



Carman & Community Active Living Centre Program Update for August 2019

ALC Office 745-2356

email carmanalc@gmail.com

Check out our new website at www.carmanalc.com

Regular Programs:

Contract Bridge: Mondays at 1:00 pm in the F.R. For information call Tina Holmberg 745-2120

Learning Bridge/Bridge lessons:

Mondays @ 10 am, in the FR contact Gustine Wilton 745-3434

Duplicate Bridge: Saturdays at 1pm in the F.R. Call Gustine -745-3434.

CarpetBowling: Friday mornings contact Jerry Collard 745-2139 Starts October 4th

Floor Shuffle Tues-Thursday mornings Contact the ALC office 745-2356 starts October 1st

Snooker/Pool -Men's: Monday, Weds and Sat @ 1pm Contact Dale Adams @ 745-2840

Foot care Tuesdays 10am-contact Bethany 204-750-3415

POOL ROOM OPEN EVERY DAY

Next pool Tournament in the fall

NEW NEXT YEAR:

COFFEE FOR MEMBERS

Will be 1 payment per year for the entire season. Purchase your coffee card at

the ALC Registration days September 12th & 13th

Kowalchuk's Movie Nights

Over for the season

Table Tennis- Thursdays @ 7pm

Contact Bob Kowalchuk 745-2649

Over until fall

ALC Choir –Starts September 25th

Fitness with Linda- Tuesdays and

Thursdays @ 1:30pm

FIELD Trips with the handi –van

See upcoming events for more info

Pickle Ball- Mondays @ 1PM,

Tues, Weds & Thurs @ 3pm over

until the fall

Drums Alive: Mondays at 10:30am

Over for the season

NEXT ALC Board Mtg August 23rd @

10:30 am

Upcoming events:

FIELD TRIP- August 8th –the forks for lunch and boat trip on the red river.

ALC AGM-September 27th @ noon

Sign up on board-lunch \$5.00 each

**Active Living Centre
registration days
–September 11th, 12th &
13th @ 1 pm**

**Please come and pay your
2019-2020 membership and
sign up for all fall programs
including floor shuffle,
carpet bowling, choir &
fitness.**