

Fun, Friendship and Activities

July-August 2017



Welcome to Summer 2017!
Grandparents Day Tuesday August 22, 2017
10:00 am to 2:00 pm
RSVP required at Reception

Thanks to our Sponsor



RBC Royal Bank®

President's & Executive Director's Report

Summer is finally here!! It's been a very rainy May and it's made the lawns and flowers look wonderful! Registration for the summer session starts June 26, 2017.

Registrations after July 5 will be subject to the Non Member rates.

Both painting classes and three Yoga classes are scheduled. We invite crochet and knitters to join the quilters for a morning social on Tuesdays.

Grandparents' Day will be on Tuesday August 22 from 10 am to 2 pm. More details will be available at the Centre closer to the date.

Membership renewal is September 1, 2017. The cost for a yearly membership is \$35.00. Purchase your membership early and have your name entered into an Early Bird Gift Basket draw starting August 15 - 31, 2017. The lucky winner will be picked on Thursday September 7 at the Welcome Back Lunch.

Registration for the Fall Program is September 5 to 8. Registrations after September 8 will be charged non-member rates.

Carol Nicholson & Sharon Oatway



Save the Date! Tuesday October 24, 2017
Celebrate our 30th Anniversary
Dinner & Dance 11:00 AM to 3:00 PM

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. **We are a Registered Charity. Our Number is 11894 0535 RR0001.**

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



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Weekly Activities

MONDAY

9:30 to 11:30 am Intermediate Oil / Acrylic *
 9:30 to 11:30 am Beginner Watercolour*
 1:00 to 3:00 pm 500
 6:00 to 9:00 pm Duplicate Bridge

TUESDAY

9:30 to 10:30 Knit / Crochet / Quilt Social
 10:00 to 11:30 Pétanque-Atout

WEDNESDAY

9:15 to 11:15 am Social Bridge
 9:30 to 11:30 am Intermediate Watercolour*
 1:00 to 3:00 pm Beginner Oil/ Acrylic *
 11:30/12:40/1:45 Mat Yoga Chair 1 & 2 *
 12:30 to 3:00 Bridge (sign in noon)

THURSDAY

9:15 to 11:30 am Bid Euchre
 9:30 to 11:30 am Stamp Club
 1:00 to 3:00 pm Bingo
 1:00 to 3:00 pm Euchre

FRIDAY

9:30 to 11:30 am Cribbage
 10:00 to 11:30 am Darts
 12:30 to 3:00 pm Bridge (sign in noon)

SATURDAY SUNDAY See Calendars for dates.

1 pm Benefit Bridge 1 pm Bid Euchre/Social Bridge
 6 to 10 pm Contract Bridge Card Party 2 pm Darts

Summer Courses



Beginner Watercolour
SM17BEGWC Monday 4 week July 10, 17, 24, 31
 Members \$40 Non Members \$60

Intermediate Oil/Acrylic
SM17INTOIL Monday 6 week July 10,17,24,31 Aug 14, 21
 Members \$60 Non Members \$90

Intermediate Watercolour
SM17INTWC Wednesday 4 Week July 12, 19, 26 Aug 2
 Members \$40 Non Members \$60

Beginner Oil
SM17BEGOIL Wednesday 7 week July 12, 19, 26 Aug 2, 9 16,23
 Members \$70 Non Members \$105

Yoga (Each 7 week session sold separately)
 July 12, 19,26 Aug 2,9,16,23
 Members \$35 Non Members \$52.50
 Mat **SM17MAT** Wednesday
 Chair 1 **SM17CH1** Wednesday
 Chair 2 **SM17CH2** Wednesday

Thursday Lunch \$8.00

July 6
 Greek Salad
 Bruschetta Chicken
 Basmati Rice
 Baked Zucchini
 Chocolate Mousse

July 13
 Carrot Salad
 Pork Chops
 Garlic Potatoes
 Mixed Vegetables
 Fruit Salad

July 20
 Assorted Cold Salads
 Hamburger
 Cheese Cake

July 27
 Tomato Juice
 Chicken Caesar Salad
 Garlic Cheese Bread
 Ice Cream Sundae

**Cash, Cheque, Debit & Credit accepted.
 Over the phone by Credit!!**

August 3
 Broccoli Salad
 Baked Garlic Parmesan
 Chicken
 Sweet Potatoes
 Mixed Vegetable
 Brownies and Ice Cream

August 10
 Garden Salad
 Shepherd's Pie
 Peas
 Oreo Dessert







August 17
 Caesar Salad
 Macaroni Casserole
 Green Beans
 Fruit Skewers

August 24
 Garden Salad
 Sausage on a Bun
 Potato Salad
 Cake & Ice Cream

August 31
 Assorted Cold Salads
 Hamburger
 Ice Cream Sundae

RSVP for Luncheon on the Tuesday before.

July 1, 2017 Canada Day! Happy 150th.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Closed 	4 Knit/Crochet/Quilt Pétanque-Atout	5  Foot Care Clinic Social Bridge Bridge	6 Bid Euchre Stamp Club Bingo Euchre	7 Cribbage Darts Bridge	8 Benefit Bridge
9 Bid Euchre Social Bridge Darts	10 Oil / Acrylic Watercolour 500 Duplicate Bridge	11  Knit/Crochet/Quilt Pétanque-Atout Slots Trip 9am	12 Social Bridge Oil/ Acrylic Watercolour Mat Yoga Chair 1 & 2 Bridge	13 Bid Euchre Stamp Club Bingo Euchre	14 Cribbage Darts Bridge	15
16 Darts	17 Oil / Acrylic Watercolour 500 Duplicate Bridge	18 Knit/Crochet/Quilt Pétanque-Atout	19  Foot Care Clinic Social Bridge Oil/ Acrylic Watercolour Mat Yoga Chair 1 & 2 Bridge	20  Blood Pressure Bid Euchre Stamp Club Bingo Euchre	21 Cribbage Darts Bridge	22 Contract Bridge Card Party
23 Bid Euchre Social Bridge Darts	24 Oil / Acrylic Watercolour 500 Duplicate Bridge	25 Knit/Crochet/Quilt Pétanque-Atout	26 Social Bridge Oil/ Acrylic Watercolour Mat Yoga Chair 1 & 2 Bridge	27 Bid Euchre Stamp Club Bingo Euchre	28 Cribbage Darts Bridge	29
30 Bid Euchre Social Bridge Darts	31 Oil / Acrylic Watercolour 500 Duplicate Bridge	 GSAC raised \$545 for the Canadian Cancer Society at the Bake Sale April 13! Thank you to all who purchased goodies or baked for this very worthy cause. Special note of thanks to Elizabeth Bullock and Didi Lalonde for their expertise at the Bake Table.				










Birthdays (01) André Lawrence; (02) Vera Finnigan; (03) Chung Kid Hu; (04) Betty Kershaw, Betty Snelson, Wanda Faris; (06) Patricia McKay; (07) Georgette Bérard; (08) Helene Bond, Pam LaTour, Gayle Nadeau, Rick Cann; (09) Carola Courtenay, Marilyn Campbell, Allana MacIntosh; (10) Loretta Dagenais, Deborah MacDonald, Geraldine Dixon; (12) Jim Eadie, Brian Hargadon; (13) Robert Hardy, Doris Sutton, Louis Tremblay, Eileen Hoswitschka; (14) Lise Malouin; (15) Lawrence (Larry) Garvin, Marilyn Johnson, Carole Routhier; (16) Joan DePaoli, Connie O'Connor-Duff; (17) Lyle Adams, Ann Cheung-Chiu, Donna Grimard, Colleen Patenaude; (18) Lucy Pasiecznik, Jeannette Laberge, Carrollyne Le Courtois; (19) Laura Stuart, Carole Vivier; (21) Lillian Shoihet, Emil Peter, Patrick Hughes, Myra Millar; (24) Danielle Lapointe, John Dixon, Heather Harwood; (25) Kitty Varley; (26) Anita Raymond, Roger Lapointe, Roy Naef, Bernard Lemieux; (27) Eileen Nierenhausen, 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
Jobs**

Welcome to our 2017 Canada Summer Job Student Tyler McDougall.
Tyler is currently enrolled in the Social Services Worker Program at Algonquin College.
He brings a basket of talents and knowledge with him.
Some of his tasks will be administering a Member Survey & Grandparents Day .
Please visit Reception and introduce yourself and welcome Tyler!

Summer 2017

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Membership Early Bird Renewal. Aug 15 to 31. Get your name in the draw!		1 Knit/Crochet/Quilt Pétanque-Atout	2  Foot Care Clinic Social Bridge Oil/ Acrylic Watercolour Mat Yoga Chair 1 & 2 Bridge	3 Bid Euchre Stamp Club Bingo Euchre	4 Cribbage Darts Bridge	5
6	7 Civic Holiday Centre Closed	8 Knit/Crochet/Quilt Pétanque-Atout	9 Social Bridge Oil/ Acrylic Mat Yoga Chair 1 & 2 Bridge	10  Bid Euchre Stamp Club Bingo Euchre Slots Trip 4PM	11 Cribbage Darts Bridge	12 Benefit Bridge
13 Bid Euchre Social Bridge Darts	14 Oil / Acrylic 500 Duplicate Bridge	15 Early Bird Renewal  Knit/Crochet/Quilt Pétanque-Atout	16  OVT Trip Foot Care Clinic Social Bridge Oil/ Acrylic Mat Yoga Chair 1 & 2 Bridge 	17  Board Meeting Blood Pressure Bid Euchre Stamp Club Bingo Euchre	18 Cribbage Darts Bridge	19
20 Darts	21 Oil / Acrylic 500 Duplicate Bridge	22 Grandparents' Day 10 am to 2pm Register at Reception by August 15 Sponsored by RBC	23 Social Bridge Oil/ Acrylic Mat Yoga Chair 1 & 2 Bridge	24 Bid Euchre Stamp Club Bingo Euchre	25 Cribbage Darts Bridge	26 Contract Bridge Card Party
27 Bid Euchre Social Bridge Darts	28 500 Duplicate Bridge	29 Knit/Crochet/Quilt Pétanque-Atout	30  Foot Care Clinic Social Bridge Bridge	31 Bid Euchre Stamp Club Bingo Euchre 	September 1	2

Birthdays

(01) Monica Taylor, George Nitschky, Lorna Martel; (02) Georges Boulanger; (03) Diana Kuseler; (04) Arlene Cornfield; (05) Brian Cunningham, Rose Bergevin; (06) Joseph Vachon; (07) Pat Grandy, Marie Pelletier; (09) Marion Deschenes, John Cant; (10) Denise Guilbault; (11) Ann Hill; (12) Jeanne Curtin; (13) Joan Costello, Steve Gallimore; (14) Wayne Finnigan; (15) Ruth Hutchinson, Judy Keech; (16) Helene Laurin; (17) Pat Matthews, Terry White; (18) Norma Higgs, Gaetane Bissonnette, Angie Devine; (21) Alfred-Ole Olson; (22) Stuart Jenness, Catherine Marsh, Helen (Helaine) Cooper, Lidia Chyla; (23) Donald Dineen, Judy Filotas; (24) Maureen Wilson, Carolyn Vachon; (25) Donna Clouthier, Pauline Scrivens; (26) Eileen Charanduk, Carole Bressan, Daryl Godwin; (27) Rose-Therese Wagner-Hough; (28) Maureen Clark, Eileen Gauthier, Agnes Westran; (30) Robert Renaud.

LOOKING
FORWARD

Welcome Back Lunch Sept 7

30th Anniversary Oct 24

Tinsel Tea & Bazaar Saturday Nov 4

Rideau Carleton Slots

Tuesday July 11 at 9 AM

Thursday August 10 at 4 PM

Register at Reception

