

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	1 Saturday	Special Events
						Canada Day	<ul style="list-style-type: none"> Canada celebrates its 150th on Saturday, July 1st, our staff & volunteers would like to wish you a Happy Canada Day Blue Jays Bus Trip takes place Saturday, July 8th Garage Sale and BBQ takes place on Saturday, July 15th
2 Sunday 1:30pm Progressive Pepper	3 Monday Holiday- Office Closed 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	4 Tuesday 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 7pm Shambhala Meditation	5 Wednesday 10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	6 Thursday 10am-12pm Computer Tutoring 1pm Acrylic Painting 7pm Knox Duplicate Bridge	7 Friday 7pm- Play Reading	8 Saturday Blue Jays Bus Trip	
9 Sunday 1:30pm Progressive Pepper	10 Monday 10am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	11 Tuesday 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 7pm Shambhala Meditation	12 Wednesday 10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	13 Thursday 10am-12pm Computer Tutoring 7pm Knox Duplicate Bridge	14 Friday 1pm Sew Be It	15 Saturday 8am-2pm Garage Sale/BBQ	New This Month
16 Sunday 1:30pm Progressive Pepper	17 Monday 10am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	18 Tuesday 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 7pm Shambhala Meditation	19 Wednesday 10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	20 Thursday 10am-12pm Computer Tutoring 1pm Acrylic Painting 7pm Knox Duplicate Bridge	21 Friday	22 Saturday	
23/30 Sunday 1:30pm Progressive Pepper	24/31 Monday 10am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffle Board 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	25 Tuesday 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 7pm Shambhala Meditation	26 Wednesday 10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	27 Thursday 10am-12pm Computer Tutoring 7pm Knox Duplicate Bridge	28 Friday 1pm Sew Be It	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!! 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 6

July 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.

A Touch of History

Saturday, August 19th 2017

Come out and discover a piece of history by visiting the Chippewa First Nation's Festival and learn some of the Native culture.

Colourful costumes are worn during the ceremonial dances and vendors' booths exhibit their wares and food throughout the park.

Continue on a picturesque route to Cape Crocker lighthouse which is a photographer's delight and where fossils are often discovered at the nearby Storm Beach.

Next the beauty of Sauble Falls is viewed as the water tumbles over the rocks.

This promises to be a pleasant outing with many memories so don't miss out! Stop by the Center to pick up your ticket today!

Price: \$65 per member (taxes incl.)
\$75 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:

Blue Jays Baseball Game – July 8, 2017

\$120.00 per member \$130.00 per non member

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.

Your Monthly Chuckle

Q. What Dr. Seuss book do they read every morning in Canada?

A. Tim Hortons Hears a Who.

Coming Up

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

◇ **Garage Sale and BBQ**

This fundraiser will be taking place on Saturday, July 15th, 2017 from 8am to 2pm. Come out for a great afternoon of findings, food and fun!

If you or someone you know are interested in donating items please contact us by phoning (519)-376-8304 or by speaking with one of our board members to arrange delivery of the items.

Follow Us—Like Us

