

August 2017

Sunday	Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday	Special Events
		12:15pm Billiards/Snooker 12:30pm Progressive Bridge 7pm Shambhala Meditation	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10 am-12 pm Computer Tutoring 1 pm Acrylic Painting 7 pm Knox Duplicate Bridge	7 pm Play Reading		<ul style="list-style-type: none"> In celebration of the Civic Holiday, Aug 7, our office will be closed Our Raffle winners will be chosen this month on the 17th so keep your fingers crossed!
6 Sunday	7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday	12 Saturday	
1:30pm Progressive Pepper	Holiday- Office Closed 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	12:15pm Billiards/Snooker 12:30pm Progressive Bridge 7pm Shambhala Meditation	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 12:30-4:30 B.A.L.L. Meeting 7pm Knox Duplicate Bridge	12 pm Sew Be It		
13 Sunday	14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday	19 Saturday	New This Month
1:30pm Progressive Pepper	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 7pm Shambhala Meditation	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 12 pm Raffle Draw 1 pm Acrylic Painting 7pm Knox Duplicate Bridge			<ul style="list-style-type: none"> Sharon McKeachnie is our new Chair of the Board of Directors! Lindy Adams has begun as our new Office Manager! Stop in and say hello! ☺ Please note that B.A.L.L. is back to their regularly scheduled meetings this month after their July hiatus
20 Sunday	21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday	26 Saturday	
1:30pm Progressive Pepper	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 7pm Shambhala Meditation	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 12:30-4:30 B.A.L.L Meeting 7pm Knox Duplicate Bridge	12 pm Sew Be It		
27 Sunday	28 Monday	29 Tuesday	30 Wednesday	31 Thursday	Friday	Saturday	Notes:
1:30pm Progressive Pepper	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 7pm Shambhala Meditation	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 1 pm Acrylic Painting 7pm Knox Duplicate Bridge			<ul style="list-style-type: none"> Make sure to follow us on Facebook to stay up-to-date on all of our events!! Email us with any questions, to register for activities, or if you have an idea for a new activity!

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)



ACTIVE LIFE

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

Issue 7

August 2017

Raffle Tickets Available

Our raffle tickets are on sale at the center! Tickets are only \$5 each and you will be entered to win one of three amazing prizes:

1st Prize: Pair of Attack Vouchers (good for any 10 games, a \$400 value!)

2nd Prize: Pair of Seasons Tickets to The Roxy Theatre (a \$178 value!)

3rd Prize: \$100 Cash

This draw will take place on August 17th at 12pm and ticket purchases can be made through cash or cheque.

Introduction to Wine

Saturday, September 16th

Come for an insight into the world of wine! We will spend a full day touring three wineries in the Niagara region. The guides will explain their methods of wine making and tastings of fine wines are offered at each estate. Learn the process of grapes from the vine to wine in a bottle. Taste some of the best ice wine in the world. Lunch is served in an atmosphere of vineyards and camaraderie. Come, taste, and judge the finest wines for yourself!

Price: \$168 per member (taxes incl.)
\$178 per non-member (taxes incl.)

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

What's Happening

The 2017 Bus Trips have been set and we hope you will come out and join us:

A Touch of History – August 19, 2017

\$65.00 per member \$75.00 per non member

Introduction to Wine – September 16, 2017

\$168.00 per member \$178.00 per non member

Credit River Explorer – October 7, 2017

\$112.00 per member \$122.00 per non member

All prices include taxes, for further details please contact the Centre.

Please note that BALL Meetings are back to their regular schedule after their July hiatus

Coming Up

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

- ❖ Keep your eyes open for activities that have taken a break for the summer and are returning in September!
- ❖ We also have new workshops coming this fall so check our website regularly as more information becomes available!

Your Monthly Chuckle

Q. What do you get from a pampered cow?

A. Spoiled milk!

Follow Us—Like Us

