

Gloucester  
**Senior Adults'**  
Centre  
2016

# Summer Program

Fun, Friendship and Activities

July-August 2016

## Welcome to Summer 2016!

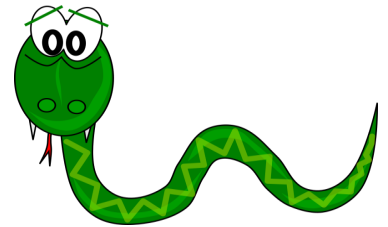
From Algonquin College student placement to our 2016 Summer Student, welcome back Janelle Perras! Janelle is a hard working student enrolled in the Social Service Worker Program.

Please stop by Reception and say hello to her!

Janelle will be the hostess at the RBC sponsored Grandparents Day Celebration on Tuesday August 16, 2016 from 11:00 am to 2:30 pm.



RBC Royal Bank®



Special Thanks to Elizabeth Bullock, Jenny Proudfoot, DiDi Lalonde, Hanny Jannison and Helen Shields for a very successful Bake Sale in support of the Canadian Cancer Society. With your help we raised \$624 in the sale of baked goods and \$71.75 in daffodil pins. A huge thank you to all the bakers who contributed fresh homemade goodies they made it a delicious success!



The Tinsel Tea and Bazaar will be held on Saturday, November 5, 2016. We will need your new or very gently used items, your baked goods, your quilting/knitting projects. Pass the word around!

July 23, 2016 One Day Oil/Acrylic Painting Workshop with Kathy Harker-Finader. Space is limited in this Kevin Macpherson "In the Shadows of the Cathedral" inspired workshop. Register at Reception and ask for the information sheet.



Our Registered Charity Number is 11894 0535 RR0001.

The mission of the 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.

Business Hours: 8:30 am to 3:30 pm, Monday to Friday.



2020 OGILVIE ROAD, OTTAWA, ONTARIO K1J 7N8

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

# Registered Courses \* and Activities

Please refer to calendars (3 & 4) for changes/cancellations.

## MONDAY

Dominoes/Rummikub	10:00 - 11:30 am
Paint Group	9:00 am - 12:00 pm
500	1:00 - 3:00 pm
Duplicate Bridge	6:00 - 9:00 pm

## TUESDAY

Pétanque-atout	10:00 - 11:30 am
Sandbags	12:30 - 2:30 pm
Drop in Line Dance	1:00 - 2:30 pm

## WEDNESDAY

Social Bridge	9:15 - 11:15 am
Bridge (sign in at noon)	12:30 - 3:00 pm
Mat Yoga <b>Course</b> *	11:30 - 12:30 pm
Chair Yoga <b>Course</b> *	12:40 - 1:40 pm

## THURSDAY

Bid Euchre	9:15 - 11:30 am
Exercise <b>Course</b> *	10:35 - 11:35 am
Thursday Luncheon (rsvp)	12:00 - 1:00 pm
Bingo	1:00 - 3:00 pm
Euchre	1:00 - 3:00 pm

## FRIDAY

Cribbage	9:30 - 11:30 am
Darts	10:00 - 11:30 am
Bridge (sign in noon)	12:30 - 3:00 pm
Carpet Bowling	12:30 - 2:30 pm

## SATURDAY

Benefit Bridge 1 pm

Bridge Card Party 6 pm

## SUNDAY

Bid Euchre /Kitchen Bridge  
1 pm

Mat Yoga July 6 - Aug 24  
7 week \$52.50 (Mem \$35)  
No Class July 13

Chair Yoga July 6 - Aug 24  
7 week \$52.50 (Mem \$35)  
No Class July 13

Exercise July 7 - Aug 25  
8 Week \$60 (Mem \$40)



Please register before the start of the session to ensure your name is on the class list.

## Thursday Lunch \$8.00

### July 7

Greek Salad  
Bruschetta Chicken  
Basmati Rice  
Baked Zucchini  
Chocolate Mousse

### July 14

Carrot Salad  
Pork Chops  
Garlic Potatoes  
Mixed Vegetables  
Fruit Salad

### July 21

Michelle's Assorted Cold  
Salads  
Hamburger Sliders  
Cheese Cake

### July 28

Tomato Juice  
Chicken Caesar Salad  
Garlic Cheese Bread  
Ice Cream Sundae

### August 8

Broccoli Salad  
Baked Garlic Parmesan  
Chicken  
Sweet Potatoes  
Mixed Vegetable  
Brownies and Ice Cream

### August 11

Garden Salad  
Shepherd's Pie  
Peas  
Oreo Dessert

### August 18

Caesar Salad  
Macaroni Casserole  
Green Beans  
Fruit Skewers





### August 25

Garden Salad  
Sausage on a Bun  
Potato Salad  
Chocolate Cake and Ice  
Cream

RSVP for Luncheon on the Tuesday before.

For Information on Summer Trips please visit or call Reception.

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Ottawa Public Health Extreme Heat Recommendations!</b></p> <ul style="list-style-type: none"> <li>Stay inside the coolest rooms in your home.</li> <li>If you do not have an air conditioner where you live, go to the nearest air-conditioned place for at least two hours daily.</li> <li>Take cool showers or baths throughout the day or cool your body with a cold washcloth.</li> </ul> <p>We recommend a day at GSAC!! We are Air Conditioned!</p>					<p>1 Happy Canada Day</p> 	<p>2</p>
<p>3</p>	<p>4 Dominoes 500 Painting Group Duplicate Bridge</p>	<p>5 Pétanque-atout Line Dance Sandbags</p>	<p>6 Social Bridge Mat Yoga Chair Yoga Bridge</p> 	<p>7 Bid Euchre Lunch Bingo/Euchre Exercise</p>	<p>8 Cribbage Darts Bridge Carpet Bowling</p>	<p>9 Rental</p>
<p>10 Bid Euchre Social Bridge</p>	<p>11 Dominoes 500 Painting Group Duplicate Bridge</p>	<p>12 Pétanque-atout Line Dance Sandbags</p>	<p>13 Social Bridge Bridge</p>	<p>14 Bid Euchre Lunch Bingo/Euchre Exercise</p>	<p>15 Cribbage Darts Bridge Carpet Bowling</p>	<p>16 Benefit Bridge</p>
<p>17</p>	<p>18 Dominoes 500 Painting Group Duplicate Bridge</p>	<p>19 Pétanque-atout Line Dance Sandbags</p>	<p>20 Social Bridge Mat Yoga Chair Yoga Bridge</p> 	<p>21 Bid Euchre Lunch Bingo/Euchre Exercise</p> 	<p>22 Cribbage Darts Bridge Carpet Bowling</p>	<p>23 Watercolor Workshop Bridge Card Party</p>
<p>24 Bid Euchre Social Bridge 31</p>	<p>25 Dominoes 500 Painting Group Duplicate Bridge</p>	<p>26 Pétanque-atout Line Dance Sandbags</p>	<p>27 Social Bridge Mat Yoga Chair Yoga Bridge</p>	<p>28 Bid Euchre Lunch Bingo/Euchre Exercise</p>	<p>29 Cribbage Darts Bridge Carpet Bowling</p>	<p>30</p>











Birthdays

(01) Estelle Crowley, André Lawrence; (02) Vera Finnigan; (04) Betty Kershaw, Betty Snelson, Wanda Faris; (06) Patricia McKay; (07) Georgette Bérard, Brock Currie; (08) Hélène Bond, Rene Gregoire, Pam LaTour, Gayle Nadeau, Rick Cann; (09) Carola Courtenay, Marilyn Campbell, Pierrette Langlois, Allana MacIntosh; (10) Betty(Elizabeth)Sjolin, Loretta Dagenais, Deborah MacDonald, Geraldine Dixon; (12) Jim Eadie, Brian Hargadon; (13) Robert Hardy, Doris Sutton, Robert McKelvey, Louis Tremblay; (14) Lise Malouin, Lagace, Mona; (15) Lawrence Garvin, Marilyn Johnson, arole Routhier; (16) Joan DePaoli; (17) Lyle Adams, Ann Cheung-Chiu, Donna Grimard, Colleen Patenaude; (18) Lucy Pasiecznik, Jeannette Laberge; (19) Laura Stuart, Carole Vivier; (21) Lillian Shoihet, Emil Peter, Patrick Hughes, Myra Millar; (22) Lois Brunet; (24) Evelyn Leblanc, Danielle Lapointe, John Nixon; (25) Kitty Varley; (26) Anita Raymond, Roger Lapointe, Roy Naef, Bernard Lemieux; (27) Eileen Nierenhausen, Hugh Tolan, Mary Vuylsteke, Ralph Maillet; (28) Maureen Pilote, Steve Jobst; (29) Charles Campbell, Lise Gaudaur, George Sawatzki; (30) Jean Thompson, Diane Boucher, Shirley Scott; (31) Lillian Carriere.

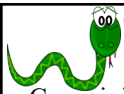
# Summer 2016

## August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Holiday Centre Closed  Duplicate Bridge	2 Pétanque-atout Line Dance Sandbags	3 Social Bridge Mat Yoga Chair Yoga Bridge 	4 Bid Euchre Lunch Bingo/Euchre Exercise	5 Cribbage Darts Bridge Carpet Bowling	6 Benefit Bridge
7	8 Dominoes 500 Painting Group Duplicate Bridge	9 Pétanque-atout Line Dance Sandbags	10 Social Bridge Mat Yoga Chair Yoga Bridge	11 Bid Euchre Lunch Bingo/Euchre Exercise	12 Cribbage Darts Bridge Carpet Bowling	13
14 Bid Euchre Social Bridge	15 Dominoes 500 Painting Group Duplicate Bridge Early Bird Membership Get your name in the draw! 	16 RBC Grandparents Day Little Ray's Reptiles   Sandbags	17 Social Bridge Mat Yoga Chair Yoga Bridge 	18 Bid Euchre Lunch Bingo/Euchre Exercise 	19 Cribbage Darts Bridge Carpet Bowling	20 Bridge Card Party
21	22 Dominoes 500 Painting Group Duplicate Bridge	23 Pétanque-atout Line Dance Sandbags	24 Social Bridge Mat Yoga Chair Yoga Bridge	25 Bid Euchre Lunch Bingo/Euchre Exercise	26 Cribbage Darts Bridge Carpet Bowling	27
28 Bid Euchre Social Bridge	29 Dominoes 500 Painting Group Duplicate Bridge	30 Pétanque-atout Line Dance Sandbags	31 Social Bridge Bridge 	 <b>2016 Fall Program Registration</b> September 12 - 16, 2016. Register over the phone with Visa or MasterCard. Register in person with cash, credit, debit, cheque.		

Birthdays

(01) Steve Stadler, Monica Taylor, George Nitschky; (02) Monique Perreault, Georges Boulanger; (03) Diana Kuseler, Roni Powell; (05) Brian Cunningham, Jacqueline Lacoste; (06) Joseph Vachon; (07) Pat Grandy, Marie Pelletier; (09) Marion Deschenes, John Cant; (10) Denise Guilbault, Lucienne Moncrieff; (11) Ann Hill; (12) Jeanne Curtin, Michelle Abbott, Jeanne Vanker; (13) Dorothy Roy, Joan Costello, Steve Gallimore; (14) Wayne Finnigan; (15) Ruth Hutchinson, Judy Keech; (16) Ruth Laurin; (17) Pat Matthews, Terry White; (18) Jeannine Frenette, Norma Higgs, Gaetane Bissonnette, Angie Devine; (19) George Morrow, Francine Stolz; (20) Lorraine Desormeaux; (21) Alfred-Ole Olson; (22) Stuart Jenness, Catherine Marsh, Helen Cooper; (23) Donald Dineen, Judy Filotas; (24) Maureen Wilson, Carolyn Vachon, Allain White; (25) Donna Clouthier; (26) Eileen Charanduk, Carole Bressan, Godwin, Daryl; (27) Rose-Therese Wagner-Hough; (28) Maureen Clark, Eileen Gauthier, Agnes Westran; (30) Jim Forrest, Robert Renaud, Aline Brazeau.



### Tuesday August 16, 2016 11:00 am - 2:30 pm

Grandparents Day with Little Ray's Reptiles!

Come join us for an afternoon of crafts, lunch and meet Ray's Friends!

11am - 2:30pm RSVP required.

Sponsored by Royal Bank Canada with special thanks to Astrid Parker for her ongoing volunteerism at GSAC.



### Early Bird Membership Renewal!

Starts August 15, 2016.

Renew your membership before August 31, 2016 and have your name entered to win a wonderful Gift Basket courtesy of the Board of Directors.