

# October 2017



1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday	Special Events	
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	2pm Friendly Friday Sing Along 7pm Play Reading		<ul style="list-style-type: none"> <li>Office will be Closed Monday October 9<sup>th</sup></li> <li>Please Welcome Rose Leeson, Volunteer Coordinator, please stop by and introduce yourself.</li> <li>October 26 &amp; 27, the City will be retro fitting the lighting please note all daytime events are cancelled</li> </ul>	
8 Sunday	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday		
1:30pm Progressive Pepper 	<b>Holiday- Office Closed</b> 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge <b>Thanksgiving Monday</b>	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	12pm Sew Be It	<b>Cranberry Festival Trip, Bala</b>		
15 Sunday	16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 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	1pm Acrylic Painting 7pm Knox Duplicate Bridge			<ul style="list-style-type: none"> <li>Friendly Friday Sing Along 1<sup>st</sup> Friday of each month and is open to everyone.</li> <li>Please note Progressive Bridge is cancelled for October 24<sup>th</sup> due to the facility being rented.</li> </ul>	
22 Sunday	23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday	28 Saturday		
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 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Gentle Fit 12:15pm Billiards/Snooker 1pm O.S Duplicate Bridge 7pm Progressive Pepper	7pm Knox Duplicate Bridge Lighting Retro Fitting	Lighting Retro Fitting			
29 Sunday	30 Monday	31 Tuesday	Wednesday	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 1:30pm Arts & Crafts 7pm Shambhala Meditation <b>TRICK OR TREAT.</b>	<b>Please remember to watch for Trick or Treaters</b>					<ul style="list-style-type: none"> <li>Make sure to follow us on Facebook to stay up-to-date on all of our events!!</li> <li>Email us with any questions, to register for activities, or if you have an idea for a new activity!</li> </ul>

The Tannery Building, 1852 3<sup>rd</sup> Ave E Owen Sound, ON N4K 2M6

519-376-8304

[mail.alscgb@gmail.com](mailto:mail.alscgb@gmail.com)

[www.alscgb.ca](http://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)



## Cranberry Festival Trip Bala, Ontario

**This is the alternate excursion to the  
Credit River Explorer Trip**

**Saturday October 14, 2017**

Come and enjoy one of the largest outdoor events held each year.

Visit a cranberry farm and view how cranberries are grown and if you want a unique experience 'a walk through the marsh.' Cranberry wine tastings are included and various products are for sale.

Helicopter rides and a Cranberry Plunge are available (at your cost) and vendors displaying and selling their arts and crafts. Music resounds throughout the festival.

The tour includes: motor coach transportation from Owen Sound, a box lunch, tour of the cranberry marsh and tastings.

### Price:

Members - \$112.00  
Non Members - \$122.00

## 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

## Please Welcome

Rose Leeson,  
Volunteer Co-ordinator.

Thanks to the Seniors Community Grant we were able to hire Rose Leeson, Volunteer Co-ordinator for a period of 16 weeks.

Rose will be working with our Centre to update our current Volunteer Training & Recruitment Program. ALL current volunteers are invited to contact Rose through the office to share information.

Rose started with the ALSC on September 20<sup>th</sup> and will be with us until mid January.

## Fundraising

We are always open to fundraising ideas.

If you have a fundraising idea, please speak to any member of the Board or forward your suggestion to the office.



# ACTIVE LIFE

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

Issue 9

October 2017

## What's Happening

### The Final Scheduled Bus Trip for 2017

Due to a situation beyond our control, the Credit River Explorer Trip scheduled for October 7, 2017 has been cancelled.

An alternate excursion has been arranged, so please join us on the **Cranberry Festival Trip** in Bala, Ontario, **Saturday October 14, 2017.**

Please register **no later than Friday October 6th**

For more information, please contact the office at the Centre.

## Your Monthly Chuckle

**Q:** Why did the witches' team lose the baseball game?

**A:** Their bats flew away.

## Coming Up

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

- ❖ **DO YOU LIKE TO SING**  
Friendly Friday Sing Along will be held on the 1<sup>st</sup> Friday of each month beginning at 2:30pm. Come out and enjoy the old favorites. *This is open to everyone.*

### Bridge News

The Bayshore Senior's Progressive Bridge Club meets on Monday and Tuesday from 12:30-3:00 with the exception of holidays. Everyone is welcome; if you know of anyone interested invite them along.

## Follow Us—Like Us

