

Gloucester
Senior Adults'
 Centre
 2016

Fall Program

20/20 News Bulletin

Fun, Friendship and Activities

Sept - Dec 2016

Tinsel Tea and Bazaar - Saturday November 5, 2016 10 am to 2 pm



Bake Table
 Knitting
 Quilting
 Treasure Room
 Crafts
 Straw Draw
 Tea Room



New or Nearly New Items can be donated to the Centre starting **October 3, 2016**.

Business Hours

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



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JOHNSON 

*The Centre gratefully
 acknowledges the financial
 support of:*



Donations are important to Seniors and Senior Centres!

Your generous donation will help provide a safe, fun, social environment for seniors 50+ to energize their spirit, mind and body! Meals, exercise, games and socialization are beneficial for the soul and body. Your donations will result in untold benefits to many! We are a Charitable Organization that provides Income Tax receipts for donations \$10.00 and over. Please include GSAC as a priority Charity on your list of Charities and share that information with your family. Our Centre has been a life line and sanctuary for many people, let's keep it effervescent! Donations are accepted by Cheque, Cash, Debit, Credit or over the phone by Credit.

Many thanks from the 2016-2017 Board Of Directors.
 11894 0535 RR0001



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.

Board of Directors

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Tel: (613) 749-1974 • Fax: (613) 749-8211 • Email: gsac@storm.ca • Website: www.storm.ca/~gsac

Fall Course Design

Chair and Beyond

Stretch, tone and gain or maintain your personal fitness level. The Instructor will combine hand weights, exercise bands and functional movements increasing your range of motion and flexibility in a fun, social and non-competitive atmosphere. All levels of fitness are welcome. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Core Fitness

Find your core muscles! Posture, balance, confidence and flexibility are all enhanced with movement and exercise designed to strengthen core muscles. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Zumba Gold

Join this awesome Latin Style dance/exercise Fitness class. This class has been described as "Exercise in Disguise". Learn dance moves you never imagined with the safety and comfort of a trained instructor. Wear comfortable clothing, supportive, closed toe foot wear and bring a water bottle. Leave your inhibitions at the door and have fun!

Wu – Style Tai Chi

Cultivate your inner Chi and improve your balance while you reduce your risk of falls. Stretches reach into the pelvis, where a number of back problems begin and will relieve the deep, tension-holding areas of the back, neck and shoulders. Even as a beginner, it's possible to master the moves in Wu Tai Chi. Please wear comfortable clothing and bring a water bottle.

Line Dance

All dancers will have fun in this high energy dance class. Great music and cognitive exercise, combined with professional teaching methods are sure to increase your confidence and increase your repertoire of dances to take on the road. Have fun, sweat and let your body move to the music! This is a multi level class.

Chair Yoga

In a seated position gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is gently designed for those who cannot easily get up and down from a floor mat. Namaste.

Mat Yoga

Improve your flexibility, balance and strength, feel wonderful and enjoy the benefit of increased circulation and feelings of peace and gratitude. Bring your yoga mats, water bottle and comfortable clothing. Namaste.

Oil/Acrylic Painting – Beginner

Budding Artists will learn the importance of colour and techniques in this class designed just for beginners. The instructor will provide comprehensive instructions on all facets of Oil/Acrylic painting while working in unison on the same project as the students. Please see Reception for supply list.

Oil/Acrylic Painting - Intermediate

Experienced painters will love this dynamic class. The instructor embraces the creativity of each individual artist while preserving the art of instructional techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Monday Beginner

Students new to Watercolour will learn the basics and discover their inner artist. The instructor embraces the creativity of each individual artist while preserving the art of proper techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Wednesday Intermediate

Experienced painters will love this dynamic class. The instructor embraces the creativity of each artist while preserving the art of teaching proper techniques. Painting supplies required. Please see Reception for supply list.

Write It Now!

Join a group of budding writers who want to preserve memories and stories for their loved ones. This fellowship will share stories, laugh, cry and applaud. Your stories will be safe with them! Come have fun and fellowship!

Stretch, Flexibility and Balance

Gain strength, flexibility and balance through these guided exercises. Wear comfortable clothing and closed toe shoes. Bring your water bottle and get ready to move!

Refunds are only granted up to two weeks into the course start date and are subject to a administration fee. Courses that are cancelled by GSAC will be refunded the full amount or the amount of classes cancelled.

Participants are required to fill out a Physical Activity Readiness Questionnaire (Par Q) yearly for all Physical Activity Courses. We are proud to offer Courses with Professional/Certified Instructors. In order to compensate fairly for the Program Session, Members and Participants must commit to the Course in its entirety before the session start date.
No Drop-In Rates or Pro Rates.



WELCOME NEW MEMBERS!

Rita Boivin, Norma Brennan, Evelyn Carriere, Ann Cioppa, Jean M Donoghue, Janet Dunbrack, Judy Filotas, Michel Groulx, Liz Hall, Anwar and Suraiya Islam, Linda Karam, Carole Anne Landry, Beverly Lanthier, Michael Lewis, Allana MacIntosh, Eugenie Prevost, Ghyslaine Sellick, Dianna Shaffer, Helena Smith, John Stapleton , Ali Yamin

**Pot of Gold Results**

March 24, 2016	Charles Campbell	\$199.00
June 9, 2016	Louise Galipeau	\$397.50

Tip of the Hat

Gwen Cameron and Kitty Varley on their Grand Slam in Social Bridge!
A seven bid of any suit!

Janelle Perras for her contributions at GSAC over the summer! Best wishes!

*In Sympathy*

*Sherry MacPhee's nephew David Forrester
(February 2016)*

*Frances Kean's sister Louise (March 2016)
Cecil Dewar (March 2016)*

*Irene Ryan's sister Edna Golis (March 2016)
Bob Sarazin's sister Thérèse Cousineau & brother
Pierre Sarazin (April 2016)*

*Rita Claire Gillespie (née Clancy) (May 2016)
Louise Wood's husband Bud Wood (May 2016)*

*Estelle Alma Brown (June 2016)
Rita Pintillier (June 2016)*

Reports

This beautiful Summer is coming to an end, but the activities of the Centre will begin to surge as the September programs are prepared to begin. The activities this summer have been well attended and members enjoyed the relief from the heat and the fun and fellowship. Membership is always growing and New Members are welcomed and in turn contributing to the overall atmosphere. I would like to say thank you to our members for being so welcoming to our new friends. Being social is one of the keys to a healthy heart and being physically active is the other big key to longevity. Here at the Centre we provide social atmosphere, physical fitness opportunities and healthy meals provided at a reasonable cost by our excellent cook Michelle. We will be making some changes in regards to the Tourtière and Butter Tart sales. The Butter Tarts will be sold at the Bake Table of the Tinsel Tea and Bazaar on a first come, first served basis. Orders for Tourtière will begin on October 3 and will be ready for pick up on December 1. Quantities are limited! If you can't make it to the Centre, you can pay over the phone by credit. See you at Centre! *Yours Truly, Betty Joannis President of the Board*

Welcome back everyone and Welcome to our New Members!

I hope you enjoyed the wonderful weather of summer and still had a chance to experience the activities and programs in the air conditioning!

We have reinstated the Core Exercise classes on Tuesday and Thursday with Nina and added a New Class, Strength, Flexibility & Balance on Friday with Michelle Boley! Please take advantage of the Program Registration week from September 12 to September 16. Programs start the following week and your registration will ensure the classes have sufficient enrollment to run. October 9 to 16 is Fire Prevention Week! Please check your smoke and carbon monoxide detectors and attend the seminar October 14. RSVP at Reception.

Please remind your friends and family about the Tinsel Tea and Bazaar on Saturday November 5 from 10 am to 2 pm. We will be accepting New or Nearly New items for the Straw Draw after October 3, 2016. As always we look forward to your homemade baking for the Bake Table and Tea Room on Friday November 4. The Christmas Season is drawing near, please remember GSAC in your donations as well as the EORC Angel Tree and The Gloucester Emergency Food Cupboard.

As always your suggestions are important. Please write your suggestions on the "How Can We Improve" cards located by the water dispenser or drop by and see me!

Sincerely, Sharon Oatway Executive Director

Services & Events

Services



Blood Pressure Clinic ♦ Sept 15 ♦ Oct 20 ♦ Nov 17 ♦ Dec 15 Courtesy of Amica at Bearbrook



Foot Care Clinic ♦ Sept 7 & 21 ♦ Oct 5 & 19 ♦ Nov 2, 16 & 30 ♦ Dec 14 Offered by Tired Sole Clinic RSVP
Members \$25 Non Members \$27



Hearing Clinic ♦ Sept 14 ♦ Nov 23 Courtesy of Kowalski Hearing Clinic

Intergenerational Alzheimer's Program

GSAC volunteers team up with Lester B. Pearson students and Extencicare 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 2016 Schedule

All members welcome!
Inquire at Reception
Or call (613) 749-1974



Sept 12, 19, 26	Practice GSAC	1:00 pm
Oct 3	Garry J Armstrong Hm	2:00 pm
Oct 17	Manoir Le Marochel	2:00 pm
Oct 24	Windsor Park	2:00 pm
Oct 31	Amica at Bearbrook	2:00 pm
Nov 7	Orleans Villa	2:00 pm
Nov 14	Ogilvie Villa	2:00 pm
Nov 21	St. Patrick's Home	1:30 pm
Nov 28	Practice GSAC	1:00 pm
Dec 5	Governor's Walk	2:15 pm
Dec 12	Amica at Bearbrook	2:00 pm
Dec 15	GSAC	1:30 pm
Dec 19	Queenswood Villa	2:00 pm



RSVP

Let us know you're attending.

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? Just call us with your credit card number. Late reservations (Wednesday and forward) will be subject to an extra fee while quantities last.

Special Events

Mark Your Calendar

Thursday Sept 15	Welcome Back Lunch and Bingo Sponsored by Friends' Bingo Hall RSVP		70 Montréal Rd Ottawa, ON K1L 6E7 www.friendsbingo.ca 613-747-6373	No Cost
Thursday Oct 6	Thanksgiving Turkey Dinner and fixings			\$12
Friday Nov 11	Remembrance Day Ceremony and Reception			\$4
Thursday Nov 24	St. Andrew's Day			\$10
Thursday Dec 15	Traditional Christmas Dinner Licensed Event			\$18
Thursday Dec 22	Tourtière Lunch and Bingo			\$8



Info Sessions & Workshops



Friday September 16	New Member Orientation	1:00 to 2:30 pm
Thursday September 15	Collette Tours (Main Hall) Main Hall	10:00 to noon
Friday October 14	Fire Prevention RSVP No cost	1:00 to 2:00 pm
Friday October 21 RSVP Oct 14	Upbeet Nutrition Workshop \$19 (Mem \$12)	1:00 to 2:00 pm
Monday November 7	Elder Abuse Prevention	1:00 to 2:00 pm
Monday November 21	New Member Orientation	1:00 to 2:30 pm
Thursday November 24	Pearl Knot Bracelet Workshop Supply cost TBD.	9 am to 11:30 am
Thursday December 15	Perlina Jewelry Sale	10:00 to noon

Ottawa Valley Tours MOTORCOACH HOLIDAYS

Wednesday, December 7 – The Musical “Miracle on 34th Street” at Upper Canada Playhouse in Morrisburg. Before the play, enjoy lunch at the McIntosh Country Inn. Trip includes; Transportation, Lunch, Show, and all taxes. Get in the mood for Christmas and bely your doubts about Santa Claus. Cost: \$129 per person.

Rideau Carleton Slots

Thursday September 29	Evening Trip Departing GSAC at 4 pm, Depart RC at 9 pm	\$14 (Mem \$12)
Wednesday October 26	Morning Trip Departing GSAC at 9 am, Depart RC at 1:30 pm	\$14 (Mem \$12)



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!

Did you know.....



We have a wonderful volunteer Marilyn looking after the Lending Library. The books are now filed in alphabetical order by author! Borrow or take as many paperbacks as you like. Please donate paperback only, as we are not prepared to receive hard cover books.



We are always looking for Volunteers at the Reception Desk and Kitchen! Please ask at Reception for a Volunteer Form and we will get the process started!



Please remember to clean up after your programs. Mugs, water bottles, glasses and plates can be stacked in the grey bins by the kitchen.



“How Can We Improve” suggestion cards and box are located near the water dispenser.

Courses

F16INTOIL \$150 (Mem \$100)
Intermediate Acrylic/Oil Painting - Tricia Savoie
Monday 9:30 to 11:30 am
10 Weeks Sept 19 - Dec 5 (No Class Oct 10 & Nov 7)

F16BEGWC \$150 (Mem \$100)
Beginner Watercolour - Judith Fenton-Richards
Monday 9:30 to 11:30 am
10 Weeks Sept 19 - Dec 5 (No Class Oct 10 & 17)


F16ZUM \$82.50 (Mem \$55)
Zumba Gold - Susan Sloan
Monday 11:30 am to 12:30 pm
11 Weeks Sept 19 - Dec 5 (No Class Oct 10)

F16FITUE \$90 (Mem \$60)
Fitness Chair and Beyond - Nina Lepage
Tuesday 9:30 to 10:30 am
12 Weeks Sept 20 to Dec 6

F16CORTU \$90 (Mem \$60)
Core Strength - Nina Lepage
Tuesday 10:35 to 11:35 am
12 Weeks Sept 20 to Dec 6

F16LINE \$135 (Mem \$90)
Line Dance - Suzanne Denomme
Tuesday 1:00 to 2:30 pm
12 Weeks Sept 20 to Dec 6

F16TAI \$135 (Mem \$90)
Tai Chi - Master Peter Chan
Wednesday 9:30 to 11:00 am
12 Weeks Sept 21 to Dec 7

F16SFB \$75 (Mem \$50)
Stretch, Flexibility & Balance - Michelle Boley 
Friday 11:40 am to 12:40 pm
10 Weeks Sept 23 to Dec 9 (no class Nov 4 & 11)

F16INTWC \$165 (Mem \$110)
Intermediate Watercolour– Judith Fenton-Richards
Wednesday 9:30 to 11:30 am
11 Weeks Sept 21 to Dec 7 (No class Oct 19)

F16BEGOIL \$165 (Mem \$110)
Beginner Acrylic/Oil Painting - Tricia Savoie
Wednesday 1:00 to 3:00 pm
11 Weeks Sept 21 to Dec 7 (No Class Nov 9)

F16MAT \$75 (Mem \$50)
Mat Yoga - Kim Hannah
Wednesday 11:30 am to 12:30 pm
10 Weeks Sept 21 to Nov 23

F16CHAIR1 & 2 \$75 (Mem \$50) each
Chair Yoga - Kim Hannah
Wednesday 12:40 & 1:45
10 Weeks Sept 21 to Nov 23

F16FITHU \$90 (Mem \$60)
Fitness Chair and Beyond - Nina Lepage
Thursday 9:30 to 10:30 am
12 Weeks Sept 22 to Dec 8

F16CORTH \$90 (Mem \$60)
Core Strength - Nina Lepage
Thursday 10:35 to 11:35 am
12 Weeks Sept 22 to Dec 8

F16Write \$22 (Mem \$11)
Write It Now! - Judith Coulter
Mondays 1 to 2 pm
11 Weeks Sept 19 - Dec 5 (no class Oct 10)



Is there a class you would like to try? Let us know.

**CHECK
it
OUT**

The Heart Wise Exercise programs are intended for participants who are interested or concerned about their health. Heart Wise Exercise programs meet the following criteria:

- Encourages regular, daily aerobic exercise.
- Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions.
- Allows participants to exercise at a safe level and offers options to modify intensity.
- Includes participants with chronic health conditions – physician approval *may* be required.
- Offers health screening for all participants.
- Has a documented emergency plan that is known to all exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED.

These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

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



Weekly Activities

Please refer to monthly calendars for changes/cancellations to regularly scheduled activities and courses.

MONDAY

Activities	10:00 to 11:30 am	Dominoes / Rummikub	Courses	Int Oil/Acrylic	9:30 to 11:30
	12:30 to 2:30 pm	Shuffleboard		Beg Watercolour	9:30 to 11:30
	1:00 to 3:00 pm	500		Zumba	11:30 to 12:30
	7:00 to 9:00 pm	Duplicate Bridge		Write it Now	1:00 to 2:00

TUESDAY

Activities	9:30 to 11:30 am	Quilting	Courses	Exercise	9:30 to 10:30
	10:00 to 11:30 am	Pétanque-Atout		Core	10:35 to 11:35
	12:30 to 2:30 pm	Sandbags		Line Dancing	1:00 to 2:30

WEDNESDAY

Activities	9:15 to 11:15 am	Social Bridge	Courses	Tai Chi	9:00 to 11:30
				Mat Yoga	11:30 to 12:30
				Chair 1 & 2	12:40 & 1:45
				Beg Acrylic	1:00 to 3:00
	12:30 to 3:00 pm	Bridge - Sign in noon			

THURSDAY

Activities	9:30 to 11:30 am	Stamp Club (Sept 8, Oct 13, Nov 10, Dec 8)	Courses	Exercise	9:30 to 10:30
	9:15 to 11:30 am	Bid Euchre		Core	10:35 to 11:35
	Noon to 1:00 pm	Thursday Luncheon			
	1:00 to 3:00 pm	Bingo / Euchre			

FRIDAY

Activities	9:30 to 11:30 am	Cribbage	Courses	Stretch, Flexibility & Balance	11:40 to 12:40
	10:00 to 11:30 am	Darts - Sign in 9:45 am			
	12:30 to 3:00 pm	Bridge - Sign in noon			
	1:00 to 3:00 pm	Carpet Bowling - Sign in 12:15 pm			







SATURDAY

1 pm	Benefit Bridge Sept 10, Oct 1, Nov 12, Dec 3
6 to 10 pm	Bridge Card Party Sept 17, Oct 15, Nov 19, Dec 17

SUNDAY



1 pm	Bid Euchre and Social Bridge Sept 11 & 25, Oct 9 & 23, Nov 6 & 20, Dec 4 & 18
2 pm	Darts see calendars

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Rentals Looking for a great accessible space to host your special event? Reasonable rates and ample parking! Call Sharon Oatway Executive Director at (613) 749-1974 for info. 				1 Bid Euchre Luncheon Bingo Euchre	2 Darts Cribbage Bridge	3
4	 Duplicate Bridge	6 Quilting Pétanque-Atout Sandbags	7 Social Bridge Bridge 	8 Stamp Club Bid Euchre Luncheon Bingo Euchre	9 Darts Cribbage Bridge	10 Benefit Bridge
11 Darts Bid Euchre Social Bridge	12 Dominoes/ Rummikub 500 Shuffleboard Songsters Duplicate Bridge	13 Quilting Pétanque-Atout Sandbags	14 Social Bridge Bridge 	15 Collette Tours Board Meeting Welcome Back Lunch & Bingo Bid Euchre Euchre 	16 Darts Cribbage New member Orientation Bridge 	17 Bridge Card Party
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Program Registration 12 - 16 </div>						
18 Darts	19 Dominoes/ Rummikub 500 Shuffleboard Songsters Duplicate Bridge Beg Watercolour Intermediate Oil Zumba Write It Now!	20 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	21 Social Bridge Bridge  Beginner Oil Int Watercolour Tai Chi Yoga x3 Rental 7:30 - 9pm	22 Bid Euchre Luncheon Bingo Euchre Exercise Core	23 Darts Cribbage Bridge Bazaar Coordinator meeting Stretch, Flex & Balance	24
25 Darts Bid Euchre Social Bridge	26 Dominoes/ Rummikub 500 Shuffleboard Songsters Duplicate Bridge Beg Watercolour Intermediate Oil Zumba Write It Now!	27 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	28 Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi Yoga x3	29 Bid Euchre Luncheon Bingo Euchre Exercise Core Evening Slots	30 Darts Cribbage Bridge Stretch, Flex & Balance	

 Birthdays (1) Louise Galipeau, Donna Bradt, Lynn Sayers; (4) Madryn Zulu, Marjorie Albert, Pansy Hui, Liz Hall; (5) Lucy Hughes, Betty Danielson; (6) Phyllis Frost; (7) Vivian Douglas, Marilyn Schimek, Dora Tanguay; (8) Delice (Dee) Nice, Louise Currie, Clarence Dodd, Dell Pehrsson, Mary Goski; (12) Doreen Aspila; (13) Merlene MacDonald, Sandra Tompkins, Sylvie Pelletier, Evelyn Carriere; (14) Sandra McKeown; (16) Thelma Gallagher, R Douglas Gamble, Kenneth Jacobs, Michelle Bureau; (17) Fleurette Olive; (18) Scott Reid, Colette Butler, Mary Vezina; (20) Rosemary Irvine, Terry Todd, Peter Levangie, Luella Holland, Susan Douglas, Joan Bissell; (22) David Ross, Jamie Gould, Bernice Shurb, Carmen Fitzgerald; (23) Sharlene Crawford; (24) Fran Langstaff, Ann Gibbs, Valerie Reid, Diane Gregoire; (25) Evelyn Watson, Elaine Grimsey; (26) Ivy Sayers, Lynne White; (27) Kenneth Wemyss, Robert Sarazin, Judith Coulter, Diane Tessier, Irene Blais, Michelle Chabot; (28) Diana Clarkin; (30) John Gaudaur, Hannelore (Hannie) Jannison, Albert Faucher.













October 2016

	Mon	Tue	Wed	Thu	Fri	Sat
Place your Tourtière orders starting October 3. Quantities are limited!						1 Benefit Bridge
2 Darts	3 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge Beg Watercolour Intermediate Oil Zumba Write It Now!	4 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	5 Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi Yoga x 3	6 Bid Euchre Luncheon Bingo Euchre Exercise Core	7 Darts Cribbage Bridge Stretch, Flex & Balance	8
9 Darts Bid Euchre Social Bridge	10  Happy Thanksgiving	11 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	12 Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi Yoga x 3	13 Stamp Bid Euchre Luncheon Bingo Euchre Exercise Core	14 Darts Cribbage Bridge Fire Prevention Stretch, Flex & Balance	15 Bridge Card Party
16 Duplicate Bridge Tournament	17 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge Intermediate Oil Zumba Write It Now!	18 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	19 Social Bridge Bridge Beginner Oil Tai Chi Yoga x3	20 Board Meeting Bid Euchre Luncheon Bingo Euchre Exercise Core	21 Darts Cribbage Bridge Upbeet Nutrition Stretch, Flex & Balance	22
23 Darts Bid Euchre Social Bridge	24 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge Intermediate Oil Beg Watercolour Zumba Write It Now!	25 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	26 Social Bridge Bridge Slots Trip Beginner Oil Int Watercolour Tai Chi Yoga x 3	27 Bid Euchre Luncheon Bingo Euchre Exercise Core	28 Darts Cribbage Bridge Stretch, Flex & Balance	29
30	31 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge Zumba Intermediate Oil Beg Watercolour Write It Now!	 (1) Fern Boileau, Kathy Thompson; (2) Lucille Kingsbury, Keith McCambley; (3) Elizabeth Fortier; (5) Carol Einarson, Monique Poirier, Jean-Paul Morissette, Carrol Jobst; (6) Gerard (Gerry) Raymond, Rosemarie Kennedy; (7) P. Karren Allen; (8) Ruth Bush, Francoise Blondin; (9) Fred Lecky; (10) Eileen Bailey; (11) Jim Margerum, Hank B. J. Friso, Micheline Godin; (12) Helmut Gieseler, Jackie Prevost, Gwen Cameron; (13) Judy Williams; (15) Victoria Saikaley;				

Birthdays









(16) Nicole Houlden, Helen Roberts; (17) Anita Crete, Bev Gariepy; (18) Dawn Torsein; (19) Barry Kershaw, Elizabeth Bullock, Mary (Terry) Roenspies, André Crête, Fernand Francoeur, Leonard Kleine, Anwar Islam; (20) Irene Durocher, Bill (William) Stewart; (21) Aline Sheehan, Jean Bourguignon, Pamela Robinson, Frances Wiggins; (22) Ruth Logan, Merle Quesnel, John Cox, Carole B De Champlain, Betty MacKenzie; (23) Stan Gingrich, Keith McCambley, Hildegard (Hilla) Obriain; (24) Sharon Morrow; (25) Georgina Beauchamp; (26) Elsie Murnaghan, Dick Clark, Rita Boivin; (27) Jack Hopkins, Lynne McEachern, Catharina O'Hara; (28) Ronald Johnstone; (29) Nancy Champagne, Mary Ann Auger; (30) Patricia Lepine, Liz Brown, Stanley Waldegger; (31) Betty Eadie.

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
EORC Angel Tree November 14, 2016  Unwrapped Gift Pick up December 9, 2016		1 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	2  Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi Yoga x 3	3 Bid Euchre Luncheon Bingo Euchre Exercise Core	4 Bazaar Set up No Programs in the Centre.	5 Tinsel Tea and Bazaar 	
6  Darts Bid Euchre Social Bridge	7 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge Elder Abuse Prevention Beg Watercolour Zumba Write It Now!	8 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	9 Social Bridge Bridge Int Watercolour Tai Chi Yoga x3	10 Stamp Club Bid Euchre Luncheon Bingo Euchre Exercise Core	11 Remembrance Day Ceremony and Reception Bridge	12 Benefit Bridge	
13  Darts	14 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge Intermediate Oil Beg Watercolour Zumba Write It Now!	15 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	16  Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi Yoga x 3 Rental 7:30 - 9pm	17  Board Meeting Bid Euchre Luncheon Bingo Euchre Exercise Core	18 Darts Cribbage Bridge Stretch, Flex & Balance	19 Bridge Card Party	
20 Darts Bid Euchre Social Bridge	21 Dominoes/ Rummikub 500 Shuffleboard Duplicate Brid Orientation Intermediate Oil Beg Watercolour Zumba Write It Now! 	22 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	23  Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi Yoga x 3	24  Bid Euchre St. Andrew's Luncheon Bingo Euchre Exercise Core Jewelry Workshop (am)	25 Darts Cribbage Bridge Stretch, Flex & Balance	26	
27 Darts	28 Dominoes/ Rummikub 500 Shuffleboard Songsters Duplicate Bridge Intermediate Oil Beg Watercolour Zumba Write It Now!	29 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance	30  Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi	 As Canada gets ready to celebrate its 150th Anniversary in 2017, so too will the Gloucester Senior Adults' Centre be celebrating its 30th Anniversary. Stay tuned for upcoming events in our Winter issue of the 20/20. Happy 30th Anniversary GSAC!!			

Birthdays (1) Robert (Sam) Samuel Lovering, Andy Desilets, Mona Whitaker; (2) Jean Lee-Chong, Susan Larocque; (3) Lars Torsein; (4) Georgette Boulanger, Rita Chaloux; (5) Carol Tresham; (6) Rhéa G. Gravelle, Eugenie Prevost; (7) Helene Joanis; (8) Claire Regimbald, Verona Palmer, Carole Anne Landry; (9) Jitka Prochazka, Lucile C. Rochon, Nicole Robertson; (10) Hildegard Lalande; (11) Sheila Whalley, Gerda Carrière, Linde VanAlstine, Ana Delgado; (12) Dianna Gardner; (13) Raymonde Cayer, Susan Maloney; (14) Carmella Floyd, Michel Groulx; (15) Giselle Simard; (16) Claude Morissette; (17) John F. Brainerd, Sandra Goodick; (18) Suman Chhura; (19) Waverley Brake; (20) Rosemary Butler, Nancy Lynch, Nancy Hollmann, Liloutee Ragoonath, Dianne Brophy; (21) Astrid Parker, Ellen Little, Colette McLeod; (25) Jane Wrigley, Andrea Jones; (26) Lisa Dyck; (28) Causette Murphy-Dolan, Rosamaria Zanetti; (29) Gloria Aubin; (30) Jackie Lafontaine.

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Teaser for Pauline Robertson Autumn 2016 Profile: One time when Pauline was only eight years old she came home to find the wood stove had gone out. She used the wrong accelerant to restart the fire and the stove went BOOM; amazingly the stove lid flew to the ceiling and then settled back right in place!! Want the whole story? Visit our web site or the Reception desk and find out what happened next.</p>				<p>1 Bid Euchre Luncheon Bingo Euchre Meat Pie Pick Up Exercise Core</p> 	<p>2 Darts Cribbage Bridge Stretch, Flex & Balance</p>	<p>3 Benefit Bridge</p>
<p>4 Darts Bid Euchre Social Bridge</p>	<p>5 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge Beg Watercolour Intermediate Oil Zumba Write It Now!</p>	<p>6 Quilting Pétanque-Atout Sandbags Exercise Core Line Dance</p>	<p>7 Social Bridge Bridge Beginner Oil Int Watercolour Tai Chi OVT Trip</p>	<p>8 Stamp Club Bid Euchre Luncheon Bingo Euchre Exercise Core</p>	<p>9 Darts Cribbage Bridge EORC Unwrapped Gift Pick up Stretch, Flex & Balance</p> 	<p>10</p>
<p>11 Darts</p>	<p>12 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge</p>	<p>13 Quilting Pétanque-Atout Sandbags</p>	<p>14 Social Bridge Bridge</p> 	<p>15 Bid Euchre Perlina Jewelry Christmas Dinner Songsters Euchre</p> 	<p>16 Darts Cribbage Bridge</p>	<p>17 Bridge Card Party</p>
<p>18 Darts Bid Euchre Social Bridge</p>	<p>19 Dominoes/ Rummikub 500 Shuffleboard Duplicate Bridge</p>	<p>20 Quilting Pétanque-Atout Sandbags</p>	<p>21 Social Bridge Bridge</p>	<p>22 Bid Euchre Tourtière & Bingo Euchre</p>  	<p>23 Darts Cribbage Bridge</p>	<p>24</p>
<p>25 </p>	<p><i>Merry Christmas & Happy New Year to you and your family!</i></p>					<p>31 </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; (7) Caroline (Kelly) Decker; (8) Gladys Carrillo, Diane Brunet; (9) Adelaide Jean-Pierre; (10) Lynn Raymond, Janet Levangie, Marilyn Pehrsson; (11) André Gascon, Courtney Stoate; (13) Betty Joannis, Debbie Karam; (14) Evelyn Coffin; (15) Margaret Hopkins, Dolores Cossette; (16) Maureen Francoeur, Ellen McGrath; (18) Suzanne Cateau; (20) Helen Shields; (22) Judy Muirhead; (23) Carole Laurin; (24) Doris Houlahan; (25) Christine Crawford; (26) Bonnie Sastri, Emile Chartrand, Betty Stevenson, Alexis Gregorian; (27) Susan Belanger, Bernadette Rykes, Henriette Lemay; (28) Muriel Paige; (29) Louise Culham, Dale Frost, Connie Morin; (30) Claire Dumoulin, Owen Brophy; (31) Cecilia (Cece) McCloskey, Maria Rocha-Hug, Suraiya Islam.



Winter 2017 Program Registration January 3 to 6, 2017!!
 Happy New Year!!



THURSDAY LUNCHEON

<p>Sept 1 \$8 Garden Salad Chicken Pot Pie Lemon Delight</p>	<p>Sept 8 \$8 Caesar Salad Lasagna & Bread Chocolate Cake & Ice Cream</p>
<p>Sept 15 Welcome Back Lunch and Bingo Garden Salad Sheppard's Pie & Broccoli Rice Pudding</p>	<p>Sept 22 \$8 Broccoli Salad Maple Glazed Chicken & Mashed Potatoes Carrots Baked Apples & Ice Cream</p>
<p>Sept 29 \$8 Hearty Vegetable Soup Pork Chops with Mashed Potatoes Mix Vegetables Raspberry Crisp & Ice Cream</p>	<p>Oct 6 Thanksgiving Dinner \$12 Cole Slaw Turkey with Mashed Potatoes & Gravy Turnip, Mixed Vegetables Pumpkin Pie</p>
<p>Oct 13 \$8 Garden Salad Chicken Tetrazzini & Garlic Bread Date Squares & Ice Cream</p>	<p>Oct 20 \$8 Butternut Squash Soup Stuffed Peppers with Mashed Sweet Potatoes Brussel Sprouts Chocolate Chip Peanut Butter Squares</p>
<p>Oct 27 \$8 Chef Salad Spaghetti & Meat Sauce Bread Cup Cakes & Ice Cream</p>	<p>Nov 3 \$8 Tomato Juice Chicken Stew & Buns Pudding and Cookies</p>
<p>Nov 10 \$8 Garden Salad Sloppy Jo Macaroni & Cheese Peas & Carrots Carrot Cake & Ice Cream</p>	<p>Nov 17 \$8 Spinach Salad Beef and Broccoli on Jasmine Rice Millefeuille</p>
<p>Nov 24 St. Andrew's Day \$10 Cock-a-leekie Soup Beef Stew with Bread Scottish Ladies' Homemade Desserts!</p>	<p>Dec 1 \$8 Tomato Juice Meat Loaf & Mashed Potatoes Carrots Carmel Pudding</p>
<p>Dec 8 \$8 Chef Salad Mild Italian Sausage & Roasted Potatoes Mixed Vegetables Cake & Ice Cream</p>	<p>Dec 15 Traditional Christmas Dinner (Licensed Event) \$18 Punch & Crudités Platter Turkey, Gravy, Dressing, Mashed Potatoes, Turnip Carrots, Peas Apple Pie à la mode</p>
<p>Dec 22 \$8 Tourtière Lunch (all Bingo proceeds are prizes) Meat Pie & Mashed Potatoes & Gravy Mixed Vegetables Fancy Fruit Salad</p>	<p>GSAC will offer a free Thursday lunch to a member who brings in a New Member that joins the Centre. Please make sure your name is given when the Membership is purchased.</p>

