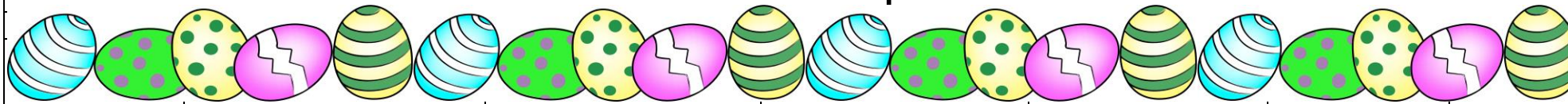


April 2017



							Special Events
2 Sunday	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday	<ul style="list-style-type: none"> Friday April 7th – Try your luck at BINGO! Have lots of fun and win some prizes Think you're a smart cookie? Try your hand at our TRIVIA day on Friday, April 21st
1:30pm Progressive Pepper	10am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	8:30am-4:30pm Social Justice Tribunal Hearings 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	8:30am-4:30pm Social Justice Tribunal Hearings 10:30-11:30am Sit & Get Fit 12:15pm Billiards/Snooker 1pm O.S. Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 1pm Acrylic Painting 7pm Knox Duplicate Bridge	1pm BINGO 7pm Play Reading Group	9am-5pm Attack Draft	
9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday	New This Month <ul style="list-style-type: none"> Games Day is no longer taking place on the 1st & 3rd Friday of Each month. Keep your eyes peeled for fun new activities on those days.
1:30pm Progressive Pepper	10am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	10am C.O.A. Meeting 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30-11:30am Sit & Get Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 12:30pm-4:30pm B.A.L.L. Meeting 7pm Know Duplicate Bridge	GOOD FRIDAY Office Closed 1pm Sew Be It		
16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday	
1:30pm Progressive Pepper	EASTER MONDAY Office Closed 10am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30-11:30am Sit & Get Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 1pm Acrylic Painting 7pm Knox Duplicate Bridge	1:30pm Trivia		
23/30 Sunday	24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 Saturday	Notes: <ul style="list-style-type: none"> Make sure to follow us on Facebook to stay up-to-date on all of our events!!
1:30pm Progressive Pepper 4:30pm English Country Dancers (30 th)	10am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30-11:30am Sit & Get Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 12:30pm-4:30pm B.A.L.L. Meeting 7pm Know Duplicate Bridge	1pm Sew Be It		

The Tannery Building, 1852 3rd Ave E Owen Sound, ON N4K 2M6 519-376-8304 mail.alscgb@gmail.com

www.alscgb.ca

Please Note: Activities highlighted in yellow are located at the Bayshore Community Centre

**All programs are subject to cancellation in the event of insufficient pre-registration or may be cancelled due to unforeseen circumstances.

Please contact the centre to ensure that programs and activities are running. **

Facebook: [Active Lifestyles Centre Grey-Bruce](https://www.facebook.com/ActiveLifestylesCentreGreyBruce)



Seated Gentle Fit

Due to popular demand we are expanding our Gentle Fit Classes!!! Sally is coming back to the Centre on Wednesday mornings to offer a Seated Gentle Fit Class.

You now have the option of Gentle Fit Monday mornings at 10:00 am or Seated Gentle Fit on Wednesday mornings at 10:30 am. Both are open to men and women and are drop-in classes.

Our first Seated Gentle Fit class will be starting Wed, April 5th. Improve your: Heart Health, Mobility, Balance, Strength, & Flexibility.

Join us for complimentary coffee & tea served after class

Members \$2.00 Non-Members \$3.00

Contact Us- Visit Us - Like Us—Follow Us

Address: The Tannery Building—1852 3rd Avenue East—Owen Sound—Ontario—N4K 2M5

Telephone: 519-376-8304

Email: mail.alscgb@gmail.com

Website: www.alscgb.ca

Facebook: Active Lifestyles Centre Grey Bruce

Georgian Bay Lace Makers

When you see a skilled bobbin lace maker working with dozens of bobbins to make an intricate lace pattern, it seems impossibly difficult. Don't be intimidated, the basic stitches are easy to learn.

If you are curious and would like to see bobbin lace being made in the traditional way, come to a meeting and give it a try!

New members are welcome. You don't have to know how to make bobbin lace in order to join. We will teach you.

Meetings take place every Monday at 1pm

Members \$2.00 Non-Members \$3.00



ACTIVE LIFE

The Active Lifestyles Seniors' Centre Newsletter – For Those Aged 55+

Issue 3

April 2017

What's Happening

The board of Directors at their most recent meeting heard that we now have over 150 members as of March 28th. This is fabulous and we wanted to sincerely thank all of you for your understanding of our increase in fees and your continuing support.

We are working on additional benefits for members and would welcome any suggestions you may offer. Having a strong membership helps us with our lease renewal with the city. We all want to make the ALSC a vibrant fun experience for us all.

We have a snookers billiard table available for use on Tuesdays from 12pm-3pm. Call, email, or visit us at the office to book it. Also we are seeking billiards balls.

The Active Lifestyles Centre Grey-Bruce will be operating as the "Active Lifestyles Seniors' Centre Grey-Bruce" going forward.

Your Monthly Chuckle

Q. How does the Easter Bunny stay fit?

A. Eggs-ercise and hare-robics

Coming Up

Watch this spot for news of up-coming events and activities.

◇ **BINGO** and **TRIVIA** will be taking place this month on the 1st and 3rd Fridays, respectively. Come on out and have some fun and win some prizes

◇ **NEW 'SEATED' GENTLE FIT CLASS**

Our Mon. morning Gentle Fit Exercise Class led by Sally MacDonald has been SO successful, we are adding another class to improve your Heart Health, Mobility, Balance, Strength & Flexibility

First Class: Wed. April 5, 2017 (please arrive a little early)

Join us for complimentary coffee & tea, served after class!

Follow Us—Like Us

