

Monthly Newsletter

ALBERTA BEACH & DISTRICT 50+ CLUB



POLY DAYS, SHOW N SHINE

Poly Days 2025 breakfasts: we served over 165 Ham 'n Eggers, close to 150 Pancake Breakfasts (in other words: pretty much sold out. Kitchen Queen Tannis had great volunteer crews. Christen reported that 50/50 for both days made \$250 for the Club. Parade float + candy in royally HOT weather was great too (truck and trailer by Andre Brassard, decorations by Club members).

Car Show 'n Shine: whopping success - DJ lively music, great items for Silent Auction, and door prizes for registrants. Great cars to view, lots of hamburgers / muffins / beverages sold. Superb event again by Andre and Penny Brassard and a big volunteer crew. Weather held up well too.

*Christen,
Club Secretary*

In this newsletter you can expect:

Upcoming Special Events

Regular Activities

Volunteer Spotlight



upcoming special events

ALBERTA BEACH & DISTRICT 50+ CLUB

High Tea



Sun. Aug 24th, 2025

We're pleased to offer High Tea for our 42 Life Members, Sunday, August 24th at our hall.

This event is by invitation only.

"Life Members" are those who are 80+ with 5 or more years of club membership.

Ears to You



Sept 4th & Oct 15th

We've had a great response to the mobile hearing clinic, "Ears To You"!

They're booked to be in our parking lot for a second and third date, September 4th and October 15th.

Call 780-616-1929 to reserve your 30 minute appointment.

Harvest Dinner & Dance



Sat. Oct 18th, 2025

Save the date.
More details to follow.

Christmas Dinner & Dance



Sat. Dec 13th, 2025

Save the date.
More details to follow.

Regular Activities Resume

All activities have a user fee of \$1.00 for members and \$2.00 for non-members unless otherwise specified.



Game Night
Mondays
7:00pm

Starting October 6th
Come for a game of pool, darts, crib, or just sip a coffee and visit. Call Heather 780-951-6652 for more details.



Aerobics
Mon, Wed, Fri
9:00-10:00am

Year round
Stretch, and tone, get your body moving at your own pace.



Walking
Mon, Wed, Fri
10:00-10:30am

Year round
Join us for an outdoor walk on good days, and indoors on rainy days. Stay for coffee and chit-chat. All levels welcome.



Yoga \$12
Thursdays
9:30-11:00am

Starting September 11th
Improve breathing, flexibility, and strength while keeping within your body's limitations. Drop-ins welcome or call Mary for more details 780-967-5683.



Bridge
Wednesdays
1:00-4:00pm

Year round
All bridge players are welcome. Call Joan 780-924-2186



Choir
Wednesdays
(evening)

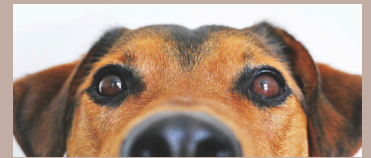
Starting September 3rd
The Alberta Beach Choir meets for weekly practice to get ready for winter and spring performances.

VOLUNTEER SPOTLIGHT



Big thanks to Barrie for removing big weeds, trimming the vines, and painting up and exit door for the club.

but wait, there's more



all members are invited to attend our next

GENERAL MEETING

Mon, Oct 27

6:00pm

before

Games

Night