



Active Lifestyles Centre Grey Bruce
Proposed Activities, Programs and Special Events

Dear Members:

The Board of Directors would like to thank you for participating in our recent Membership Survey. 145 members completed the survey that provided the Board with some valuable information on what activities, programs and services you would like to see offered at the Active Lifestyles Centre Grey Bruce.

Highlights from the survey

(please note that percentages are based on the 145 responses received).

- Involvement with the Centre:
 - 38.2 % of members have been involved with the Centre 3-5 years
 - 32.39% between 1 -2 years
- 62.96% of members knew someone at the Centre when they joined
- Many members joined because they wish to participate in a specific activity and 41.13% joined because they wanted to keep active and healthy
- 30.15% participated by going on bus trips, followed by 24.26% Christmas Party, 22.06% Progressive Pepper and 18.38% Exercise Classes
- Activities that members wanted to see offered at the Centre:
 - Information Sessions:** Naturopath, Pharmacist, Doctor, Optometrist, Dentist, Hearing, Brain Health, Mature Driving Course, Computer/Phone/Tablet, Researching Family Tree, Nutrition Eating and Anti-Inflammatory Lifestyle Consideration, and De-cluttering.
 - Games:** Want Games Day back, Euchre, Crokinole, Scrabble, Cribbage, Table Tennis, etc.
 - Bus Trips:** A good number wanted bus trips that cost less
 - Exercise** – Walking club, Power and Strength Training, Dance night
 - Special Events:** Christmas party, Robbie Burns Day, Wine Tasting, Monthly Luncheons, Fashion Show for Women, Shopping Excursions, Movie and Discussion, Wreath Making
- Days of the week that most members were available to attend activities:
 - Fri. afternoon 41.32, Mon. afternoon 38.84% Sun. afternoon 35.54%
- Volunteering: 13.08% volunteer at the Centre, 86.92% don't – however, quite a good number indicated that they would volunteer if they were asked



- Most members liked receiving information about the Centre's activities by email
- Members like most about the Centre:
 - Friendly people, socialization, activities, convenient location, easy parking, and affordable
- Members like least about the Centre:
 - Lack of space, too small, front door too heavy, need another bathroom, not enough buzz, lack of equipment and programs, interruptions, and not mingling with other groups
- Members felt that the priority for the Board of directors:
 - 89.11% said seek more space to provide additional activities
 - 80.20 secure ongoing funding for a seniors centre
 - 74.26 negotiate with the City for more space at the Bayshore
- Members age:
 - 33.85% were 71-75 years of age
 - 33.07% were 76-85+ years of age
 - 66.70% were 66-70 years of age

The Board of Directors have reviewed the survey results and the following programs and activities are being proposed:

Ongoing Activities:

Monday afternoons: 12:30 – 3:30 p.m.

*Launch “Fun and Games Day” - Bayshore Community Centre
To include: Euchre, Shuffleboard, Scrabble, Crokinole, Cribbage, +

Friday afternoons: 12:00 – 2:00 p.m.

*Lunch and Learn - First Friday of the Month (Seniors Centre)

1:00 – 3:30 p.m.

*Movie & Discussion – Third Friday of the Month

Saturdays Mornings: (Seniors Centre)

*Computer Club 10:00 a.m. – 12:00 noon

(Students from local high schools and college)

*Launch Walking Club

Afternoons: Table Tennis 1 a.m. -3 p.m. - weekly

Evenings: *Monthly Dance Night

Sundays Afternoons

*Lunch with the Bunch - monthly – different restaurants – car pool



Special events and Information Series

- January** - Sunday, January 26, 2020 Robbie Burns Day – special event
- Alzheimer's awareness month – have a “Coffee Break”
- February** - February 14, 2020 – Valentines Day
- Workshop on Genealogy
- March** - Workshop Series weekly at the Bayshore Community Centre 9:30 a.m. – 11:30
- Naturopath – Pharmacist - Optometrist/Hearing - Dentist
- Easter Wreath making
- April** - Workshop Series 9:30 – 11:30 at the Bayshore
Memory and Aging Program April 6, 20, 27, May 4, 11, 2020
Facilitator: Sandra Hong – Alzheimer Society
Location: Bayshore Community Centre – Sound Room
- May** - *Celebrating Mother's Day May 10, 2020 - Saturday, May 9, 2020 -
Fashion Show 1:00 – 4:00
- June** - Seniors Month in Ontario
- Seniors Fair/BBQ/Free Cookie and Drink
- Participate in Doors Open
- July/August** - Continue with regular activities
- September** - September 8th – National Grandparents Day
- Mature Driving Course 2 part series
- Stiff Joints and Muscles, Trouble Seeing, Trouble Hearing, Dementia and Driving, slower Reaction Time and Reflexes,
- Medications Can Affect Driving, Be a Safe Driver, Review rules of the Road/New Rules, Winter driving etc.
- October** - *National Seniors Day Thursday, October 1, 2020 Plan special event
- National Fire Prevention Week - Workshop on Fire safety Sunday, October 4 – 10 2020
- *Wreath Making Workshop
- November** - Osteoporosis Month - Workshops - Bone Health - Falls Prevention
- December** *Christmas Party

Note: *Activities and special events can only take place when we receive adequate number of volunteers to lead or help run these activities and special events. If you are able to help or would like more information please contact the Active Lifestyles Centre Grey Bruce.



Thank you again for participating with our Membership Survey and attending the Membership Planning Session. Your ongoing participation is much needed and valued. If at any time you wish to provide your input or suggestions, please contact any member of the Board of Directors and we would be happy to hear from you.

Sincerely,

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