

May 2017

Sunday	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday	Special Events
	10am-11am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	9am-10am Qigong Exercise 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 Dup. Bridge Chi-Cheemaun Trip	7pm Play Reading Group		<ul style="list-style-type: none"> Thursday, May 4th The Chi-Cheemaun sets sail to Tobermory!!!
7 Sunday	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday	
1:30pm Progressive Pepper	10am-11am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	9am-10am Qigong Exercise 10:45am SSSS Info Session 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 12:30-4:30pm B.A.L.L Meeting 7pm Knox Dup. Bridge	9am-10am Qigong Exercise 1pm Sew Be It		
14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday	New This Month
1:30pm Progressive Pepper	10am-11am 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 9am-10am Qigong Exercise 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 Dup. Bridge	9am-10am Qigong Exercise		<ul style="list-style-type: none"> Qigong Exercise Series Starts this month at 9am on Tuesday, May 2nd. Make sure you are pre-registered for this series!
21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday	
1:30pm Progressive Pepper	Office Closed 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 12:30-4:30pm B.A.L.L Meeting 7pm Knox Dup. Bridge	9am-10am Qigong Exercise 1pm Sew Be It		
28 Sunday	29 Monday	30 Tuesday	31 Wednesday	Thursday	Friday	Saturday	Notes:
1:30pm Progressive Pepper 4:30pm English Country Dancers	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				<ul style="list-style-type: none"> Be sure to book your tickets for our next bus trip which is going to St. Jacobs Market!

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)



Arts and Crafts

2nd and 4th Tuesday of each month at 1:30pm

Art Serves as a way to explore, express yourself, and have fun at the same time. Our artists and crafters gather together to learn, share, and socialize. This can include drawing, beading, jewelry, weaving or painting (no oils). Just bring whatever you are working on! The Art Group is an informal non-instructional group that gather together to learn from each other, Level of skill doesn't matter.

Acrylic Art Classes

1st and 3rd Thursday of each month at 1pm

Did you know that the fastest growing segment of our society, the 55 Plus age group, is discovering art? Unlock the artist within you. Lois Urdstadt is a self-taught artist who shares her love for creating with students in a way that allows them to discover their ability in a fun, relaxing, interactive way. All skill levels welcome.

Sew Be It

2nd and 4th Friday of each month at 12pm

Bring along your knitting, sewing, or crocheting and enjoy a fun afternoon. These gals know how to multi-task (have fun, share their talents, and do crafts all at the same time).

Contact Us- Visit Us - Like Us—Follow Us

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

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Email: mail.alscgb@gmail.com

Website: www.alscgb.ca

Facebook: Active Lifestyles Centre Grey Bruce



ACTIVE LIFE

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

Issue 4

May 2017

What's Happening

**Staying Safe & Staying Strong Free Info Session
May 9th at 10:45am**

A free 45 minute informational session to provide seniors with information to identify their own personal risks for falls, and strategies to reduce their risk.

A way to identify and inform those who might benefit from the 5 week **Staying Safe-Staying Strong** program or individualized personal one-on-one therapy.

Come prepared to learn and ask questions. Wear comfortable clothing and shoes. Wear any braes or orthotics that help you move. Bring any walking devices or balance tools that you might use. Bring notepaper and a pen. Bring a family member or a caregiver if you wish them to accompany you.

Your Monthly Chuckle

- Q.** What does a nosy pepper do?
A. Get Jalapeño business!

Coming Up

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

◇ Qigong Exercise Series

Pre-register for this exercise workshop which starts Tuesday May 2nd.

◇ Chi-Cheemaun Sets Sail!

Don't forget to join us for our first bus trip of the year! Thursday, May 4th enjoy the ride as the Chi-Cheemaun sails to Tobermory for the season. Enjoy lunch and beautiful views aboard the Chi-Cheemaun. A bus will be waiting to bring you back to Owen Sound. Get your ticket before they run out!

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