

# November

Sunday	Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday	Special Events
			10:30am Seated Gentle Fit <b>12:15pm Billiards/Snooker</b> 1pm O.S Duplicate Bridge 7pm Progressive Pepper	10:30am Computer Training 1pm Acrylic Painting 7pm Knox Duplicate Bridge	2pm Friendly Friday Sing Along 7pm Play Reading		<b>Volunteer Open House</b> Thursday November 16 <sup>th</sup> 10am – 12:00 noon <b>Everyone is Welcome</b>
<b>5 Sunday</b>	<b>6 Monday</b>	<b>7 Tuesday</b>	<b>8 Wednesday</b>	<b>9 Thursday</b>	<b>10 Friday</b>	<b>11 Saturday</b>	<b>Sheatre Performance</b> Friday November 17 <sup>th</sup> 10am <b>Everyone is Welcome</b>
<b>12:30 Progressive Pepper Tournament</b> 	10am Gentle Fit <b>12:30pm Progressive Bridge</b> <b>12:30pm Shuffle Board</b> 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	<b>12:15pm Billiards/Snooker</b> <b>12:30pm Progressive Bridge</b> 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Gentle Fit <b>12:15pm Billiards/Snooker</b> 1pm O.S Duplicate Bridge 7pm Progressive Pepper	7pm Knox Duplicate Bridge	12pm Sew Be It	<b>Remembrance Day</b> 	<b>Decorating the Centre</b> will be the week of November 27 <sup>th</sup> ....many hands make light work please contact the office for the date and time.
<b>12 Sunday</b>	<b>13 Monday</b>	<b>14 Tuesday</b>	<b>15 Wednesday</b>	<b>16 Thursday</b>	<b>17 Friday</b>	<b>18 Saturday</b>	<b>Bake Sale</b> <b>Saturday December 2<sup>nd</sup></b> 10am-4pm at Heritage Mall. <b>All yummy donations accepted</b>
1:30pm Progressive Pepper	10am Gentle Fit <b>12:30pm Progressive Bridge</b> <b>12:30pm Shuffle Board</b> 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	<b>12:15pm Billiards/Snooker</b> <b>12:30pm Progressive Bridge</b> 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Gentle Fit <b>12:15pm Billiards/Snooker</b> 1pm O.S Duplicate Bridge 7pm Progressive Pepper	<b>10:30 Volunteer Open House</b>  1pm Acrylic Painting 7pm Knox Duplicate Bridge	<b>10am Sheatre Performance</b> 'Ya Gonna Throw Your Granny Off A Bus'	Facility Rented – Private Function	
<b>19 Sunday</b>	<b>20 Monday</b>	<b>21 Tuesday</b>	<b>22 Wednesday</b>	<b>23 Thursday</b>	<b>24 Friday</b>	<b>25 Saturday</b>	<b>ALSC Christmas Dinner</b> <i>Save the Date...</i> <b>Friday December 8th</b>
1:30pm Progressive Pepper	10am Gentle Fit <b>12:30pm Progressive Bridge</b> <b>12:30pm Shuffle Board</b> 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	<b>12:15pm Billiards/Snooker</b> <b>12:30pm Progressive Bridge</b> 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Gentle Fit <b>12:15pm Billiards/Snooker</b> 1pm O.S Duplicate Bridge 7pm Progressive Pepper	7pm Knox Duplicate Bridge	12pm Sew Be It		
<b>26 Sunday</b>	<b>27 Monday</b>	<b>28 Tuesday</b>	<b>29 Wednesday</b>	<b>30 Thursday</b>			<b>Notes:</b>
1:30pm Progressive Pepper 4:30pm English Country Dancers	10am Gentle Fit <b>12:30pm Progressive Bridge</b> <b>12:30pm Shuffle Board</b> 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	<b>12:15pm Billiards/Snooker</b> <b>12:30pm Progressive Bridge</b> 1:30pm Arts & Crafts 7pm Shambhala Meditation	10:30am Seated Gentle Fit <b>12:15pm Billiards/Snooker</b> 1pm O.S Duplicate Bridge <b>6pm Progressive Pepper</b>	1pm Acrylic Painting 7pm Knox Duplicate Bridge			<ul style="list-style-type: none"> <li>• <b>Make sure to follow us on Facebook to stay up-to-date on all of our events!!</b></li> <li>• <b>Email us with any questions, to register for activities, or if you have an idea for a new activity!</b></li> </ul>

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

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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)



### Sheatre Performance

**"Ye Canna Throw Your Granny Off A Bus"**  
**Friday November 17<sup>th</sup> at 10am**

A play that mingles gaiety, misery and lively music, offering a heartening approach to the harsh reality of serious issues for seniors. **Everyone is welcome and donations will be accepted for the performers.**

### Christmas Gathering

Mark your calendar and save **Friday December 8<sup>th</sup>** for the **Annual Christmas Dinner** at the Legion, Cash Bar, Social from 5-6pm, Dinner at 6pm and entertainment.

There will be draws & door prizes.

Tickets are:

\$20 for Members  
 \$25 for Non Members

For tickets, contact the ALSC Office, Sharon McKeachnie and/or Debbie Fortney.



### Calling All Bakers.....

The Active Lifestyles Centre will be having a Bake Sale on **Saturday December 2<sup>nd</sup>** from **10am-4pm** at **Heritage Mall**.

This is a fundraiser and we are seeking donations of baked goods.

Please bring your baking donation to the Centre **no later Friday December 1<sup>st</sup> by 12:30pm.**

All yummy donations are greatly appreciated.



## Contact Us- Visit Us - Like Us—Follow Us

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

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# ACTIVE LIFE

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

Issue 10

November

## What's Happening

### Christmas Decorating

The week of November 27<sup>th</sup> we will be decorating the Centre for Christmas. If you would like to lend a hand please advise Gail in the office and she will confirm the date and time.

If you have gently loved decorations that you no longer use please pass them along to us. Please note we have a large Christmas Tree.

### For Your Information

#### Progressive Pepper

**Just a reminder when there is an Attack Hockey Game scheduled on Sundays and Wednesdays Progressive Pepper wil begin earlier.**

### Bridge News

The Bayshore Senior's Progressive Bridge Club meets Mondays and Tuesdays from 12:30-3:00 *with the exception of holidays.*

Everyone is welcome; if you know of anyone interested invite them along.

## Your Monthly Chuckle

**Q:** What is most useful when it is up?

**A:** An umbrella.

## Coming Up

### Open House

**Thursday November 16<sup>th</sup>**  
**10:30 am – 12 noon**

### Everyone is Welcome!

Join us to learn about:

- : who we are
- : what we offer
- : meet our volunteers
- : learn how you can volunteer
- : meet members of the Board

This event is open to everyone so please tell your friends and neighbours.

### Volunteers

We are always looking for Volunteers. Do you have a passion, would like to make a difference and meet new friends. Please stop by the office or contact any Board Member to discuss Volunteer Opportunities.

## Follow Us—Like Us

