



Friends of Tai Chi

North Gower April 17-19, 2026

Updated December 31, 2025.

General Information

We are very excited to be offering another Friends of Tai Chi get-together! This will be held from Friday April 17 7-9pm, Saturday April 19 9:30am to 5pm, and Sunday October 5 9:30am to 1pm. All tai chi practice will be held at the Alfred Taylor Rec Centre, 2300 Community Way, North Gower, Ontario. North Gower is a small community about 30 minutes south of Ottawa. (Exit 42 or 49 off highway 416.)

Everyone is invited to attend this event, including friends and family who have not learned Master Moy's tai chi. We will provide beginner level instruction.

There is no formal pre-registration required.

If you have any questions about this event, please contact <mailto:friends.of.tai.chi.community@gmail.com>.

Cost

There is no cost for the event, but donations are gladly accepted.

Important Information for Participants

1. Participants are expected to arrange their own accommodations. This document contains a list of nearby accommodations. It is recommended that you arrange accommodations as soon as possible to ensure that you have a place to stay.
2. You are responsible for your own health and safety while practicing tai chi. Any suggestions or information that you may gather during this event should be carefully considered during your own practice. We advise you not to attempt to do any exercises or movements that you do not feel comfortable with, nor to attempt to force anything within your body. Best to always be relaxed and soft! It is quite fine, and very much recommended, that you rest if you become tired. Tai chi is a very safe

exercise with injuries being quite rare, but always be aware of your own physical capabilities and limitations.

3. By attending this event, you agree to be included in pictures and videos that we will be taking throughout the weekend. We plan to use these images and videos on our website and any potential future promotional materials. We will inform the group when we are taking pictures. If you do not wish to be in any pictures, please excuse yourself from the group during that time.

4. There will be people attending who are sensitive to scents and chemicals. Please avoid wearing any scented products or using heavily scented shampoos or deodorants, etc.

5. We ask that you not wear any clothes with logos from the FLK organization. They are particular about infringement on their trademarks if their logos are present in any of our images.

6. We will have some snacks and refreshments for the weekend. However, if you have food allergies or sensitivities, you may want to bring your own snacks.

7. Have fun!

Map to Rec Centre

<https://goo.gl/maps/hLzxeR3zwHWrbwMS6>

Program Agenda

- Friday 7pm-9pm - tai chi practice
- Saturday 9:30am - 12:30pm Rec Centre - tai chi practice
- Saturday 12:30 - 2pm Rec Centre - lunch break
- Saturday 2pm - 5pm Rec Centre - tai chi practice
- Saturday ~5:30pm Restaurant - Optional dinner
- Sunday 9:30am - 1pm Rec Centre - tai chi practice

There will also be several rest breaks during the program.

Nearby Restaurants

Saturday lunch is bring-your-own, or you can visit one of the local restaurants below.

North Gower Pizza
2333 Church Street
613-489-3365
North Gower Pizza

The Kitcheness
2333 Church Street

613-489-3313

The Kitcheness - Delicious Home Made Meals

Nearby Accommodations

SureStay Hotel by Best Western Kemptville – 15 to 20 minute drive to North Gower
https://www.bestwestern.com/en_US/book/hotels-in-kemptville/surestay-hotel-by-best-western-kemptville/propertyCode.54155.html

4022 County Road 43, Kemptville, ON K0G 1J0

Tel: 1.613.258.5939 or 1.800.780.7234

Breakfast included.

The Old Shipman House Bed & Breakfast – 20 minute drive to North Gower

<https://www.bbcanada.com/13169.html>

2390 Concession Road, Kemptville, ON K0G 1J0

Tel: 1.613.258.4749

Breakfast included. Motorhome hook-up and pad, 50 amp hookup, water, no sewage.

Abbott Road Suites – 20 minute drive to North Gower

<https://www.abbottroadsuites.ca/>

2204 Abbott Rd, Kemptville, ON K0G 1J0 (Suites are in various locations in Kemptville area)

No breakfast, but suites are kitchen equipped.

Hampton Inn & Suites Ottawa West - 21 minute drive to North Gower

https://www.hilton.com/en/hotels/yowowhx-hampton-ottawa-west/?SEO_id=GMB-AMER-HX-YOWOWHX&y_source=1_MTk1MTgwMDktNzE1LWxvY2F0aW9uLndiYnNpdGU%3D

125 Lusk St, Nepean, ON K2J 6S5

1.613.216.7829 or 1.877.461.1402

Breakfast included.

Days Inn by Windham Ottawa West - 24 minute drive to North Gower

<https://www.wyndhamhotels.com/en-ca/days-inn/ottawa-ontario/days-inn-ottawa-west/overview?CID=LC:DI:20160927:Rio:Local&iata=00093796>

350 Moodie Drive, Ottawa, Ontario K2H 8G3

1.613.726.1717

Breakfast included.

Henia's Inn – 25 minute drive to North Gower

<https://heniasinn.ca/>

111 Warrior Street, Ottawa, ON K2S 1E7

1.613.812.6777

heniasInn@host.smoobu.com

Breakfast included.

Saturday Dinner Get Together

The Marlborough Pub & Eatery

<http://marlboroughpub.com/>

1.613.489.2278

2364 Roger Stevens Drive, North Gower, ON

Menu has some vegetarian items (see website for details). Entrees start at \$20