

Gloucester Senior Adults' Centre 1987 - 2013

Spring Program & 20/20

seasonal newsletter

Fun, Friendship and Activities

Apr - Jun 2013



Welcome to Spring 2013!

Invest in Yourself! Enjoy Fellowship and Fun!

At the Gloucester Senior Adults' Centre you can enjoy a wide range of recreational activities, special events, trips and a luncheon program. Membership fees are \$30 per year, and are due for renewal September 1st of each year. If you have not renewed yet—late renewal is \$35. **The Centre is open Monday through Friday, 9 am to 4 pm.** Drop by and we would be pleased to show you around.

Spring Course Registration

Registration is ongoing until the beginning of each course. Payment is due prior to the course start date. Classes not meeting a minimum number of registrants will be cancelled and money refunded. Registered courses are set up per session; **drop-ins are not available.** Course refunds are permitted until the second week of the programmed classes; however, please note that an administration charge will apply.

Direct Donations to Charities

Various charities give donors the option to allocate directly to their charity of choice. Please help us by requesting that your donations be allocated to the Gloucester Senior Adults' Centre. **Our Registered Charity Number is 11894 0535 RR0001.** Thank you!

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.

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Flyer by JOHNSON 

The Centre gratefully acknowledges the financial support of:

 Ottawa

 Ontario

 Canada

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Your Board of Directors

President Jackie Lafontaine	Secretary Carol Anne Faucher
Vice-President of Logistics André Gascon	Vice-President of Programs Betty Joanisse
Vice-President of Administration Betty Eadie	Treasurer Carol Nicholson
Directors	
Bob Sarazin, Albert Faucher, Cécile Schryburt, Bob McKelvey, Jim Eadie, Mark Merriman	

BOARD MEETINGS:

April 18, May 16, June 13

President's Report



As President of the Board of Directors, I would like to personally thank each and every member of the Centre for your support and good wishes over the last three years. While I have decided not to pursue another term as President, I will continue to represent you on the Board as a Board Director until 2014.

This has truly been a wonderful experience for me. Throughout my journey as President, I was fortunate to be able to learn about and better understand the general workings of the Gloucester Senior Adults' Centre. Through trial and sometimes error, I learned a lot and have grown from the challenges that were thrown my way. And all along the way, I gained some wonderful friends and got to know my fellow members a little better. For that I am grateful.

But I did not do this alone. The Board of Directors as well as Debbie Trickey and Sharon Oatway have provided great support all along the way. Kudos to a great team.

Just a few quick updates..... Recently, the Canada Revenue Agency required us to make a few adjustments to our "Constitution" in order to maintain our charitable status. These have been done and as a result, we have now applied at the Provincial level for Supplementary Letters Patent. The document, now known as "By-Laws" will be undergoing additional changes in the near future and will be submitted at the Annual General Meeting in June for membership approval.

Another item of interest.... We are getting closer to finding a suitable location for our growing needs and we hope to be able to confirm the location and details by mid-summer.

In the meantime, I wish everyone good health and I look forward to seeing you at our Annual General Meeting on June 13.

Jackie Lafontaine

ONTARIO NOT-FOR-PROFIT LEGISLATION - UPDATE - Although the legislation received royal assent last year and was scheduled to take effect in December 2012, due to the prorogation by the Ontario Liberal Government, the new anticipated date for it to come into effect is now scheduled for July 1, 2013.

Executive Director's Report



Welcome the longer days and the rain and say goodbye to the Penny! A Penny gave, is a penny earned! More than \$100 raised thanks to Carole Nicholson's great suggestion!

Volunteers ROCK! Despite the weather and other hurdles the activities and special events are alive and well at GSAC. It's always nice to hear thank you, so please take the time to thank Volunteers and Board Members, they spend countless hours of their time to make GSAC a better place! If you are interested in being part of this extraordinary team please see the postings around the centre or inquire at the Front Desk for more information.

The Federal Government and the City of Ottawa have Accessibility Plans to upgrade the Earl Armstrong Arena (including GSAC and our elevator!). We will be posting signage to inform our Members and guests and all efforts will be made to minimize any negative impact to our programs and services during the renovations!

Thank you all for your patience as we struggle through the challenges in our food services department. Your comments and suggestions are always welcome! In an effort to operate an efficient and cost effective service to you, please ensure to add/remove your name from any special event or lunch list at least 48 hours in advance of the event.

Do you like to play cards? Can you deal Black Jack? We need you! Please drop by my office any time!

GSAC does it again! Many youth in our community start their day without the necessary nutrition for their learning success. Lester B. Pearson High School and Brother André Elementary School are the schools whose Breakfast Programs GSAC supported this year. Thanks to your generous support we have donated \$301 and approximately 130 litres of juice to this great cause!

As ever, you made me proud! *Sharon Oatway*

Welcome to these New Members added to our membership roll

Yvonne Baker, Rena Bottrill, Diane Boucher, G. Nicholas Bretzer, Shirley Bretzer, Claudette Côté, Kathy Crompton, Diane M. Cummings, Janet Evans, Lisette Fournier, Lynn Graham, Gillian Guindon, Ruth Harding, Brian Hargadon, Yvette Laporte, Carole Laurin, Diana Massicotte, John McBride, Bernadette McCormick, Joanne McCrostie, David Pugh, Donald Robertson, Dawn Torsein, Helene Viel, Carole Vivier, Patricia Weisenborn and welcome back Audrey Marshall.

 **Pot of Gold Winners** 
 Jan 18 Eveline Watson WINNER \$514.00

Tip of the Hat to all our wonderful Volunteers...

You

are cordially invited to attend the GSAC Volunteer Appreciation Lunch on Wednesday, April 24.

R.S.V.P. to this invitation by writing your name on the Sign-up Sheet when it is put out.




Front Desk & Kitchen in need of volunteers.
 Please consider helping out. It is a good way to get to know your fellow members.

AND

 **A VERY SPECIAL THANK YOU TO OUR CURRENT VOLUNTEERS AT THE FRONT DESK AND IN THE KITCHEN.**

In Sympathy -- Our deepest condolences to:

- Wayne Finnigan and his family on the death of his mother.
- Claire Brisebois and her family on the death of her husband Claude
- The family and friends of Joan Hunt, Orland Matton, Fraser Leslie Brown and Mary Dobson.
- Charlotte Patterson and her family on the death of her son.
- Audrey Marshall and her family on the death of her husband Daniel.

Gloucester Senior Adults' Centre Notice of Annual General Meeting **Gloucester Senior Adults' Centre**
June 13, 2013

Take notice that the Annual General Meeting of the Members of the Gloucester Senior Adults' Centre will be held on Thursday, June 13. (After our Father's Day Lunch.) The meeting is for the purpose of receiving the annual report, the financial statements for the period ending March 31, 2013, and the report of the auditors followed by electing Board Directors, appointing auditors; and for the purpose of transacting such further and other business as may properly come before the meeting or any adjournment thereof.



Services

Blood Pressure Clinic ♦ 3rd Thursday of the month at 11 am (Apr 18, May 16 & Jun 20). Our thanks to AMICA at Bearbrook for sponsoring the clinic.

Foot Care Clinic ♦ Provided by Mary Jane Rocque, RPN ♦ Every 2nd Wednesday (Apr 10 & 24, May 8 & 22, and Jun 5 & 19). Appointments must be made in advance. Cost \$21 members, \$24 non-members.



Intergenerational Alzheimer Group. Our members, in partnership with Lester B. Pearson High School students, also provide services to our local community with this very worthwhile project. Once a month, during the school year, this Intergenerational Group meets at Extendicare Laurier Manor to provide Alzheimer patients with an afternoon of special attention to brighten their day. If you are interested in becoming a member of our mentoring team, please let us know. (Tuesdays: Apr 16 and May 21).

Unstructured Activities (see "Weekly Activities" schedule)

Floor Games

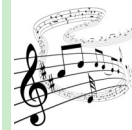
- ♦ Carpet Bowling
- ♦ Darts
- ♦ Sandbags
- ♦ Curolling
- ♦ Pétanque-Atout
- ♦ Shuffleboard

Cards

- ◇ 500
- ◇ Bridge
- ◇ Benefit Bridge
- ◇ Euchre
- ◇ Duplicate Bridge
- ◇ Card Party
- ◇ Bid Euchre
- ◇ Cribbage
- ◇ Kitchen bridge

Other

- Dominos
- Scrabble
- Chess
- Songsters
- Stamp Club
- Quilting



Gloucester Songsters' Spring 2013 Singing-Out Schedule

New members welcome!

Please contact Shirley Edmonds at the Centre
(613) 749-1974

April 1	Holiday (no singing-out)	
April 8	Governor's Walk	2:30 pm
April 15	Camilla Gardens	2 pm
April 22	Villa Marconi	2 pm
Apr 29	Beacon Heights Lodge	2 pm
May 6	Elmsmere Residence	2 pm
May 13	Gary Armstrong Home	2 pm
May 20	Holiday (no singing-out)	
May 27	Songsters' Luncheon	
	...destination TBA	



Special Events & Special Lunches

Make sure we save you a seat: **tickets for all special lunches must be purchased in advance by the Tuesday before the event.**



Wed, April 3 & Thurs, April 4 – Daffodil Bake Sale for Cancer Society. Please buy daffodils and bake goods to benefit the Cancer Society.

Wed, April 24, 12-noon – Volunteer Appreciation Lunch. All of our dedicated volunteers are invited to our celebration. Please register in advance at the front desk. Entertainment!

Thurs, May 9 – Mother's Day Lunch. Enjoy a tribute to our ladies with our Mother's Day Lunch. Tickets \$10 in advance.

Tues, May 14, 1-3 pm – Spring Quilt/Art Show and Tea in Memory of Martha Tang. Come along and bring your friends and neighbours to tea and enjoy the exquisite work of our quilters and painters. Tea Tickets, \$5.

Fri, May 17, 10 am – Dart Tournament—OSGA 55+ Regional Championship Qualifications. GSAC hosting the event.

Tues, Jun 4, 9:30 am – Walk with the Board. Join the Board for our annual walk-a-thon.

Thurs, Jun 13 – Father's Day Lunch. Tickets \$10 in advance. Today we will celebrate all Dads' with a special lunch. **Annual General Meeting at 1 pm.**

Fri, Jun 21, 7-10 pm— Fundraiser GSAC Casino Night. Games of chance, hors d'oeuvres, cash bar and prizes. Cost: \$20.

Thurs, Jun 27, 11 am – Canada Day Barbeque. Enjoy our traditional Canada Day Barbeque with lots of red and white and good food. Tickets \$8.00 in advance, **Note** the party starts at 11 am. The Barbeque will be from 12 to 1 pm. Then entertainment and cake will be provided courtesy of Heritage Canada. (*Thank You Heritage Canada.*)

Workshops, Presentations, Trips & Entertainment



Thursday, Apr 4, From 9:30 am to 3:30 pm - First Aid, CPR & AED Training. See Sign-up sheet at front desk for price list.

Monday, Apr 8, 1-3 pm - OC Transpo Info Booth. Come to this "Info Booth" about the Taxi Coupon Program for customers of Para Transpo and maybe even updates on other OC Transpo projects.



Thursday, Apr 11, From 9:30 am to 3:30 pm - Alternacare - The Freedom to choose. Maintain your independence through life's challenges by being proactive and informed on the healthcare choices and options available to you.



Monday, Apr 15 - Genealogy Workshop, from 1 pm to 3 pm. Genealogy is the study of families and the tracing of their lineages and history. Irene Boucher will introduce you to this very interesting field.

Thursday, May 2, from 10 am to noon - Dignity Memorial Financial Security & Planning. What every older Canadian should know about Financial Planning, having a will & making funeral plans.



Saturday, May 25, 10 am to 3 pm – Painting Workshop "Learning from the Masters Series" by Kathy Harker-Fiander. Learn how to paint in the style of the Masters. You will be studying and painting "Asters and Apples" by J.E.H. MacDonald of the Group of Seven. Bring your lunch since the kitchen will be closed. A supply list will be available at the front desk. Cost: \$50 members, \$60 non-members.

Tuesday, May 28, 1-3 pm - Cake Decorating Demonstration with Liette and Meg Stickl from *The Promenade Retirement Residence*.



Trips

Tuesday, Apr 30, 9:30 am—1:45 pm - Rideau Carleton Raceway Slots. Play the slots with a \$10 slot credit and enjoy a nice lunch at the Rideau Carleton Raceway Restaurant using your \$5 food voucher. Proper ID required. Cost \$10 members, \$14 non-members.

Thursday, May 23, 4:30 pm— 8:45 pm - Evening Rideau Carleton Raceway Slots. Watch the horse races or play the slots, with a \$10 slot credit. A \$5 food voucher can be put towards a delicious meal at the Casino restaurant; order off the menu or take advantage of the \$19.99 dinner buffet. Proper ID is required. Cost \$10 member, \$14 non-member.

Please, on the following trips, make cheques payable to Ottawa Valley Tours:

Wednesday, May 29 - Rocking 60's Musical Soap Opera - 1000 Islands Playhouse. Travel to the 1000 Islands Region to savour a delicious lunch at the Glen House Resort; then journey the village of Gananoque Theatre located on the banks of the St. Lawrence River to attend matinee production of "*Suds*" a rock'n'roll fairytale, filled to the brim with great music and characters from the 60's. You'll be boppin' to dozens of chart topping songs. Pure, frothy and fun and not to be missed. **Cost: \$112 (includes transportation, lunch and theatre)**

Wednesday, Jun 12 –"Whose Wives Are They Anyway?" - Upper Canada Playhouse. Enjoy a delicious buffet lunch in Morrisburg at the McIntosh Country Inn. Later claim your reserved seat for the comedy production of "*Who's Wives Are They Anyway?*" at the Upper Canada Playhouse. **Cost: \$118 (Includes transportation, lunch and Theatre)**

Saturday, Jun 22, 2013 - Finnegan's Flea Market & Brewery. Ride in leisure to *Finnegan's Flea Market* to browse through the vendor's treasures before continuing on for a delicious lunch at the *Willow Place Inn* in the village of Hudson. Then we'll make a stop in Vankleek Hill at *Beaus All Natural Brewing Company* before returning to Ottawa. **Cost: \$92 (includes transportation, lunch and brewery tour)**

Tuesday, Jun 25- Chateau Montebello, Lachute Flea Market & Casino. Explore Lachute Flea Market perhaps finding treasures; then on to the historical Chateau Montebello to enjoy a wonderful buffet lunch. On the way back, we'll make a stop at Lac Leamy Casino to "Challenge Your Luck". **Cost : \$112 (includes Transportation, Buffet Lunch & stop at Lac Leamy Casino).**

Entertainment Nook

Book Club @ 11 am

Meet at the
Gloucester North Library next door.

Tuesday, April 16

"Nikolski" by Nicolas Dickner

Tuesday, May 21

"Major Pettigrew's Last Stand" by Helen Simonson

Tuesday, June 18

"Charlotte Gray" by Sebastian Faulks



Chic Flic @ 1 pm

Pop & popcorn: \$2 member, \$3 non-member.
See sign-up sheet in-Centre for movie details.

Monday, April 22

"The Guilt Trip".

Monday, May 13

"The Sessions".

Monday, June 24

"Swinging with the Finkels".



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.

Beginner Bridge

Ross Kerswell will teach you the “ins and outs” of this popular card game. (Handouts included in the cost.)

COST	A) \$30 member / \$45 non-member B) \$20 member / \$30 non-member
# WEEKS	A) 6 wks 1st session B) 4 wks 2nd session
DATE	Friday: A) Apr 12 to May 17 <i>(practice May 24 & 31))</i> B) Jun 7 to Jun 28
TIME	1:00 pm - 3:00 pm

Exercise Class

Stretch, tone, and stay in shape in this popular chair exercise class led by Meg Stickl. Use weights and bands to add variety to your workout.

COST	\$50 member / \$75 non-member
# WEEKS	10
DATE	Tuesday: Apr 16 to Jun 18 Thursday: Apr 18 to Jun 20
TIME	9:30 am - 10:30 am

Zumba Gold

Zumba combines a dance workout with a party-like atmosphere. Ximena Puente will lead you in this new type of exercise.

COST	\$40 member / \$60 non-member
# WEEKS	8 (No Class May 20)
DATE	Monday: Apr 8 to Jun 3
TIME	11:30 am to 12:30 pm

Line Dancing

Dust off your dancing shoes and enjoy getting active with Suzanne Dénomée as she leads you through beginner to more advanced line dances.

COST	\$50 member / \$75 non-member
# WEEKS	10 (No Class May 14)
DATE	Tuesday: Apr 9 to Jun 18
TIME	1:00 pm - 2:30 pm

Tai Chi

Improve your balance and cultivate your inner chi under the guidance of Tai Chi Master Peter Chan, of the Wu style school of Tai Chi.

COST	\$72 members / \$108 non-members
# WEEKS	12
DATE	Wednesday: Apr 10 to Jun 26 Friday: Apr 12 to Jun 28
TIME	9:30 am - 11:00 am

Oil/Acrylic Painting

Dabble in oil and acrylic painting through structured lessons with local artist Tricia Savoie.

COST	\$55 member / \$83 non-member
# WEEKS	11 (No class May 20)
DATE	Monday: Apr 8 to Jun 24
TIME	9:30 am - 11:30 am

Watercolour Painting

Kathy Harker-Fiander will help you explore the art of watercolour painting. Space is limited on Mondays.

COST	\$48 members / \$62 non-members
# WEEKS	8
DATE	Monday: Apr 8 to Jun 3 (No class May 20) Wednesday: Apr 10 to Jun 5 (No class Apr 24)
TIME	9:30 am - 11:30 pm

Chair Yoga

Becky Bowes will lead you in this gentle form of yoga. In a seated position, practice basic stretches to improve your flexibility, strength, balance and circulation.

COST	\$60 member / \$90 non-member
# WEEKS	10
DATE	Wednesday: Apr 10 to Jun 19 No class Apr 24)
TIME	11:45 am to 12:45 pm 1:00 pm - 2:00 pm

Mat Yoga

Stretch and relax to improve your flexibility, strength, balance and circulation in this yoga class with Becky Bowes. For those able to move comfortably on the floor.

COST	\$60 members / \$90 non-members
# WEEKS	10 (No class May 20)
DATE	Monday: Apr 8 to Jun 17
TIME	7:00 pm—8:00 pm
COST	\$60 members / \$90 non-members
# WEEKS	10 (No class Apr 24)
DATE	Wednesday: Apr 10 to Jun 19
TIME	2:15 pm - 3:15 pm

Meditation Class

Sharon Collins will expose you to the principles & neuroscience of mindfulness, the plasticity of the brain & the fascinating ways your brain responds to the application of mindful

COST	\$50 members / \$75 non-members
# WEEKS	10 (No class Jun 13)
DATE	Thursday: Apr 11 to Jun 20
TIME	1:00 pm - 2:00 pm

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

MONDAY

Activities	10:00 am - 11:30 am	Dominos	Courses	9:30 am - 11:30 am	Oil/Acrylic Painting
	12:30 pm - 2:30 pm	Shuffleboard		9:30 am - 11:30 am	Watercolour Painting
	12:45 pm - 3:00 pm	500 (card game)		11:30 am - 12:30 pm	Zumba Gold
	1:00 pm - 3:00 pm	Scrabble		7:00 pm - 8:00 pm	Mat Yoga (<i>evening</i>)
	1:00 pm - 3:00 pm	Songsters			
	7:00 pm - 9:00 pm	Duplicate Bridge (<i>evening</i>)			

TUESDAY

Activities	9:30 am - 11:30 am	Quilting	Courses	9:30 am - 10:30 am	Exercise Class
	10:00 am - 11:30 am	Curolling		1:00 pm - 2:30 pm	Line Dancing
	10:00 am - 11:30 am	Pétanque-Atout			
	12:30 pm - 2:30 pm	Sandbags until Apr 30 (<i>Party May 7</i>)			
	7:00 pm - 9:00 pm	Stamp Club (Apr 9, May 14, & Jun 11)			

WEDNESDAY

Activities	9:30 am - 11:30 am	Beginner Kitchen Bridge	Courses	9:30 am - 11:30 am	Watercolour Painting
	12:30 pm - 3:00 pm	Bridge		9:30 am - 10:30 am	Tai Chi
	7:00 pm - 9:00 pm	Cribbage (<i>sign in 6:45pm, start 7pm</i>)		11:45 am - 12:45 pm	Chair Yoga
	7:00 pm - 9:00 pm	Darts (<i>sign in 6:45pm, start 7pm</i>)		1:00 pm - 2:00 pm	Chair Yoga
		◆ weekly, except 3rd Thurs. ea. month		2:15 pm - 3:15 pm	Mat Yoga

THURSDAY

Activities	9:30 am - 11:30 am	Stamp Club (Apr 25, May 30 & Jun 27)	Courses	9:30 am - 10:30 am	Exercise Class
	9:15 am - 11:30 am	Bid Euchre		1:00 pm - 2 pm	Meditation
	12:00 pm - 1:00 pm	Thursday Luncheon			
	1:00 pm - 3:00 pm	Bingo			
	1:00 pm - 3:00 pm	Euchre & Chess (See note below)			

FRIDAY

Activities	9:30 am - 11:30 am	Cribbage	Courses	9:30 am - 11:00 am	Tai Chi
	10:00 am - 11:30 pm	Darts (<i>sign in 9:45 am, start 10 am</i>)		1:00 pm - 3:00 pm	Beginner Bridge
	12:30 am - 3:00 pm	Bridge (<i>sign in noon, start 12:30 pm</i>)			
	12:30 pm - 2:30 pm	Carpet Bowling (none on May 17) (<i>sign in 12:15 pm, start 12:30 pm</i>)			

SATURDAY

- 1:00 pm Benefit Bridge
◆ every 1st Saturday (*except long weekends*)
Apr 6, May 4 and Jun 1
- 7:00 pm Card Party
◆ every 3rd Saturday
Apr 20, May 18 and Jun 15

SUNDAY















- 1:00 pm Bid Euchre
◆ every 2nd and 4th Sunday
Apr 14 & 28, May 12 & 26 and Jun 9 & 23
- 2:00 pm Darts
◆ every Sunday (*except long weekends*)
CANCELLED April 21 for Historical Society
Rental to which everyone is invited.

Note re Chess— A table and chairs can be set anywhere for players — where/when space available— on demand.

Spring at the Centre

April 2013

(M = Main Hall, L = Lounge, C = Crush Space; * denotes a course, eve = evening activity)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Easter 	1 Easter Monday Centre is closed CLOSED	2 Quilting (L) Curolling (M) Pétanque-Atout (M) Sandbag (L)	3  Cancer Society Daffodil Bake sale Beg. Bridge (L) Bridge (M) Cribbage (L) (eve.) Darts (M) (eve.)	4  Workshop (L)  Bid Euchre (M) Thursday Luncheon Bingo (M) Euchre & Chess (M)	5 Cribbage (L) Darts (M) Bridge (M) Carpet Bowling (M)	6 Benefit Bridge
7 Darts (M)	8  Workshop (L) Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)	9 *Exercise Class (C) (Finishing Winter Session) Quilting (L) Curolling (M) Pétanque-Atout (M) Sandbag (L) *Line Dancing (M) Stamp Club (L) (eve.)	10  Foot Care Beg. Bridge (L) *Watercolour (M) *Tai Chi (C) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)	11  Workshop (L) *Exercise Class (C) (rest of Winter Session) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (M)	12 Cribbage (L) Darts (M) *Tai Chi (C) *A Beg. Bridge (L) Bridge (M) Carpet Bowling (M)	13
14 Bid Euchre Darts (M)	15  Workshop (L) Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)	16  Book *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) Sandbag (L) *Line Dancing (M) <div style="border: 1px solid black; padding: 2px; display: inline-block;">Alzheimer Group at Laurier Manor</div>	17 Beg. Bridge (L) *Watercolour (M) *Tai Chi (C) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)	18  Blood Pressure Board Meeting (L) *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess L	19 Cribbage (L) Darts (M) *Tai Chi (C) *A Beg. Bridge (L) Bridge (M) Carpet Bowling (M)	20 Card Party (eve.)
21  Historical Society Rental / Members invited 	22  Chic Flic Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)	23 *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) Sandbag (L) *Line Dancing (M)	24  Foot Care (L) Volunteer Appreciation Lunch *Tai Chi (C) Cribbage (L) (eve.) Darts (M) (eve.)	25 Stamp Club (L) *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (L)	26 Cribbage (L) Darts (M) *Tai Chi (C) *A Beg. Bridge (L) Bridge (M) Carpet Bowling (M)	27
28 Bid Euchre Darts (M)	29 Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)	30 *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) Sandbag (L) *Line Dancing (M)  To the Slots	<p>A very special Thank You to the volunteers of the Income Tax Clinic: André Gascon, Carol Nicholson, Betty Eadie, Debbie Karam, and David Pugh.</p>			

(1)Margaret Wilton (02) Rita St.Denis, Joanne O'Byrne (03) Jamal Toeg, Sherry MacPhee, Jean-Guy Levesque(5) Julianne Davidson, (08) Louis Cailloux, Andre Hebert, Leonard Trites, (09) George Faucher, (10) Bernice Melin, Carole Arthrell, Germaine Price, (11) Cathy Godsall, Roslyn Major, Dorothy Ritchie, Burnette(Bunnie) Andersen (12) Gail Casselman, Dan Dawson , Patricia Forbes-Lawrence (13) Germain Perron, (15) Walter Holland (17) Rena Bottrill, Neil Johnstone, Betty-Anne McDonald, Jacqueline Tanner, (19) Irene Ryan, (20) Rosa Cheung, Lois Merriman, Gilberte Chartrand, Shirley Bretzer, (21) Connie Adams, (22) Valeria Christian, Julie Dudley, (23) Elsie-Marie Stadler, Ruth Harding, Les Cassidy, Trudi Singh, Kathy Crompton, (25) Jean O'Toole, (26) Claire O'Connor, (27) Margot Whitford, Rosemary Newman, Nicole McAllister, (29) Sophie Cheung, (30) Jean Bell, Nancy Smart, Barbara Alexander, Yvon Morin, Helmut Ensslin, . Lambert Proulx.

**A TIP
of the
HAT**













To Juanita McDonald for making a runner and sixteen (16) table centres in green that we can use to decorate tables for St.Patrick and Christmas Lunches.



BIRTHDAYS

May 2013

(M = Main Hall, L = Lounge, C = Crush Space; * denotes a course, eve = evening activity)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Extract from "Lives we Lead" — Meg Stickl (our Exercise Teacher) compiled by Judith Coulter. <i>"...she became extremely light-headed and almost passed out. When the teacher finally arrived she noticed Meg's extreme pallor and suggested she switch to the trumpet!! (Get a copy of the rest of the story at the Centre or visit the Website.)"</i></p>			<p>1 Beg. Bridge (L) *Watercolour (M) *Tai Chi (C) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)</p>	<p>2  Workshop *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (L)</p>	<p>3 Cribbage (L) Darts (M) *Tai Chi (C) *A) Beg. Bridge (L) Bridge (M) Carpet Bowling (M)</p>	<p>4 Benefit Bridge</p>
<p>5 Darts (M)</p>	<p>6 Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)</p>	<p>7 *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) Sandbag (L) Party *Line Dancing (M)</p>	<p>8  Foot Care Beg. Bridge (L) *Tai Chi (C) *Watercolour (M) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)</p>	<p>9  Mother's Day Luncheon celebrating *Meditation (C) Bingo (M) Euchre & Chess (L)</p>	<p>10 Cribbage (L) Darts (M) *Tai Chi (C) *A) Beg. Bridge (L) Bridge (M) Carpet Bowling (M)</p>	<p>11</p>
<p>12 Bid Euchre Darts (M)</p>	<p>13  Chic Flic Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)</p>	<p>14 *Exercise Class (C) Quilt /Art Show and Tea in memory of Martha Tang Stamp Club (L)(eve.)</p>	<p>15 Beg. Bridge (L) *Watercolour (M) *Tai Chi (C) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)</p>	<p>16  Blood Pressure Board Meeting (L) *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (L)</p>	<p>17 Dart Tournament OSGA 55+ Regional Championship Qualifications Cribbage (L) *Tai Chi (C) *A) Beg. Bridge (L)</p>	<p>18 Card Party (M)</p>
<p>19 Darts (M)</p>	<p>20  Centre is Closed</p>	<p>21  Book Club *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) *Line Dancing (M) <div style="border: 1px solid black; padding: 2px; display: inline-block;"> Alzheimer Group at Laurier Manor </div></p>	<p>22  Foot Care Beg. Bridge (L) *Watercolour (M) *Tai Chi (C) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)</p>	<p>23 *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (L)  Evening to the Slots.</p>	<p>24 Cribbage (L) Darts (M) *Tai Chi (C) *A) Beg. Bridge (L) (Practice before Part B starting next month) Bridge (M)</p>	<p>25  Painting Workshop</p>
<p>26 Bid Euchre Darts (M)</p>	<p>27 Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)</p>	<p>28 *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) *Line Dancing (M)  Workshop (L)</p>	<p>29  OVT Beg. Bridge (L) *Tai Chi (C) *Watercolour (M) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)</p>	<p>30 Stamp Club (C) *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (L)</p>	<p>31 Cribbage (L) Darts (M) *Tai Chi (C) *A) Beg. Bridge (L) (Practice before Part B starting next month)</p>	


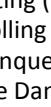
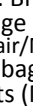


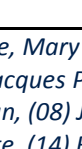



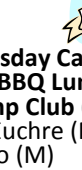
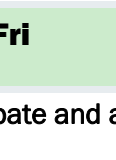
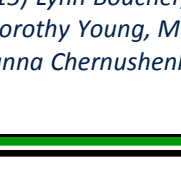
BIRTHDAYS

(1) Heather MacDonald, Brenda Beriault, Morlene Amyot, (02) Orville Frenette, Robert S Doyle, Lou Menard, (04) Nell Pocock, Claire Deschamps, (05) Henri Masson, Linda Latreille, Iris Phillips, Connie Sinclair Reed, Ethyle Manuel, Brigid Flynn, Donna Lee, (08) Ronald Kuseler, Donald Guenette, Marilyn (Marnie) Charron, Toni Mitchell, Ernie Ward, (09) Margaret Stainfield, (10) Victoria Boucher, (11) Geoffrey Cockhill, Mary Dologh, Cecile Schryburt, Pauline Robertson, Helen Grohmann, Naeema Matuk, (12) Ina Rodger, Barbara Dohm, Miro Benak, Doreen Hall, (13) David Pugh, Marie-Jeanine Howes, Janet Proudfoot, (17) Sylvia Lin, (18) Amir Jetha, (19) Rita Gillespie, Lorraine Sullivan, Kin Wan, Loreen Roberge, (21) Lina Granger, Marcel Duquette, Mae Smith, (22) Robert Webster, Aline Sirois, Melvyn Douglas, (23) Ross Kerswell, Elaine Villeneuve, Karin Greyeyes, (24) Jeanne Chagnon, Milton Sealy, (26) Michèle Currie, (27) Judith Faulkner, John Morrison, Judith Hamilton, (28) Dorothy Degn, (30) Yvonne (Bonnie) Olson, Gilles Blondin, Sandi McRae, (31) Hermance Blouin.

Spring at the Centre

June 2013

(M = Main Hall, L = Lounge, C = Crush Space; * denotes a course, eve = evening activity)

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
June will be a very "busy" month at the Centre: Keep an eye on the calendar and plan to participate and attend.						1 Benefit Bridge	
2 Darts (M)	3 Dominos (M) *Oil/Acrylic Painting (M) *Watercolour (L) *Zumba Gold (C) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)	4 Walk with the Board *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) *Line Dancing (M)	5 Foot Care  *Tai Chi (C) *Watercolour(M) Beg. Bridge (L) Bridge (M) *Chair/Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)	6 *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (L)	7 *Tai Chi Cribbage (L) Darts (M) Bridge (M) Carpet Bowling (M) *B) Beg. Bridge (L)	8	
9 Bid Euchre Darts (M)	10 Dominos (M) *Oil/Acrylic Painting (M) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)	11 *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) *Line Dancing (M) Stamp Club (L)(eve.)	12  OVT Day Trip *Tai Chi (C) Beg. Bridge (L) Bridge (M) *Chair/Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)	13 *Exercise Class (C) Bid Euchre (M) Father's Day Luncheon Annual General Meeting (AGM) (M) followed by Board Meeting (L)	14 *Tai Chi Cribbage (L) Darts (M) Bridge (M) Carpet Bowling (M) *B) Beg. Bridge (L)	15 Card Party (M)	
16 Darts (M)	17 Dominos (M) *Oil/Acrylic Painting (M) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.) * Mat Yoga (L) (eve.)	18 Book Club  *Exercise Class (C) Quilting (L) Curolling (M) Pétanque-Atout (M) *Line Dancing (M)	19 Foot Care  *Tai Chi (C) Beg. Bridge (L) Bridge (M) *Chair Yoga (L) *Mat Yoga (L) Cribbage (L) (eve.) Darts (M) (eve.)	20  Blood Pressure *Exercise Class (C) Bid Euchre (M) Thursday Luncheon *Meditation (C) Bingo (M) Euchre & Chess (L)	21 *Tai Chi Cribbage (L) Darts (M) Bridge (M) Carpet Bowling (M) *B) Beg. Bridge (L) (eve) GSAC Casino Night Fundraiser 	22  OVT Day Trip	
23 Bid Euchre Darts (M)	24 Chic Flic  Dominos (M) *Oil/Acrylic Painting (M) Shuffleboard (M) 500/ Scrabble (M) Duplicate Bridge (M) (eve.)	25  OVT Day Trip Quilting (L) Curolling (M) Pétanque-Atout (M)	26 *Tai Chi (C) Beg. Bridge (L) Bridge (M) Cribbage (L) (eve.) Darts (M) (eve.)	27  Thursday Canada Day BBQ Lunch Stamp Club (L) Bid Euchre (M) Bingo (M) Euchre & Chess (L)	28 *Tai Chi Cribbage (L) Darts (M) Bridge (M) Carpet Bowling (M) *B) Beg. Bridge (L)	29	
30 Darts (M)	 B E W A R E ! This summer the Centre will be raided by pirates and their pet parrots. Watch for the Summer Program and Bulletin to know when... (You probably figured out the "theme" for this summer's Grandparents' Day.)						

BIRTHDAYS

(01) Anthony Smyth, Christa Gieseler, Michael O'Leary, (02) George Plourde, Mary Williams, Betty Lambert, (04) Donna Guenette, Phyllis Macleod, (05) Audrey Marshall, Shirley Edmonds, Miranda Sealy, Jacques Plante, Connie Johnson, Warren Trickey, (07) Danielle Wilkinson, Jeannine Rivard, Phyllis Margerum, Minnie Hogan, (08) June Ranger, June Lyons, Fred Bertelmann, Rose Marie MacPhee, Diane M. Cummings, Hank Grohmann, (13) Antoine Matte, (14) Betty Thisdelle, (15) Lynn Boucher, Claudette Fingust, (16) David Bernard, Dorothy Ross, (17) Georgine Reynolds, Jeannine Bisson, (20) Rita Ouellette, Dorothy Young, Murray Clamen, (21) June Shonfield, Theresa Leonard, (22) Elizabeth Grant, Diane Cyr, (23) Clarisse Doyle, (28) Luanna Chernushenko, Virginia Menechian, Irene Dowding, (29) Raymond Courville, (30) Connie Wemyss.

Spring Quilt / Art Show and Tea in Memory of Martha Tang.

Tuesday, May 14, 1-3 pm

Tea Tickets: \$5

Come along and bring your friends and neighbours to tea and enjoy the exquisite work of our quilters and painters.

Calling quilters and artists: please advise front desk of your willingness to participate. Centre will accept works on commission (25% to Centre) as well as works donated wholly to the Centre.



We remember Martha Tang.

The following is an extract from the "**Member Profile — Martha Tang**" published in our 20/20 Bulletin of July-August 2008

Martha served on the Board of Directors for 12 years, as Vice-President, then President 1998-2000, then back to VP. From March 1994 until September 2006 Martha was editor of the 20/20, the Centre's newsletter, and coordinated the Tinsel Tea and Bazaar for many years. She also organized the sale of quilt raffle tickets at four different shopping centres until 2007.

In 2000 Martha was awarded the Gloucester Volunteer Recognition Award, in 2003 the Queen's Jubilee Medal and received a Life Membership at our Center's 20th Anniversary in November 2007.

When I spoke at Martha's funeral service, I basically talked about some of my memories of Martha's. Her cheerful and open personality. Her bravery in the big and small things. I remembered her involvement with the Tinsel Tea & Bazaar; but forgot to mention that even last year—when she was so sick—she had someone bring us a bag full of those little rolled up squares in bits of plastic straws that are used for the Straw Draw at the Tinsel Tea.

I remembered how much of an endearing "Nut Job" she could be. Some of us remember the time we painted (in the weekends) two "people-high" Tulips for the City's Tulip festival. That year we had a freak snow storm in early spring with a public "advisory" of staying at home! But Martha had painted the summer representation of activities in Ottawa and she wanted to see the tulips set up in front of City Hall. So, during this snow storm, she and a friend went to see them — what they could see through all that snow. Nut jobs! But such a good sense of fun!

Martha's courage helps me out when I run into problems. When she was told that the Cancer was back, she rejoiced that she could go back to paint at the May Court. I'm certain that was Martha's way of "softening" bad news for her friends and family. *Keep an Eye on us Martha from where you are.*

A note from Rhéa

Another fundraising event that Martha enjoyed was the "Walk with the Board". She was very inventive in making up rain gear for those unexpected showers. **Come and join the Walk with the Board this June.** There will be forms at the front desk available in May for you to pick up so that family and friends can sponsor you. Of course, if you do not wish to walk - you can participate by sponsoring someone who is walking.



**Walk With the Board
June 4**



A bouquet of forget-me-not
For Jackie

They say time flies when you are having fun! The last year has gone by too fast thanks to Jackie Lafontaine! Jackie has been found in the kitchen cooking and cleaning, in the office getting ready for Board Meetings, shopping, soliciting, and directing, advising, planning and proof reading! It is a whirl wind of learning experience and laughter as Jackie works tirelessly with only the Centre's best interest in mind. Special thanks to you for jumping in whenever, wherever you were needed! You are the best president I have worked with at GSAC! – Sharon.

	<p>May 16 \$8.00 Caesar salad Beef stroganoff with mushroom sauce Noodles Buttered peas Apple fritters with whipped cream</p>
<p>April 4 \$8.00 Tossed green salad Chicken stew with vegetables and potatoes Applesauce whole wheat cake</p>	<p>May 23 \$8.00 Roasted red pepper, mushroom & melon salad Meat Loaf with Creamy scalloped potatoes Mixed vegetables: broccoli, yellow beans & carrots Peach crisp with ice cream</p>
<p>April 11 \$8.00 Tomato & Basil soup Sautéed chicken with yoghurt & mushrooms Mashed potatoes and Carrots & peas Peaches with raspberry-yoghurt sauce</p>	<p>May 30 \$8.00 Cream of broccoli soup Veal strips in a tomato sauce Noodles Carrots & green beans Cinnamon coffee cake with fruit</p>
<p>April 18 \$8.00 Tomato juice Cole slaw Fish and chips Orange sponge cake with ice cream</p>	<p>June 6 \$8.00 Green bean & tomato vinaigrette salad Butterfly pork chops with Mashed potatoes Carrots and asparagus Baked bananas with ice cream</p>
<p>April 25 \$8.00 Apple-Celery salad Salisbury steak with mushroom sauce Roasted potatoes and Mashed turnips with carrots Strawberry shortcake</p>	<p>June 13 - FATHER'S DAY LUNCH \$10.00 Tomato juice Roast beef with Roasted potatoes Mixed carrots, celery and rutabaga Butterscotch bread pudding with whipped cream  NOTE: <i>Father's Day Lunch will be followed by the Annual General Meeting (AGM).</i></p>
<p>May 2 \$8.00 Tossed green salad Italian Spaghetti Garlic Bread Rhubarb pudding with custard sauce</p>	<p>June 20 \$8.00 Caesar salad Lasagna (beef or vegetable) Garlic toast Cherry pie with ice cream</p>
<p>May 9 - MOTHER'S DAY LUNCH \$10.00 Tomato juice Herb roasted chicken breast Mashed potatoes Parsleyed mixed vegetables Baked peaches with whipped cream </p>	<p>June 27 - CANADA DAY BAR-B-Q \$8.00 Hamburgers AND hot dogs Cole slaw, potato salad, macaroni salad Soft drinks Followed by entertainment and Cake (white and chocolate) Courtesy of Heritage Canada. </p>

Rentals

Looking for a place to hold your special event? We can provide a lounge, main hall and kitchen facilities at reasonable rates. Please call Sharon Oatway, Executive Director, at (613) 749-1974 for bookings or visit our Web Site for more information.