February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please join us for one of our upcoming Seminars beginning Tuesday February 3rd, 10am with CRA & Service Canada Benefits for Seniors February 18th, 10am via Zoom or In Person. Tues. February 10th, 10am Slip and Fall Prevention. Pre-Registration is required for all session. Please contact our office to secure your seat. **Join our NEW Exercise Program on Thursdays at 11am! Cindys Circle Chair Exercise. Members: $8 & Non-Members: $9. Feel free to pop in on Thursday at 11am for Stretching, Moving, Breathing, Marching and Singing!** ***Friendly Reminder, Memberships will Expire on March 31st, 2025. Be sure to renew yours today! $15.00 Annually.***						
1 1:00pm Progressive Pepper	**2** 10:00am Arts & Crafts 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:00pm G/B Lacemakers	**3** 10am CRA & SERVICE CANADA BENEFITS FOR SENIORS 9:30am Billiards/Snooker 9:30am Line Dancing 12:15pm Billiards/Snooker 1pm Trad. Rug Hooking 1pm Ukelele @ Harmony	**4** 9:30am Gentle Exercise with Jill 10am Tai Chi 11am Beg. Line Dancing 12:15pm Billiards/Snooker 3:15pm Watercolour Class 6:00pm Progressive Pepper	**5** 9:30am Line Dancing 9:30am Billiards/Snooker 11am Cindys Chair Exercise 12:15pm Billiards/Snooker 1pm Acrylic Art 7:00pm Knox Bridge	**6** 9:30am Men's Shed 12:15pm Billiards/Snooker 1pm Euchre & Cribbage	**7**
8 1:00pm Progressive Pepper	**9** 10:00am Arts & Crafts 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:00pm G/B Lacemakers	**10** 10am SIP & FALL PREVENTION 9:30am Billiards/Snooker 9:30am Line Dancing 12:15pm Billiards/Snooker 1pm Trad. Rug Hooking 1pm Ukelele @ Harmony	**11** 9:30am Gentle Exercise with Jill 10am Tai Chi 11am Beg. Line Dancing 12:15pm Billiards/Snooker 3:15pm Watercolour Class 6:00pm Progressive Pepper	**12** 9:30am Line Dancing 9:30am Billiards/Snooker 11am Cindys Chair Exercise 12:15pm Billiards/Snooker 7:00pm Knox Bridge	**13** 9:30am Men's Shed 12:15pm Billiards/Snooker 1pm Euchre & Cribbage	**14** Happy Valentine's Day 
16 1:00pm Progressive Pepper	**16 Family Day** Office Closed 10:00am Arts & Crafts 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:00pm G/B Lacemakers	**17** 9:30am Billiards/Snooker 9:30am Line Dancing 12:15pm Billiards/Snooker 1pm Trad. Rug Hooking 1pm Ukelele @ Harmony	**18** 9:30am Gentle Exercise with Jill 10am Tai Chi 11am Beg. Line Dancing 12:15pm Billiards/Snooker 3:15pm Watercolour Class 6:00pm Progressive Pepper	**19** 9:30am Line Dancing 9:30am Billiards/Snooker 11am Cindys Chair Exercise 12:15pm Billiards/Snooker 1pm Acrylic Art 7:00pm Knox Bridge	**20** 9:30am Men's Shed 12:15pm Billiards/Snooker 1pm Euchre & Cribbage	**21**
22 1:00pm Progressive Pepper	**23** 10:00am Arts & Crafts 12:15pm Billiards/Snooker 12:30pm Progressive Bridge 1:00pm G/B Lacemakers	**24** 9:30am Billiards/Snooker 9:30am Line Dancing 11:00am Line Dancing 12:15pm Billiards/Snooker 1:00pm Trad. Rug Hooking	**25** 9:30am Gentle Exercise with Jill 10am Tai Chi ~ STARTS 11am Beg. Line Dancing 12:15pm Billiards/Snooker 3:15pm Watercolour Class 6:00pm Progressive Pepper	**26** 9:30am Line Dancing 9:30am Billiards/Snooker 11am Cindys Chair Exercise 12:15pm Billiards/Snooker 7:00pm Knox Bridge	**27** 9:30am Men's Shed 12:15pm Billiards/Snooker 1pm Euchre & Cribbage	**28**

Please Note, Programs HIGHLIGHTED IN YELLOW, take place at The Bayshore

About Active Lifestyle Centre Grey-Bruce

ALCGB is a not-for-profit incorporated organization that provides leadership, socialization, programs & activities that encourage healthy lifestyles & independence of 55 plus adults. Our Active Lifestyles Centre is a volunteer based not for profit organization. Our Volunteers share their skills or learn new ones, meet new friends along the way and provide an essential service to our community. Whether you are a regular participant, a visitor, a volunteer or someone who signs up for a specific program, we offer you a warm welcome to our Centre!

Membership has Benefits

Are you looking for a place to belong but don't want to feel tied down? Joining ALCGB, you can be as involved or as casual as you want. Feel free to sign up for every activity we have going on or just drop in occasionally. Having a membership gives you discounts on activities and events. Members have a personal stake in what happens at the Centre, including voting privileges at the AGM. Reminder, Memberships will expire March 31st, 2025.

Annual Membership Fee: April 1st – March 31st annual fee of $15.00. Be sure to renew yours today!

REMINDER, Memberships Expire March 31st, 2026. Renew yours today!

Up-Coming Seminars/Workshops

Tues. Feb. 3rd @ 10am ~ CRA & Service Canada Benefits for Seniors.

Tues. Feb. 10th @ 10am ~ Slip and Fall Prevention with Grey Bruce Public Health.

Tues. Mar. 3rd @ 10am ~ Senior Friendly Travel with Owen Sound Travel.

Tues. Mar. 18th @ 10am ~ Discover Grey County and Learn about the Bruce Trail.

Sat. Apr. 7th @ 10am ~ United Way Grey Bruce Financial Literacy 211 with Francesca Dobbins.

Tues. Apr. 14th @ 10am ~ Strategies for Aging in Place with Angela Yenssen with Grey Bruce Law.

Tues. May 12th, @ 10am ~ Skincare and Makeup for Seniors with Beauty Techs from Shoppers Drug Mart.

Tues. May 19th, @ 10am ~ What's New in the Garden with Extension Master Gardener, Lynne Marie Sullivan.

Tues. May 12th, @ 10am ~ Diabetes, How to Prevent and Manage life with Diabetes with Danielle Thomas, Registered Nurse and Certified Diabetes Educator.

Pre-Registration is required for all sessions. FREE for Members & Non-Members. Please contact our office at 519-376-8304 to secure your seat.

February 2026 Calendar of Events

active LIFESTYLES CENTRE GREY-BRUCE

Active Lifestyles Centre Grey Bruce
1852 3rd Ave East
Owen Sound ON N4K 2M6
Office hours 9:30-12:30
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