

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	2 6:30am Shambhala Meditation 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1pm O.S. Duplicate Bridge 7pm Progressive Pepper	3 1pm Acrylic Art 7pm Knox Duplicate Bridge	4 7pm Play Reading	5
6 1:30pm Progressive Pepper	7 10:30am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffleboard 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	8 12:15pm Billiards & Snooker 12:30pm Progressive Bridge ALSC 1:30pm Arts & Crafts 7pm Shambhala Meditation	9 6:30am Shambhala Meditation 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1pm O.S. Duplicate Bridge 7pm Progressive Pepper	10 7pm Knox Duplicate Bridge	11 12pm Sew Be It	12
13  1:30pm Progressive Pepper	14 9:30am Gentle Fit 11am Georgian Bay Lacemakers Lace Day 12:30pm Progressive Bridge 12:30pm Shuffleboard 7pm O.S. Duplicate Bridge	15 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	16 6:30am Shambhala Meditation 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1pm O.S. Duplicate Bridge 7pm Progressive Pepper	17 1pm Acrylic Art 7pm Knox Duplicate Bridge	18	19
20 1:30pm Progressive Pepper	 Office Closed	22 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	23 6:30am Shambhala Meditation 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1pm O.S. Duplicate Bridge 7pm Progressive Pepper	24 7pm Knox Duplicate Bridge	25 12pm Sew Be It	26
27 1:30pm Progressive Pepper 4:30pm English Country Dancers	28 10:30am Gentle Fit 12:30pm Progressive Bridge 12:30pm Shuffleboard 1pm Georgian Bay Lacemakers 7pm O.S. Duplicate Bridge	29 12:15pm Billiards & Snooker 12:30pm Progressive Bridge 1:30pm Arts & Crafts 7pm Shambhala Meditation	30 6:30am Shambhala Meditation 10:30am Seated Gentle Fit 12:15pm Billiards & Snooker 1pm O.S. Duplicate Bridge 7pm Progressive Pepper	31 1pm Acrylic Art 7pm Knox Duplicate Bridge	Activities highlighted in yellow take place at the Bayshore Community Centre. Please note that on May 8 th the Bayshore Bridge will be held at the Active Lifestyles Centre Monday May 14 th Gentle Fit Class will begin at 9:30am	

Georgian Bay Lacemakers
"Spring Lace Day"

On Monday May 14th, the Georgian Bay Lacemakers will be hosting 'Spring Lace Day' beginning at 11am at the Active Lifestyles Centre.

This is an excellent opportunity for you and your friends to learn about lacemaking.

The Georgian Bay Lacemakers meet at the Active Lifestyles Centre on Mondays at 1pm and they create a variety of different lace products and newcomers are always welcome.

Spring Lace Day is open to the public beginning at 11am and a nominal entrance fee will be accepted.

Shambhala Meditation

Shambhala Meditation will run sessions at 6:00 am and is open to everyone.

The doors will open at 6:15 a.m. and there will be two periods. The first 25 minutes will start at 6:30 a.m., followed by a 10 minute break (or walking meditation). Then, the second period will start at 7:05 a.m. and go for another 25 minutes. So you're welcome to arrive before 6:30 a.m. and do one or both periods, or arrive during the break (i.e. 7:00 a.m.) and sit for just the second period.



Shuffleboard Facilitators Needed

We are in search of a couple of individuals to facilitate the weekly Monday Shuffleboard that takes place at the Bayshore on Mondays at 12:30pm.

For more information, please contact the ALSC Office.

**2018
Bus Trips**

The Travel Team has established the 2018 Bus Trips. Our first excursion is scheduled for:

**Saturday June 2nd
Cowbell Brewery & Blyth Theatre
Blyth**

This exciting excursion first stops at the new state of the art Cowbell Brewery in Blyth for a guided tour of the hands on family owned brewery. View the barn architecture and process of brewing before tasting the final product. Afterwards a short bus transfer to enjoy a well prepared buffet lunch before proceeding to the infamous Blyth Theatre where Canadian productions are performed.

"The Pigeon King" is based on a true story of Albert Walker who operated a ponzi scheme on hundreds of rural investors in Canada and the United States for millions of dollars. The music and humour throughout the play contributes to the high success resulting in sold out performances.

Departure from Bayshore is 9:00am approximate time of return is 6:30pm

Price Includes Lunch:

Members - \$135.00 Non Members - \$145.00

Terms

All prices shown are on a per person basis. A non-refundable deposit of \$50.00 per person is required at time of booking. Balance is due 45 days prior to departure.

Monies are non-refundable unless you provide a substitute for your reservation. We will make every effort to assist you in finding a replacement.



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**May
Monthly Calendar
and
Newsletter**

**You Can Still
Renew Your Membership for
2018 - 2019**