

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	1 Friday	2 Saturday	Special Events
					7 pm Play Reading		<ul style="list-style-type: none"> Office will be Closed Monday September 4th Raffle Winners are: 1st Prize – Attack Voucher Cheryl Grant 2nd Prize – Roxy Tickets Charlie Young 3rd Prize - \$100 Cash Mike Fortney
3 Sunday	4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 Saturday	
1:30pm Progressive Pepper	Holiday- Office Closed	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	9:30 Healthy Living Workshop 1pm Acrylic Painting 7pm Knox Duplicate Bridge	10:30am M.E.L.T Workshop 12 pm Sew Be It		
10 Sunday	11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 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 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	9:30 Healthy Living Workshop 7pm Knox Duplicate Bridge	10:30am M.E.L.T Workshop	Introduction to Wine Tour Bus Trip	<ul style="list-style-type: none"> REMINDER – Introduction to Wine Trip is September 16th and room is still available Activities that were on a summer hiatus are back to their regular schedule Our new Office Manager is Gail Jordan, please be sure to stop in and introduce yourself
17 Sunday	18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 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	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	9:30 Healthy Living Workshop 1pm Acrylic Painting 7pm Knox Duplicate Bridge	10:30am M.E.L.T Workshop 12 pm Sew Be It		
24 Sunday	25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 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	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	9:30 Healthy Living Workshop 7pm Knox Duplicate Bridge	10:30am M.E.L.T Workshop		<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 or 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)



Credit River Explorer

Saturday, October 7th, 2017

It's a repeat! Last year the train tour was so successful it was fully booked with a waiting list. Space is now reserved for this October. See the fall colours through the Credit Valley and Forks of Credit as the train travels through the rolling hills, valleys and headwaters from Orangeville to Snelgrove and return. Refreshments and a light lunch are served at your seat, while you admire the vivid colours of the trees. Don't be disappointed- Book your reservation now!

Price (taxes included):
 \$112.00 per member
 \$ 122.00 per non member

Our Strength....Our Volunteers

The ALSC relies on volunteers to run.

What our Volunteers do:

- ❖ Facilitate activities
- ❖ Plan and organize bus trips
- ❖ Assist with a range of administrative duties
- ❖ Serve on the Board of Directors
- ❖ Serve on Committees

We have received a Seniors Community Grant for a Volunteer Recruiter. This position will run from September 15, 2017 to January 12, 2018 for 15hrs per week.

If you wish to volunteer at the centre please come in and see us in the office Monday – Friday between 9:30am - 12:30pm.

Contact Us- Visit Us - Like Us—Follow Us

Address: The Tannery Building—1852 3rd Avenue East—Owen Sound—Ontario—N4K 2M6

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 8

September 2017

What's Happening

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

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.

The Wall Has Come Down...please come and enjoy the new expanded space.

Your Monthly Chuckle

Q. What is the smallest room in the world?

A. A mushroom

Coming Up

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

- ❖ We have new workshops coming this fall so check our website regularly as more information becomes available!
- ❖ We wish to announce Gail Jordan is the new Office Manager, please drop in and say Hello.
- ❖ If you wish to go on the Credit River Explorer Tour on October 7, 2017, please sign up as space is limited.

Follow Us—Like Us

