

DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Note: Our office will be closed December 21, 2018 at 12:30 and will reopen January 3, 2019 at 9:30am</i></p>						<p>1 10:00am-4:00pm BAKE SALE HERITAGE PLACE MALL</p>
2	3 10:30am Gentle Fit 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:00pm Shuffleboard 1:00pm Georgian Bay Lacemakers 7:00pm O.S Duplicate Bridge	4 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7:00pm Community Meditation	5 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1:00pm O.S. Duplicate Bridge 7:00pm Progressive Pepper	6 10:30am Gentle Dance Fit 1:00pm Acrylic Art 7:00pm Knox Duplicate Bridge	7 10:00am Pepper Lessons	8
9 1:30pm Progressive Pepper	10 10:30am Gentle Fit 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:00pm Shuffleboard 1:00pm Georgian Bay Lacemakers 7:00pm O.S Duplicate Bridge	11 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7:00pm Community Meditation	12 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1:00pm O.S. Duplicate Bridge 7:00pm Progressive Pepper	13 10:30am Gentle Dance Fit 7:00pm Knox Duplicate Bridge	14 12:00pm Sew Be It	15 <i>JOIN THE BIRTHDAY CLUB TODAY!!!</i>
16 1:30pm Progressive Pepper	17 10:30am Gentle Fit 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:00pm Shuffleboard 1:00pm Georgian Bay Lacemakers 7:00pm O.S Duplicate Bridge	18 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7:00pm Community Meditation	19 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1:00pm O.S. Duplicate Bridge 7:00pm Progressive Pepper	20 10:30am Gentle Dance Fit 1:00pm Acrylic Art 7:00pm Knox Duplicate Bridge	21 10:00am Pepper Lessons	22
23 1:30pm Progressive Pepper 4:30pm English Country Dancers	24 1:00pm Georgian Bay Lacemakers	25 	26 7:00pm Progressive Pepper	27 10:30am Gentle Dance Fit 1:00pm Acrylic Art 7:00pm Knox Duplicate Bridge	28 10:00am Pepper Lessons 12:00pm Sew Be It	29 <i>DO YOU HAVE YOUR ROBBIE BURNS TICKETS?</i>
30 1:30pm Progressive Pepper	31 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:00pm Georgian Bay Lacemakers	1 	2 12:15pm Billiards & Snooker 1:00pm O.S. Duplicate Bridge 7:00pm Progressive Pepper	3 10:30am Gentle Dance Fit 1:00pm Acrylic Art 7:00pm Knox Duplicate Bridge	4 10:00am Pepper Lessons	5

More About Our Programs Focus on Fitness & Fun



Health and Fitness

Gentle Fit: Mondays; 10:30 am-11:30 am (excluding holidays) Members: \$5 Non-members: \$6 Gentle Fit is a 'low-impact' group exercise class for men & women, which will improve

your strength, stamina, balance, circulation & flexibility while YOU have FUN moving your body to upbeat music!

Class is led by Sally MacDonald, aka 'Sally Sunshine', an experienced & certified Seniors Fitness Instructor. All equipment is provided. Complimentary coffee is served after class for those wishing to socialize & meet new friends!

Gentle Fit-Seated Wednesdays; 10:30 am-11:30 am Members: \$ 5 Non-Members: \$ 6 This class is also lead by instructor Sally MacDonald, aka Sally Sunshine. It is run similar to our Gentle Fit class but is aimed towards participants with lower mobility as exercises are seated with 5 minutes of standing exercises. After class there is a time to chat and coffee is served, so this is also a great class to meet new people!

Meditation Tuesdays; 7 pm- 9 pm As human beings, our mind is naturally open and free. Even though we experience agitation, difficult emotions, stress and anxiety, beneath or within all of these experiences we can contact a state of being this is clear and fresh. Meditation is a practice to uncover and rest in this uncluttered state of mind.

Just for Fun!

Billiards and Snooker Tuesdays; Starting at 12:00 noon Wednesdays; starting at 12:00 noon Please note this activity takes place at the Bayshore Community Centre



Play Reading 1st Friday of every month starting at 7 pm Come & indulge your dramatic side! All are welcome, no theater experience needed!

Shuffle Board Mondays; Starting at 1:00pm Please note this activity takes place at the Bayshore Community Centre Come and join this fun group for a good game! All are welcome!

Owen Sound English Country Dance 4th Sunday of each month from September to May 4:30pm to 6:30pm – Facilitated by Lyn Allan No partner or experience necessary

Computer Tutoring By Appointment Only Members: \$10.00/ hour Non-members: \$20.00/ hour When it comes to computer training, there is no such thing as a silly question! Contact our office to set up a time!

Getting Ready for 2019 Watch for more details



Coffee and Chat is getting a new look in 2019 - Come out and enjoy an informal coffee and chat on topics that matter to you. 2019 topics will be available soon!



Bus trips - Do you like day excursions and don't like to drive? Leave the driving, planning & organizing to us. Watch for the 2019 schedule!



We have various committees, all of which are open any active members of the ALC. This is an excellent way for you to be more involved, share your ideas and have your voice heard. For more information, contact the Office at 519-376-8304 or by e-mail mail.alscgb@gmail.com or speak with any Board Member.

Upcoming Events!



Join us at the Heritage place mall on December 1 2018 from 10:00-4:00pm for our annual bake sale.



For those who are hard to buy for!
Robbie Burns Celebration - Save the Date. Sunday January 20, 2019. The afternoon will be complete with live music and Highland Dancing.



Starting In January! On the last Friday of the month, ALC will inviting and celebrating with birthday cake and coffee for those members celebrated that month... all members are welcome



May this holiday season be full of surprises and cheers, simply because you deserved the best! Merry Christmas and a Happy Holidays from Active Lifestyle Centre Grey-Bruce

DECEMBER CALENDAR OF EVENT



McQuay Tannery Building 1852 3rd Avenue East
OWEN SOUND ON N4K 2M6
519-376-8304 | mail.alscgb@gmail.com | www.alscgb.ca



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