bringing all their experience with them for the year ahead.

It is time to decide which fitness program to join and the art program that you enjoy. The Centre will be buzzing.

Check the Fall Program carefully Sharon has some really fun events happening.

It is most important to note that we flourish mainly through the use of volunteers. Ask at Reception if you would like to be a volunteer.

Our financial stability relies on membership fees, grants from all three levels of government, and charitable donations. Lately donations have fallen and we need your support. Please give at the desk or designate your United Way donation to go to GSAC and make sure to include our Charitable Number 11894 0535 RR0001.

Betty Joanisse

Executive Director's Report

Wow! We made it! Thanks to all the program leaders that made the transition to the Crush Space easy. Thanks to Michelle for her innovative lunches and of course Rhea and Alysia.

Robin Hughes and his team were on hand every day, thanks to this awesome group we were comfortable and had everything we needed!

We have a jam-packed program for you this fall! As we ramp up for the Tinsel Tea and Bazaar we are hoping you have made preserves, pickles and jams for the bake table. Dignity Memorial is hosting a workshop and lunch day at their Bank Street site. Space is limited so please RSVP early. Thanks to the OCAO, Ontario Senior Secretariat, we are hosting a Senior Active Living Fair on Friday October 2, 2015. This exciting event will be a veritable cornucopia of useful information. Please tell your friends! Everyone is welcome.

It's time to support your community again this Christmas; The Eastern Ottawa Community Resource Centre Angle Tree and the Gloucester Emergency Food Cupboard will be very grateful for your generosity over the Christmas Season and throughout the year.

Thank you to all the Volunteers and Board Members who share the work load of GSAC. It is because of your hard work that we thrive through even the most difficult situations.

Sharon Oatway

"It has its ups and downs for sure but when you take a second and look at life, it's beautiful. Celebrate it!" - Cassie Liegh

Reception News!

Welcome to Susan Maloney!

As things ramp up this September please drop by the desk and introduce yourself to Susan Maloney. Susan comes to GSAC with a wide range of skills and competencies. Her references were wonderful and I can't wait for her to join us for the morning shift at Reception from 8:30 am to 12:30 pm. Rhea will be pleased to serve each afternoon!

Thinking of you.

It is always nice to hear from friends. So, please, if you are sick, having an operation or if a family member passes, please advise the Centre so we can virtually "hug" you and let you know we are thinking of you.



Booking a trip with Ottawa Valley Tours?

We receive a commission for all trips booked by GSAC members.

Be sure to identify yourself as a Member of our Centre and also let us know which trip(s) you are booking.
Happy Trails!

WELCOME NEW MEMBERS!

Madeleine Tessier, Jeanette Laberge, Brenda Langevine, Gary White, Pamela Robinson, Claudette Rochon, Os Hoch, Wayne Kingsbury, Lucille Kingsbury, Micheline Bourassa, Angie Devine, Alexis Gregorian, Gayle Nadeau, Rainer Bloess



GSAC will offer a free Thursday lunch to a member who brings in a new member that joins the Centre.



Pot of Gold Results

March 12	Lynn Gervais	\$131.00
March 26	Verra Finnigan	\$72.00
June 4	Dale Frost	\$316.00

Tip of the Hat

Thanks to Rachel and JP Morissette for their generous donation of the lighted number board!!



In Sympathy

Jacqueline (Duquette) Lacoste
Margaret Pratte
Arthur Percy
Margaret Clyde
Edith Strathdee
Mabel Carkner
George Bush

Marjorie Montgomery

In sympathy for your loss

Herb Montgomery - wife Marjorie
Ellen Little - husband Peter
Maureen Wilson - husband Peter
June Ranger - mother Madeleine Bellefeuille
Carol Ann Einarson - son John Einarson
Betty Joannis - brother Mike Nekechuk
Sherry MacPhee - husband John

For Your Information



Did you know – We collect our statistics from the My Senior Center computer system. After some checking we found out that a number of our members are not utilizing the card system to sign in. Please ensure you sign in each time you visit. If you do not have a key tag or would like a demonstration please visit Reception. Even if you forget your key tag you can still sign in!



How Can We Improve - We have moved the suggestion box to the area where the water cooler is. When you have a suggestion or comment about how we can improve, please take some time and deposit in the new box (Thanks to Bob Sarazin) so we can improve.



Visitors! Did you know that a non member can visit the Centre 3 times without purchasing a membership. Each visit should be to a different program to enjoy three unique experiences. All meals and special events are open to visitors, guests and members.



Policy- Many people have severe allergies that can bring on an Asthma Attack / Anaphylactic Shock / Migraine Headache. No Scent and Personal Hygiene Policy are in effect at GSAC. Please respect your fellow members, guests, volunteers and staff, use unscented products and maintain personal hygiene.

Services & Events

Services



Blood Pressure Clinic ♦ Sept 17, Oct 15, Nov 19, Dec 17



Footcare Clinic ♦ September (2, 16, 30) October (14) November (4, 18, 25) December (9 & 23)



Hearing Clinic ♦ Oct 21, Dec 2

Intergenerational Alzheimer's Program

Gloucester Senior Adults' Centre volunteers team up with Lester B. Pearson students and Extendicare Laurier Manor staff to offer a monthly activity for people living with dementia. This inspiring program collaborates the wisdom, age and youthfulness of approximately 20 volunteers and creates an atmosphere of culture, time, memories and laughter.

Want to join us?
The program is scheduled Tuesdays 2-3pm.

See Sharon for more details.



Gloucester Songsters' Fall 20 Schedule

New members welcome!
Please leave a message for Shirley
at GSAC (613) 749-1974

Sept 14, 21, 28	Practice at GSAC	1:00 pm
Oct 5	Garry J Armstrong Home	2:15 pm
Oct 19	Alta Vista Manor	2:00 pm
Oct 26	Manoir Le Marochel Manor	2:00 pm
Nov 2	Oakpark Retirement Comm	2:00 pm
Nov 9	Heritage Manor	2:00 pm
Nov 16	St Patrick's Home	1:30 pm
Nov 23	Portabello Manor	2:00 pm
Nov 30	Practice GSAC	1:00 pm
Dec 7	Orleans Villa	2:00 pm
Dec 10	GSAC	1:00 pm
Dec 14	Beacon Heights Ret. Res	2:00 pm



TIP OF THE HAT

Congratulations to Betty Joanisse and
André Gascon, recipients of the Heart of Gold
Volunteer Award from Royal Galipeau.

Congratulations to both of you!



Meals that require an RSVP and advance payment.

To ensure we set a place for you, please book by Tuesday before the Special Event or Lunch. Payment is due upon reservation. Can't make it to the centre? No Problem, just call us with your credit card number and we'll reserve your spot for you!

GSAC Anniversary Fundraiser Sponsored by Amica Wednesday September 16, 2015 1:30 - 3:30 pm.
RSVP by Sept 14 at Reception. **\$12**

Thanksgiving Dinner Thursday October 8, 2015 at noon. RSVP by October 6, 2015 **\$12**.

Remembrance Day Ceremony and Reception Wednesday November 11, 2015 10:00 am.
Reception following Ceremony, Sponsored by Chartwell NES.

"Len Trites" Halloween Dart Tournament Friday October 30. Costumes and fun welcome. Prizes and Lunch!
RSVP by October 23, 2015 Sponsored by Chartwell NES **\$8**.

St. Andrew's Day Tea Monday November 30. 1 - 3 pm Piping Hot Tea, Homemade Desserts and Entertainment
"Papa's Friends". RSVP required by November 26, 2015 **\$4**.

Traditional Christmas Dinner December 10, 2015 RSVP by December 8, 2015. Licensed event.
Gloucester Songsters and Perlina Jewelry **\$15**.

Tourtière Lunch and Bingo December 17, 2015 RSVP by December 15, 2015 Sponsored by Chartwell NES **\$5**.



Workshops

New Member Orientation New to this great Centre? Meet some new people and discover new opportunities. Join us on Friday September 18 from 1:30– 2:30pm. Have all your questions answered! RSVP at Reception.

Dignity Memorial Workshop Day Wednesday Sept 23 at 9am. Space is limited so RSVP at Reception for this great information and lunch! Workshops are designed to give you tools to overcome obstacles in Elder Abuse, Navigating the Health Care System and What to expect when a loved one passes here or away. Fully Sponsored by Dignity Memorial.

Senior Information and Active Living Fair Friday Oct 2 from 10 - 2pm. Join us for a plethora of information designed with you in mind. Trade Show, Workshops and Refreshments! Everyone Welcome! RSVP at Reception. Sponsored by Ontario Senior Secretariat and the OACAO.

Communication Security Establishment CSE Technical Series (Fridays) September 25, October 23, November 20. See posters for more information.



Trips



Two Lunch and Fall Colours Tours September 22 or Sept 29 (Tuesday) 11:30am - 2:30pm. Enjoy a wonderful lunch at Beacon Heights and board the bus for a tour of Fall Colours! Please RSVP early as space is limited. This adventure is fully sponsored by Beacon Heights All Seniors Care. 2 Accessible spots on each trip.

Ottawa Valley Tours



Saturday & Sunday September 26 to 27. Enjoy “Kinky Boots” or “Newsies” in Toronto and travel on to Picton and the beautiful Waupoos Estate Winery. Page 44 of OVT Catalogue.

Saturday to Monday Oct 3-5 Shaw and Stratford Theatre here we come! See “Sweet Charity” and “The Sound of Music” then tour Mennonite countryside. Page 49 of OVT Catalogue.



Entertainment Nook



Tuesdays

September 15
Children of the Day by Sandra Birdsell

October 20
End of your Life Book Club by Will Schwalbe

November 17
Children of my Heart by Gabrielle Roy

December 15
Calling Mrs. Christmas by Carole Matthews

Limited copies - reserve early!

Mondays

October 5
“Fifty Shades of Grey”
Drama – Romance



November 23
“American Sniper”
Drama



December 14
“Yes, Virginia There is a Santa Claus”
Drama



Refreshments included!



This logo identifies physical activity courses that meet the University of Ottawa Heart Wise Exercise Program criteria.

PLEASE NOTE: When a course is offered on several different days of the week, all classes on the same weekday are considered a "session". Course cost is calculated per session.

Oil Painting - Tricia Savoie
Monday 9:30 - 11:30 am *Intermediate
11 weeks - \$99 (Mem \$66)
Sept 14 - Dec 7 (no class Oct 5 & 12)

Oil Painting - Tricia Savoie
Wednesday 1:15 - 3:15 pm * Beginner
11 Weeks - \$99 (Mem \$66)
Sept 16 - Dec 2 (No Class Nov 11)

Watercolour - Judith Fenton-Richards
Monday 9:30 - 11:30 am * Beginner
12 weeks - \$108 (Mem \$72)
Sept 14 - Dec 7 (No Class Oct 12)

Mat Yoga - Kim Hannah
Wednesday 11:30 - 12:30 pm
11 weeks - \$99 (Mem \$66)
Sept 16 - Dec 2 (No Class Nov 11)



Zumba Gold - Susan Sloan
Monday 11:30 - 12:30 pm
11 weeks - \$82.50 (Mem \$55)
Sept 14 - Nov 30 (no class Oct 12)



Chair Yoga - Kim Hannah
Wednesday 12:40 - 1:40 pm
11 weeks - \$99 (Mem \$66)
Sept 16 - Dec 2



Chair and Beyond Exercise - Meg Stickl
Tuesday 9:00 - 10:00 am
11 weeks - \$82.50 (Mem \$55)
Sept 15 - Dec 8 (No Class Oct 6 & Nov 3)



Chair Yoga - Kim Hannah
Wednesday 1:45 - 2:45 pm
11 weeks - \$99 (Mem \$66)
Sept 16 - Dec 2



Core Exercise- Meg Stickl
Tuesday 10:10 - 11:10 am
11 weeks - \$82.50 (Mem \$55)
Sept 17 - Dec 10 (No Class Oct 8 & Nov 5)



Chair and Beyond Exercise - Meg Stickl
Thursday 9:30 - 10:30 am
11 weeks - \$82.50 (Mem \$55)
Sept 17 - Dec 10 (No Class Oct 8 & Nov 5)



Line Dance - Suzanne Dénomée
Tuesday 1:00 - 2:30 pm
12 weeks - \$108 (Mem \$72)
Sept 15 - Dec 1

Core Exercise - Meg Stickl
Thursday 10:45 - 11:45 am
11 weeks - \$82.50 (Mem \$55)
Sept 17 - Dec 10 (No Class Oct 8 & Nov 5)



Tai Chi - Wu Style - Master Peter Chan
Wednesday 9:30 - 11:00 am
11 weeks - \$99 (Mem \$66)
Sept 16 - Dec 2 (no class Nov 11)

Tai Chi - Wu Style - Master Peter Chan
Friday 9:30 - 11:00 am
11 weeks - \$99 (Mem \$66)
Sept 18 - Dec 4 (no class Oct 2)

Watercolour- Judith Fenton-Richards
Wednesday 9:30 - 11:30 am *Intermediate
11 weeks - \$99 (Mem \$66)
Sept 16 - Dec 2 (No Class Nov 11)



Need more information?

Call the centre at 613-749-1974, visit our Website, or inquire at Reception! In order to ensure your favorite class is running, we strongly suggest registering



Get your 2016 Resolution started early!

Meg Stickl, A.I.M Fitness, Certified Personal Trainer and GSAC Instructor is offering Personal Training for GSAC members. Several Training Packages are available.



Fall Course Registration starts on September 8, 2015. MasterCard and Visa accepted by phone. Cash, Cheque, Debit, MasterCard and Visa are accepted in person.

For Course Descriptions please inquire at Reception or visit www.storm.ca/~gsac

Weekly Activities

Please refer to monthly calendars (p. 8-11) for changes/cancellations to regularly scheduled activities and courses.

MONDAY

Activities	Dominoes / Rummikub	10:00 - 11:30 am	Courses	Oil/Acrylic Int	9:30 - 11:30 am
	Shuffleboard	12:30 - 2 :30 pm		Watercolour Beg	9:30 - 11:30 am
	500	1:00 - 3:00 pm		Zumba	11:30 - 12:30 am
	Duplicate Bridge	6:00 - 9:00 pm			

TUESDAY

Activities	Quilting (New Quilters Welcome)	9:30 - 11:30 am	Courses	Chair Exercise	9:00 - 10:00 am
	Curolling	10:00 - 11:30 am		Core Exercise	10:10 - 11:10 am
	Pétanque-Atout	10:00 - 11:30 am		Line Dancing	1:00 - 2:30 pm
	Sandbags	12:30 - 2:30 pm			

WEDNESDAY

Activities	Kitchen Bridge	9:15 - 11:15 am	Courses	Watercolour Int	9:30 - 11:30 am
	Bridge	12:30 - 3:00 pm		Oil/Acrylic Beg	1:15 - 3:15 pm
				Tai Chi	9:30 - 11:00 am
				Mat Yoga	11:30 - 12:30 pm
				Chair Yoga	12:40 & 1:45 pm

THURSDAY

Activities	Bid Euchre	9:30 - 11:45 am	Courses	Chair Exercise	9:30 - 10:30 am
	Stamp Club (Sept 10, Oct 8, Nov 12, Dec 10)	9:30 - 11:30 am		Core Exercise	10:45 - 11:45 am
	Thursday Luncheon (RSVP)	12:00 - 1:00 pm			
	Bingo / Euchre	1:00 - 3:00 pm			

FRIDAY

Activities	Cribbage	9:30 - 11:30 am	Courses	Tai Chi	9:30 - 11:00 am
	Darts (Sign in 9:45 am)	10:00 - 11:30 am			
	Bridge (Sign in noon)	12:30 - 3:00 pm			
	Carpet Bowling Sign in (12:15 pm)	12:30 - 2:30 pm			

SATURDAY

Benefit Bridge Sept 12, Oct 3, Nov 14, Dec 5 1 pm

Bridge Card Party Sep 19, Oct 17, Nov 21, Dec 19 6 pm











SUNDAY

Bid Euchre & Kitchen Bridge see calendars 1 pm

Darts every Sunday (except long weekends) 2 pm

Fall 2015 at the Centre

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Reminder! Activity Coordinators Meeting Thursday from 9:30 to 11:30		1 Pétanque-atout	2  Kitchen Bridge Bridge	3 Coordinators Meeting  Welcome Back Lunch and Bingo	4 Darts Cribbage Bridge	5 No Programs
6 No Programs	 LABOUR DAY Dup Bridge	8 Pétanque-atout	9 Kitchen Bridge Bridge	10 Stamp Club Bid Euchre Lunch Bingo/Euchre	11 Darts Cribbage Bridge Carpet Bowling	12 Benefit Bridge
Program Registration						
13 Darts Bid Euchre Kitchen Bridge	14 Dominoes Oil Int Watercolour B Zumba ShuffleBoard 500 Songsters Dup Bridge	15 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance	16  Kitchen Bridge Bridge Oil B Watercolour Int Tai Chi Mat Yoga Chair Yoga x2 GSAC Anniversary Amica	17  Board Meeting Bid Euchre Exercise Core Luncheon Bingo/Euchre	18  Darts Tai Chi Cribbage Bridge Carpet Bowling New Member Orientation	19 Bridge Card Party
20 Darts	21 Dominoes Oil Int Watercolour B Zumba ShuffleBoard 500 Songsters Dup Bridge	22 Quilting Exercise Core Fall Colours Tour Pétanque-atout Curolling Sandbags Line Dance	23  Kitchen Bridge Bridge Oil B Watercolour Int Tai Chi Mat Yoga Chair Yoga x2 Workshop	24 Bid Euchre Exercise Core Luncheon Bingo/Euchre	25 Darts Tai Chi Cribbage Bridge Carpet Bowling	26
27 Darts Bid Euchre Kitchen Bridge	28 Dominoes Oil Int Watercolour B Zumba ShuffleBoard 500 Songsters Dup Bridge	29 Quilting Exercise Core Fall Colours Tour Curolling Sandbags Line Dance	30  Kitchen Bridge Bridge Oil B Watercolour Int Tai Chi Mat Yoga Chair Yoga x2	 Straw Draw Support the Straw Draw– Please donate NEW or gently used items for gifts at the Tinsel Tea and Bazaar. Donations can be dropped off at the Centre October 26 to November 2.		

Birthdays

(1) Louise Galipeau, Donna Bradt; (4) Madryn Zulu, Marjorie Albert; (5) Lucy Hughes, Betty Danielson, Francose Cox; (6) Phyllis Frost; (7) Vivian Douglas, Marilyn Schimek, Dora Tanguay; (8) Delice Nice, Louise Currie; (9) Earl Martin; (12) Doreen Aspila; (13) Merlene MacDonald; (14) Sandra McKeown; (16) R Douglas Gamble, Kenneth Jacobs; (18) Scott Reid; (20) Rosemary Irvine, Terry Todd, Peter Levangie, Luella Holland, Susan Douglas; (22) David Ross, Jamie Gould, Carmen Fitzgerald; (23) Sharlene Crawford; (24) Marjorie Montgomery, Fran Langstaff, Ann Gibbs, Valerie Reid, Diane Gregoire; (25) Evelyn Watson, Elaine Grimsey; (26) Ivy Sayers, Lynne White; (27) Kenneth Wemyss, Judith Coulter, Diane Tessier, Irene Blais; (28) Diana Clarkin, Cecile Lindsay; (30) John Gaudaur, Hannelore Jannison, Albert Faucher.

October 2015









Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Betty J is at it again!! 80 Half Dozen Homemade Butter Tarts & 100 Tourtière Pies. Place your orders by Oct 13th.  This Fundraiser is sure to sell out quickly! Pies \$10.00 & 1/2 Dozen Butter Tarts \$6.00 Order over the phone with a MC or Visa or at Reception.</p>				<p>1 Bid Euchre Exercise Core Luncheon Bingo/Euchre No evening rental</p>	<p>2 Information Fair   <small>The Voice of Older Adult Centres La voix des centres pour aînés</small></p>	<p>3 Benefit Bridge</p>
<p>4 Darts Bid Euchre Kitchen Bridge</p>	<p>5 Dominoes Oil Int Watercolour B Zumba ShuffleBoard 500 50 Shades Grey Dup Bridge </p>	<p>6 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance</p>	<p>7 Kitchen Bridge Bridge Watercolour Oil B Tai Chi Mat Yoga Chair Yoga x2</p>	<p>8 Stamp Club Bid Euchre Exercise Core Thanksgiving Luncheon Bingo/Euchre </p>	<p>9 Darts Tai Chi Cribbage Bridge Carpet Bowling</p>	<p>10</p>
<p>11  Centre Closed</p>	<p>12 Centre Closed Dup Bridge</p>	<p>13 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance</p>	<p>14  Kitchen Bridge Bridge Oil B Watercolour Tai Chi Mat Yoga Chair Yoga x2</p>	<p>15  Board Meeting Bid Euchre Exercise Core Luncheon Bingo/Euchre</p>	<p>16 Darts Tai Chi Cribbage Bridge Carpet Bowling</p>	<p>17 Bridge Card Party</p>
<p>18 Darts Bid Euchre Kitchen Bridge</p>	<p>19 Dominoes Oil Int Watercolour B Zumba ShuffleBoard 500 Dup Bridge</p>	<p>20 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance</p>	<p>21  Kitchen Bridge Bridge Oil B Watercolour Tai Chi Mat Yoga Chair Yoga x2</p>	<p>22 Bid Euchre Exercise Core Luncheon Bingo/Euchre</p>	<p>23 Darts Tai Chi Cribbage Bridge Carpet Bowling</p>	<p>24</p>
<p>25 Darts</p>	<p>26 Dominoes Oil Int Watercolour B Zumba ShuffleBoard 500 Dup Bridge</p>	<p>27 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance</p>	<p>28 Kitchen Bridge Bridge Watercolour Oil B Tai Chi Mat Yoga Chair Yoga x2</p>	<p>29 Bid Euchre Exercise Core Luncheon Bingo/Euchre</p>	<p>30 Tai Chi Halloween Dart Tournament Chartwell Bridge </p>	<p>31</p>

Birthdays

(1) Fern Boileau, Kathy Thompson; (2) Lucille Kingsbury; (3) Elizabeth Fortier; (4) Cecile Overall; (5) Carol Einarson, Jean-Paul Morissette; (6) Gerard Raymond, Rosemarie Kennedy; (7) P. Karren Allen; (8) Ruth Bush, Francoise Blondin; (11) Jim Margerum, Hank BJ Friso; (12) Helmut Gieseler, Jackie Prevost, Gwen Cameron; (15) Victoria Saikaley; (16) Nicole Houlden; (17) Anita Crete; (19) Barry Kershaw, Elizabeth Bullock, Mary Roenspies, Andre Crete; (20) Irene Durocher; (21) Aline Sheehan, Jean Bourguignon, Pamela Robinson; (22) Ruth Logan, Merle Quesnel, John Cox, Carole De Champlain; (23) Stan Gingrich, Keith McCambley; (24) Sharon Morrow; (25) Georgina Beauchamp; (26) Elsie Murnaghan, Dick Clark; (27) Jack Hopkins, Ed Acheson, Lynne McEachern; (28) Ronald Johnstone; (29) Nancy Champagne; (30) Patricia Lepine, Liz Brown; (31) Betty Eadie.

Fall 2015 at the Centre

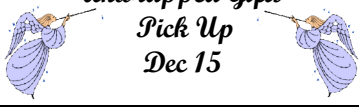











November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Darts Daylight Saving Time Ends 	2 Dominoes Oil Int Watercolour B Zumba Shuffleboard 500 Dup Bridge	3 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance	4  Kitchen Bridge Bridge Watercolour Int Oil B Tai Chi Mat Yoga Chair Yoga x2	5 Bid Euchre Exercise Core Luncheon Bingo Euchre No Evening programs	6 No Programs in Centre Tai Chi - Crush	7 Tinsel Tea and Bazaar
8 Darts	9 Dominoes Oil Int Watercolour B Zumba Shuffleboard 500 Dup Bridge	10 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance	11 Ceremony  Bridge	12 Stamp Club Bid Euchre Exercise Core Luncheon Bingo Euchre	13 Darts Tai Chi Cribbage Bridge Carpet Bowling	14 Benefit Bridge
15 Darts Bid Euchre Kitchen Bridge	16 Dominoes Oil Int Watercolour B Zumba Shuffleboard 500 Dup Bridge	17 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance	18  Kitchen Bridge Bridge Oil B Watercolour Int Tai Chi Mat Yoga Chair Yoga x2	19  Board Meeting Bid Euchre Exercise Core Luncheon Bingo Euchre	20 Darts Tai Chi Cribbage Bridge Carpet Bowling	21 Bridge Card Party
22 Darts Pie & Tart Pick Up Tomorrow	23 Dominoes Oil Int Watercolour B Zumba Shuffleboard 500 Dup Bridge  "American Sniper"	24 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance	25  Kitchen Bridge Bridge Oil B Watercolour Int Tai Chi Mat Yoga Chair Yoga x2	26 Bid Euchre Exercise Core Luncheon Bingo Euchre	27 Darts Tai Chi Cribbage Bridge Carpet Bowling	28
29 Darts Bid Euchre Kitchen Bridge	30  Oil Int Dominoes Zumba St. Andrews Day Tea Songsters Dup Bridge	Rentals Looking for a place to hold your special event with reasonable rates? Please call Sharon Oatway, Executive Director (613) 749-1974 for booking information.				

Birthdays

(1) Robert Lovering, Andy Desilets, Mona Whitaker; (2) Jean Lee-Chong, Gerald Wood, Susan Larocque; (4) Georgette Boulanger; (5) Carol Tresham; (6) Rhea Gravelle; (7) Helene Joanis; (8) Claire Regimbald; (9) Jitka Prochazka, Lucile Rochon, Nicole Robertson; (10) Hildegard Lalande; (11) Sheila Whalley, Gerda Carriere, Linde VanAlstine, Ana Delgado; (12) Dianna Gardner; (13) Herb Montgomery, Raymonde Cayer; (16) Claude Morissette; (17) John Brainerd, Sandra Goodick; (18) Suman Chhura; (19) Waverley Brake; (20) Rosemary Butler, Nancy Lynch, Nancy Hollmann, Liloutee Ragoonath; (21) Astrid Parker, Ellen Little; (25) Andrea Jones; (26) Lisa Dyck, Nellie Taylor-Ooi; (28) Causette Murphy-Dolan, Rosamaria Zanetti; (29) Gloria Aubin; (30) Jackie Lafontaine.





December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>EORC Angel Tree <i>Support your community Give generously! Unwrapped Gifts Pick Up Dec 15</i></p> 		<p>1 Quilting Exercise Core Pétanque-atout Curolling Sandbags Line Dance</p>	<p>2  Kitchen Bridge Bridge Oil B Watercolour Int Tai Chi Mat Yoga Chair Yoga x2</p>	<p>3 Bid Euchre Exercise Core Luncheon Bingo Euchre</p>	<p>4 Darts Tai Chi Cribbage Bridge Carpet Bowling</p>	<p>5 Benefit Bridge</p>	
<p>6 Darts</p>	<p>7 Dominoes Shuffleboard 500 Dup Bridge</p>	<p>8 Quilting Pétanque-atout Curolling Sandbags</p>	<p>9  Kitchen Bridge Bridge</p>	<p>10  Stamp Club Bid Euchre Christmas Dinner GSAC Choir Perlina Jewellery Euchre</p> 	<p>11 Darts Tai Chi Cribbage Bridge Carpet Bowling</p>	<p>12</p>	
<p>13 Darts Bid Euchre Kitchen Bridge</p>	<p>14 Dominoes Shuffleboard 500 Dup Bridge  "Yes, Virginia There is a Santa Claus"</p>	<p>15 Quilting Pétanque-atout Curolling Sandbags Angel tree Gift Pick up</p>	<p>16 Kitchen Bridge Bridge</p>	<p>17  Tourtière Lunch Chartwell Bingo Euchre</p> 	<p>18 Darts Tai Chi Cribbage Bridge Carpet Bowling</p>	<p>19 Bridge Card Party</p>	
<p>20 Darts</p>	<p>21 Dominoes Shuffleboard 500 Dup Bridge</p>	<p>22 Quilting Pétanque-atout Curolling Sandbags</p>	<p>23  Kitchen Bridge Bridge</p>	<p>24 </p>	<p>25 May the Spirit of Christmas be with you and your family and friends throughout the holiday season!</p>	<p>26</p>	
<p>27 Bid Euchre Kitchen Bridge</p>	<p>28  Dup Bridge</p>	<p>29 30 31 Closed for Christmas Holidays</p>				<p>happy new year  My F&B Corner</p>	

Birthdays

(1) Maurene Atherton; (3) Ted Hopkins; (4) Lynn Gervais, Rachel Morissette; (5) Austin Douglas, Dorothy Relf; (6) Monica Rogers, Bill Pocock, Lorna Victor; (8) Gladys Carrillo; (9) Adelaide Jean Pierre; (10) Lynn Raymond, Janet Levangie; (11) André Gascon, Courtney Stoate; (13) Betty Joanisse, Debbie Karam; (15) Margaret Hopkins, Dolores Cossette; (18) Suzanne Catteau; (20) Helen Shields, Jocelyn Bleoo; (23) Carole Laurin; (24) Doris Houlahan; (26) Bonnie Sastri, Emile Chartrand, Betty Stevenson; (27) Susan Belanger, Bernadette Rykes, Clarice Dewar, Henriette Lemay; (28) Mauriel Paige; (29) Louise Culham, Dale Frost; (31) Cecilia McCloskey, Maria Rocha-Hug.

THURSDAY LUNCHEON RSVP BY TUESDAY

<p>September 3 Welcome Back Lunch & Celebrity Bingo!!! Chef's Salad Beef and Macaroni Bread Cookies and Butterscotch Pudding</p> <p style="text-align: center;"></p> <p style="text-align: right;">\$8</p>	<p>October 29 Garden Salad Roast Pork Mashed Potatoes Mixed Vegetables Cherry Pie</p> <p style="text-align: right;">\$8</p>
<p>September 10 Coleslaw Hot Hamburger with Mashed Potatoes Peas & Carrots Cottage Pudding</p> <p style="text-align: right;">\$8</p>	<p>November 5 Tomato Juice Beef Stroganoff on a bed of Egg Noodles Broccoli Carrot Cake</p> <p style="text-align: right;">\$8</p>
<p>September 17 Garden Salad Chicken à la King with Mashed Potatoes Mixed vegetables Apple Pie and Ice Cream</p> <p style="text-align: right;">\$8</p>	<p>November 12 Garden Salad Spaghetti and Meat Sauce Garlic Bread Red Velvet Cake</p> <p style="text-align: right;">\$8</p>
<p>September 24 Tomato Juice Lasagna Garlic Bread Chocolate Mousse</p> <p style="text-align: right;">\$8</p>	<p>November 19 Tomato Juice Hot Chicken Sandwich Mashed Potatoes Mixed Vegetables Apple Crisp and Ice Cream</p> <p style="text-align: right;">\$8</p>
<p>October 1 Garden Salad Pork Chops Garlic Potatoes Roasted Peppers Fruit Jell-O</p> <p style="text-align: right;">\$8</p>	<p>November 26 Caesar Salad Lasagna Garlic Toast Vanilla Pudding and Cookies</p> <p style="text-align: right;">\$8</p>
<p>October 8 Thanksgiving Dinner \$12.00 Garden Salad Turkey with Stuffing Mashed Potatoes, Turnip, Carrots, Peas Apple Crisp and Ice Cream</p> <p style="text-align: center;"></p>	<p>December 3 Garden Salad Shepherd's Pie Broccoli Lemon Delight</p> <p style="text-align: right;">\$8</p>
<p>October 15 Broccoli Salad Shepherd's Pie Carrots & Snow Peas Chocolate Cake</p> <p style="text-align: right;">\$8</p>	<p>December 10 (Licensed Event) \$15.00 Traditional Christmas Dinner and Gloucester Songsters Turkey with Stuffing and Cranberries Mashed Potatoes, Carrots, Turnip, Peas Apple Pie Punch and light refreshments served at 11 am</p> <p style="text-align: right;"></p>
<p>October 22 Tomato Juice Juicy Beef Stew full of root vegetables Assorted Breads for dipping Pumpkin Pie</p> <p style="text-align: right;">\$8</p>	<p>December 17 Lunch and Christmas Bingo \$5 Garden Salad Tourtière with Mashed Potatoes and Gravy Mixed Vegetables Date Squares</p> <p style="text-align: right;"></p>