

☀ June 2017 ☀

Sunday	Monday	Tuesday	Wednesday	1 Thursday	2 Friday	3 Saturday	Special Events
				9am Tuning Your Driving Skills Workshop 10am-12pm Computer Tutoring 1pm Acrylic Painting 7pm Knox Duplicate Bridge	7pm Play Reading Group		<ul style="list-style-type: none"> Tuning Your Driving Skills Workshop taking place June 1st & 15th 10th Annual Seniors Fair at the Bayshore on Wednesday, June 7th Join us on Saturday, June 10th for a trip to St. Jacobs Farmers' Market
4 Sunday	5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 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 1:30pm Arts & Crafts 7pm Shambhala Meditation	Seniors Fair @ Bayshore BBQ @ the Centre 12:15pm Billiards/Snooker 7pm Progressive Pepper	10am-12pm Computer Tutoring 12:30pm-4:30pm B.A.L.L. Meeting 7pm Knox Duplicate Bridge	1pm Sew Be It	St. Jacobs Bus Trip	
11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 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	11am Annual General Meeting & Volunteer Appreciation 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Exercise 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	9am Tuning Your Driving Skills Workshop 10am-12pm Computer Tutoring 1pm Acrylic Painting 7pm Knox Duplicate Bridge			<ul style="list-style-type: none"> Our Raffle Tickets are now on sale! \$5 each 1st Prize Two Attack vouchers good for any 10 Attack Games. 2nd Prize Two Seasons tickets to the Roxy Theatre. 3rd Prize \$100 Cash. Draw takes place August 17th @ 12pm
18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday	
1:30pm Progressive Pepper	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	10:30am Seated Exercise 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 Knox Duplicate Bridge	1pm Sew Be It		
25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 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 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Exercise 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10am-12pm Computer Tutoring 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)



Raffle Tickets Available

Our Raffle Tickets have gone on sale at the centre!
 Tickets are only \$5 each and the draw will be taking place on August 17th at 12pm.

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

2nd Prize: Pair of Season's Tickets to The Roxy Theatre (Value \$178)

3rd Prize: \$100 Cash

St. Jacobs Tickets Still Available

Saturday, June 10th

Join us for a full day to meander through St. Jacobs Market. Over a wide area, vendors are selling fruit, vegetables, meats, and baked goods from Ontario. Bring your appetite as there is a variety of products to satisfy all cultures and taste. Also there are outlets, crafts, fashions, housewares, antiques and you can even experience a horse drawn tour.

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



ACTIVE LIFE

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

Issue 5

June 2017

What's Happening

**Tuesday, June 13th Annual General Meeting
 Business Meeting Takes Place at 11:00am**

Followed by:

Light Lunch: Catered by Seasons

Entertainment: Sheila Milne Highland Dancers

Volunteer Appreciation

Please Join Us

St. Jacobs Market – June 10, 2017

\$45.00 per member \$55.00 per non member

Tuning Your Driving Skills Workshop will be

taking place on June 1st & 15th

Motorized Wheelchairs & Scooters Workshop

has been cancelled and will be rescheduled for the fall.

Your Monthly Chuckle

Q. What kind of shoes are made from bananas?

A. Slippers

Coming Up

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

◇ **10th Annual Seniors' Fair**

To celebrate Seniors month, the 10th annual United Way Bruce Grey Seniors' Fair will be held on Wednesday, June 7th, 2017 from 10am – 3pm at the Bayshore Community Centre

The Bayshore will be filled with over 85 exhibitors, including over 50 government and non-profit organizations who focus on services, products, care and support available to help seniors in Bruce and Grey Counties.

Please note in place of activities that day we will be having a BBQ and demos at the centre.

