

FIFTY PLUS CLUB



WELCOME TO THE RA'S FIFTY PLUS CLUB

Easy, fun and sociable, the RA's Fifty Plus Club offers activities year round!

As a **Fifty Plus Member** you can join any of our Activity Groups. Each Activity Group is organized and run by members.

Sign up for Fifty Plus registered programs or Fifty Plus fitness classes for discounted rates!

If you are a **Non-Member** and interested in trying out a new activity, you are welcome to attend twice before joining the Fifty Plus Club.

Some Activities have added fees, this is indicated where applicable.

As an RA Member you can join the Fifty Plus Club for \$55*.

*RA Association fees apply to Federal employees and all other persons interested in joining the Association, please see the Fall Program Guide at www.racentre.com for more details.

ACTIVITY GROUPS

As a member of the Fifty Plus Club, you can participate in all our activities and socials. Most Fifty Plus club activities are organized and run by members. Socials and activities run year round! Non-Members are welcome to attend any activity twice before joining the Fifty Plus Club. Additional fees are indicated where applicable (*).

Activities: Badminton, Ballroom Dancing*, Bowling Leagues*, Cribbage, Line Dancing Instruction*, Skating*, Stitches Group

Fifty Plus Club Christmas Party

The Fifty Plus Club's Social Event of the Year!

Wednesday, December 2, 2015 from 11:30 am to 1:30 pm

Turkey dinner, door prizes, dancing and card games are included.

This party is open to Fifty Plus Club members only.

RA MEMBER BENEFITS

Great Deals available to RA Members

We are happy to announce that we have teamed up with **Smith Petrie Carr & Scott Insurance Brokers Ltd., CAA Noth East Ontario, the Ottawa 67s**, and the **Ottawa Senators** to offer the following RA Member Benefits.

For details on RA Member Benefits visit our website at www.racentre.com.

RA MEMBERS' CODE OF ETHICS

All members are requested to abide by the following Member's Code of Ethics:

The Recreation Association of the Public Service of Canada is an Association of members of similar ideals who:

- respect people and property;
- support the activities to the maximum degree possible;
- strive to achieve safe and honourable participation;
- take pride in the RA and exhibit sportsmanship; and
- participate to have fun and be fit.

The Association is committed to providing an environment that is free of violence and harassment for all members, visitors and employees.

HOW TO REGISTER

In person:

At the Member Services Desks, located near the east entrance of the RA Centre.

Monday to Sunday 7:30 am to 10:00 pm

Statutory holidays 8:00 am to 8:00 pm

By telephone:

Call the registration line at 613-736-6224.

Monday to Friday 11:00am to 5:30 pm.

Please have your credit card ready when you call.

On-line:

RA members and non-members are welcome to register for any program that has a program code using the Play RA on-line registration service.

Visit the RA's website at www.racentre.com and click on the Play RA on-line icon. Please have your credit card ready when you register.

BADMINTON

Badminton with no fuss, just fun, it's the perfect way to start playing or improve your skills. No partner required. Your activity rep will match you up with someone to play with. No extra fees, equipment provided. All levels welcome.

Wednesday September 9 to May 11 1:10 pm - 3:00 pm

BALLROOM DANCING

RA's Fifty Plus Club Members meet twice weekly, following the line dancing to keep fit and dance the day away. Volunteers lead and organize the dance. All levels are welcome. Partners are not required. There is a small fee of .50¢ / day.

Monday & Friday September to August 2:00 pm - 3:30 pm

**Sessions are held in the RA's Canada Room or the West Gymnasium. Members will be notified of room location in advance.*

BOWLING

Five pin bowling at it's best! The Fifty Plus bowling leagues play on Monday, Wednesday and Friday. Enjoy being active with friends, social events and year-end banquet. Ten lanes are available for league play. Weekly Fifty Plus league fees are reasonable and include your bowling, banquet fund and prize money. Leagues play September through April. New bowlers are welcome and can join anytime.

Leagues:

Mondays	September to April	1:00 pm - 3:30 pm
Wednesday	September to April	10:00 am - 12:00 pm
Fridays	September to April	1:00 pm - 3:30 pm

CRIBBAGE

What is the perfect cribbage hand? Join our members weekly for fun and sociability. All supplies provided.

Tuesday September to August 12:30 pm - 3:00 pm

LINE DANCING INSTRUCTIONS

Are you interested in trying out Ballroom Line Dancing? It's easy, fun and sociable! Everyone is welcome. No partner or previous dancing experience is needed and classes are open to both men and women. The Fall session will be taught by certified line dance instructor Louis Patry.

FALL Sessions (*No class Monday, October 12*)

1. Monday September 14 to November 23 1:00 pm - 2:00 pm
2. Friday September 18 to December 4 1:00 pm - 2:00 pm

Fees per session - Once a week:

\$42 Fifty Plus Club Member
\$65 Non-Member

Fees - drop in (guest fee):

\$ 5 Fifty Plus Club Member
\$ 7 Non-Member

SKATING

Enjoy skating at the RA's Ray Kinsella Arena every Tuesday and Thursday morning. Come out and enjoy the music, friendship and exercise. Skilled, novice and beginner skaters are welcome. Helmets are strongly recommended for all participants. Skating registration is accepted at the Member Services Desk. Guest are welcome for a daily fee.

Tuesday & Thursday

September 1 2015 to April 9 2016 10:30 am - 11:20 am
(no skating from December 14 to December 31, 2015 inclusive)

Fee: \$40 Fifty Plus Club Member
\$ 5 guest fee

STITCHERS DROP IN

Do you enjoy cross stitching, knitting, crocheting, quilting, embroidery or any other form of needle arts? Join this group of like-minded members on Wednesday afternoons or Tuesday evenings. Bring whatever project you are working on, no matter the form, and don't forget your stitching tools (*scissors, pins, needle, etc.*) Friendly advice offered and plenty of laughs shared.

Tuesday September to August 5:30 pm - 9:00 pm
Wednesday September to August 12:00 pm - 3:00 pm



Recreation Association of the Public Service of Canada

*A partnership created
to make your life better!*

Chartwell is Canada's largest retirement home operator. We're committed to helping seniors enjoy their retirement years with comfort, an engaging lifestyle and the peace of mind they deserve.

If you are ready to explore retirement living, visit
chartwell.com

making people's lives BETTER



Chartwell Retirement Residences is very excited to be partnering with the RA over the next three years. Chartwell has a strong community presence in Ottawa with nine socially active locations each home's mission is to provide a happier, healthier and more fulfilling life experience for seniors. Which is why we are so excited to be partnering with the RA, we have heard about your community and the pride you have in living socially, healthy and active lives. The RA makes people's lives better, which mirrors perfectly with our Vision of making people's lives better.

Making people's lives BETTER | CHARTWELL.COM