

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"> Office will be Closed Monday October 9th Please Welcome Rose Leeson, Volunteer Coordinator, please stop by and introduce yourself. October 26 & 27, the City will be retro fitting the lighting please note all daytime events are cancelled 	
8 Sunday	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday		
1:30pm Progressive Pepper 	Holiday- Office Closed 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge Thanksgiving Monday	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	Cranberry Festival Trip, Bala		
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"> Friendly Friday Sing Along 1st Friday of each month and is open to everyone. Please note Progressive Bridge is cancelled for October 24th due to the facility being rented. 	
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 TRICK OR TREAT.	Please remember to watch for Trick or Treaters					<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)



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 20th 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 1st 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

