NBP's Senior Active Living Newsletter

Issue #2: October–December 2026

Fall & Winter with SALC!

As the weather gets cooler, there are still plenty of ways to get out, connect with others and enjoy your community!

This edition of the **Seniors Active Living Centre (SALC) Newsletter** highlights programs, activities and events happening across the Northern Bruce Peninsula from October through December.

From social gatherings and educational programs to fitness, meals, outings and seasonal activities, there's something for everyone. Take a look through the newsletter, mark your calendar and join us for something new — or come back to an old favourite!

We look forward to seeing you this fall and holiday season.

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SALC Programs & Events

October 2026

LUNCH & LEARN: VOICES OF THE BRUCE

Date:	Friday, October 2, 2026
Time:	11:00 a.m. – 2:00 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Join linguist Sali A. Tagliamonte, PhD, FRSC as she shares research for her upcoming book and invites Northern Bruce Peninsula residents to contribute their local voices and experiences.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

FELTED WOOL ORNAMENTS

Date:	Friday, October 2, 2026
Time:	1:00 p.m. – 3:00 p.m.
Location:	Pike Bay Community Centre
Description:	Join Michael and Peter of woolwaterneedle for a hands-on workshop felting ornaments. Tools and materials provided.
Registration:	Limited to 20 participants. Register by email at *pikebay.ontario@gmail.com*

FELTED GARLANDS WORKSHOP

Date:	Tuesday, October 6, 2026
Time:	10:00 a.m. – 1:00 p.m.
Location:	Tobermory Community Centre
Description:	Join Michael and Peter of *woolwaterneedle* for a hands-on workshop felting unique garlands. Tools and materials provided.
Registration:	Space is limited to 20 participants. Register online. **Registration opens September 18th.**

FELTED LANDSCAPES WORKSHOP

Date:	Wednesday, October 7, 2026
Time:	1:00 p.m. – 3:00 p.m.
Location:	Pike Bay Community Centre
Description:	Join Michael and Peter of woolwaterneedle for a hands-on workshop felting landscapes. Tools and materials provided.
Registration:	Limited to 20 participants. Register by email at *pikebay.ontario@gmail.com*

RED HAT SOCIAL LUNCHEON

Date:	Wednesday, October 14, 2026
Time:	12:00 p.m. – 2:00 p.m.
Description:	Enjoy lunch at a local and accessible restaurant with friendly individuals. Maximum 15 seniors.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

ART SHOPPE WORKSHOP

Date:	Wednesday, October 14, 2026
Time:	12:30 p.m.
Location:	Lion's Head Friendship Club
Description:	Craft run by Nicole Gamble of The Art Shoppe. Specifics TBA. **Lunch included.**
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / thelionsheadfriendshipclub@gmail.com

*Members may be required to pay additional fees charged by the Friendship Club.

MONTHLY MOVIE SCREENING

Date:	Friday, October 16, 2026
Time:	1:00 p.m. – 4:00 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Join us for an afternoon movie screening of The Beatles: Eight Days a Week (2016). Snacks, coffee and tea will be provided. The film begins at 1:30 p.m.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

DINNER & GAMES DAY

Date:	Saturday, October 17, 2026
Time:	1:00 p.m.
Location:	Lion's Head Friendship Club
Description:	Join us for a social afternoon of games, food and friendly competition. Enjoy a light dinner and refreshments, with prizes available for game winners.
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / *thelionsheadfriendshipclub@gmail.com*

*Members may be required to pay additional fees charged by the Friendship Club.

WRITER'S WORKSHOP

Date:	Wednesday, October 21, 2026
Time:	12:30 p.m. – 2:30 p.m.
Location:	Lion's Head Friendship Club
Description:	Held on the third Wednesday of every month. A free lunch is provided to participants!
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

LUNCH & LEARN: GOLDEN DAWN

Date:	Friday, October 23, 2026
Time:	11:00 a.m. – 2:00 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Join Dr. Brian Taylor, retired physician and Chair of the Board at Golden Dawn, to learn about the Golden Dawn Redevelopment Plan and how it aims to keep health care and accommodations for older adults closer to home.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

FUSED GLASS ORNAMENTS WORKSHOP

Date:	Friday, October 23, 2026
Time:	1:00 p.m. – 3:00 p.m.
Location:	Pike Bay Community Centre
Description:	Create your own fused glass ornaments in this hands-on craft workshop led by Kim McKellar.
Registration:	Limited to 16 participants. Register by email at *pikebay.ontario@gmail.com*

OLD SCHOOL HOUSE SENIORS DINNER & MUSIC

Date:	Tuesday, October 27, 2026
Time:	5:00 p.m. – 7:30 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Enjoy local entertainment, engaging speakers, great food, good company, laughter and fun! Make new friends!
Registration:	RSVP required. Contact Pat: *oshs.membership@gmail.com* (preferred) / 519-378-3084

FUSED GLASS SUN CATCHER WORKSHOP

Date:	Friday, October 28, 2026
Time:	1:00 p.m. – 3:00 p.m.
Location:	Pike Bay Community Centre
Description:	Create your own fused glass sun catcher in this hands-on craft workshop led by Kim McKellar.
Registration:	Limited to 16 participants. Register by email at *pikebay.ontario@gmail.com*

SALC Programs & Events

November 2026

CHRISTMAS CAKE BAKING WORKSHOP

Date:	Wednesday, November 4, 2026
Time:	12:00 p.m.
Location:	Lion's Head Friendship Club
Description:	Celebrate the season with a festive Christmas cake baking workshop. Participants will enjoy a fun afternoon of holiday baking and good company, with **lunch included.**
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / thelionsheadfriendshipclub@gmail.com

*Members may be required to pay additional fees charged by the Friendship Club.

RUG HOOKING WORKSHOP

Date:	Friday, November 6, 2026
Time:	1:00 p.m. – 4:00 p.m.
Location:	Tobermory Community Centre
Description:	Join members of Hooked on the Bruce for a hands-on workshop creating holiday mittens. Tools and materials provided.
Registration:	Space is limited to 20 participants. Register online. **Registration opens October 16th.**

BUS TRIP: ROXY THEATRE

Date:	Saturday, November 14, 2026
Time:	12:15 p.m.
Location:	Lion's Head Friendship Club
Description:	Bus trip to the Roxy Theatre. Attendees will be seeing Come From Away and then will enjoy a sit down meal.
Registration:	**SOLD OUT** Join the waitlist: 519-793-3101 / *thelionsheadfriendshipclub@gmail.com*

*Members may be required to pay additional fees charged by the Friendship Club.

LUNCH & LEARN: AI & CYBERSECURITY

Date:	Tuesday, November 17, 2026
Time:	11:00 a.m. – 2:00 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Join Angela Yenssen, lawyer with the Grey Bruce Community Legal Clinic, for a practical conversation about AI, cybersecurity and staying safe in an increasingly digital world.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

WRITER'S WORKSHOP

Date:	Wednesday, November 18, 2026
Time:	12:30 p.m. – 2:30 p.m.
Location:	Lion's Head Friendship Club
Description:	Held on the third Wednesday of every month. A free lunch is provided to participants!
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

KIM MCKELLAR WORKSHOP

Date:	Thursday, November 19, 2026
Time:	12:30 p.m.
Location:	Lion's Head Friendship Club
Description:	Fused glass craft instructed by Kim McKellar. Specifics TBA. **Lunch included.**
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / thelionsheadfriendshipclub@gmail.com

*Members may be required to pay additional fees charged by the Friendship Club.

MONTHLY MOVIE SCREENING

Date:	Friday, November 20, 2026
Time:	1:00 p.m. – 4:00 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Join us for an afternoon movie screening of The Personal History of David Copperfield (2020). Snacks, coffee and tea will be provided. The film begins at 1:30 p.m.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

DINNER & GAMES DAY

Date:	Saturday, November 21, 2026
Time:	1:00 p.m.
Location:	Lion's Head Friendship Club
Description:	Join us for a social afternoon of games, food and friendly competition. Enjoy a light dinner and refreshments, with prizes available for game winners.
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / *thelionsheadfriendshipclub@gmail.com*

*Members may be required to pay additional fees charged by the Friendship Club.

SHORTBREAD BAKING WORKSHOP

Date:	Thursday, November 26, 2026
Time:	12:30 p.m.
Location:	Lion's Head Friendship Club
Description:	Celebrate the season with a festive shortbread baking workshop. Participants will enjoy an afternoon of holiday baking, good company, and **lunch included.**
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / thelionsheadfriendshipclub@gmail.com

*Members may be required to pay additional fees charged by the Friendship Club.

SALC Programs & Events

December 2026

PASTRY & TART WORKSHOP

Date:	Thursday, December 3, 2026
Time:	12:30 p.m.
Location:	Lion's Head Friendship Club
Description:	Get into the holiday spirit with a festive baking day featuring homemade mincemeat tarts. Enjoy an afternoon of creativity, seasonal treats, and good company, with **lunch included.**
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / thelionsheadfriendshipclub@gmail.com

*Members may be required to pay additional fees charged by the Friendship Club.

RED HAT SOCIAL LUNCHEON

Date:	Wednesday, December 9, 2026
Time:	12:00 p.m. – 2:00 p.m.
Description:	Enjoy lunch at a local and accessible restaurant with friendly individuals. Maximum 15 seniors.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

LUNCH & LEARN

Date:	Friday, December 11, 2026
Time:	11:00 a.m. – 2:00 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Topic and speaker TBA.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

WRITER'S WORKSHOP

Date:	Wednesday, December 16, 2026
Time:	12:30 p.m. – 2:30 p.m.
Location:	Lion's Head Friendship Club
Description:	Held on the third Wednesday of every month. A free lunch is provided to participants!
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

XMAS LUNCH & CAROLLING

Date:	Thursday, December 17, 2026
Time:	12:00 p.m.
Location:	Lion's Head Friendship Club
Description:	Celebrate the holidays with a festive Christmas lunch featuring ham and scalloped potatoes. Enjoy classic carols and good company as we gather together for the season.
Registration:	Tickets required. Tickets available for purchase at the Club. Questions? Ask the Club: 519-793-3101 / *thelionsheadfriendshipclub@gmail.com*

*Members may be required to pay additional fees charged by the Friendship Club.

MONTHLY MOVIE SCREENING

Date:	Friday, December 18, 2026
Time:	1:00 p.m. – 4:00 p.m.
Location:	Lion's Head Legion Branch 202
Description:	Join us for an afternoon movie screening of Miracle on 34th Street. Snacks, coffee and tea will be provided. The film begins at 1:30 p.m.
Registration:	RSVP required. Contact Sharron: 519-793-3473 / *dshcolter@cabletv.on.ca*

Weekly & Ongoing Programs

NEW

GENTLE CHAIR YOGA (VIRTUAL)

Dates:	Tuesdays starting November 10
Time:	11:00 a.m. – 12:00 p.m.
Location:	Online via ZOOM
Description:	Barbara von der Heide guides a gentle and accessible chair yoga session designed to support movement and wellness.
Registration:	Register online. **Registration opens October 30th.** Instructor, Barbara von der Heide: *barbara@lovingyoga.ca*

LAUGH YOURSELF HEALTHY (VIRTUAL)

Dates:	Mondays, Fridays and Saturdays
Time:	11:00 a.m. – 11:30 a.m.
Location:	Online via ZOOM
Description:	The class will include movements done while seated in a chair and while standing with modifications offered to suit your needs.
Registration:	Please provide Carolyn with 24 hours notice if you plan to attend a session. Instructor, Carolyn Shannon: *laughyourselfhealthier@gmail.com*

MAH JONGG MAVERICKS

Dates:	Mondays
Time:	1:00 p.m. – 4:00 p.m.
Location:	Lion's Head Rotary Hall
Description:	Playing Mah Jongg boosts brain health and mixes fun, focus and social time — all key for staying sharp as we age.
Contact:	New or interested players are welcome! Contact Carol Longworth to get started: *carolmike@xplornet.com*

HOOKED ON THE BRUCE

Dates:	Tuesdays
Time:	1:00 p.m. – 3:00 p.m.
Location:	Lion's Head Friendship Club
Description:	A welcoming, encouraging and creative group for all skill levels, from beginners to experienced artisans. Members are happy to help newcomers with tips and tricks.
Contact:	New to the group? To get set up with a starter kit and learn more, contact Carol Isman at *cathyisman@xplornet.com* or Carol Longworth at *carolmike@xplornet.com.*

Registration Dates to Remember:

Oct 6 Felted Garlands (Tobermory)	Registration opens online on **September 18th 8:30AM**
Nov 6 Rug Hooking (Tobermory)	Registration opens online on **October 16th 8:30AM**
Chair Yoga (Virtual)	Registration opens online on **October 30th 8:30AM**

Highlights & Happenings

A Creative Summer of SALC

Creativity was on full display this summer as participants came together for a variety of hands-on workshops across the Northern Bruce Peninsula.

From wet felted vessels and macrame feathers to colourful fused glass sun catchers, each workshop offered participants the chance to try something new, learn creative techniques and leave with a finished piece of their own.

These programs are about more than the finished crafts—they provide opportunities to connect with others, learn new skills and enjoy a fun afternoon together.

A big thank you to our instructors and community partners for sharing their creativity, and to everyone who joined us!

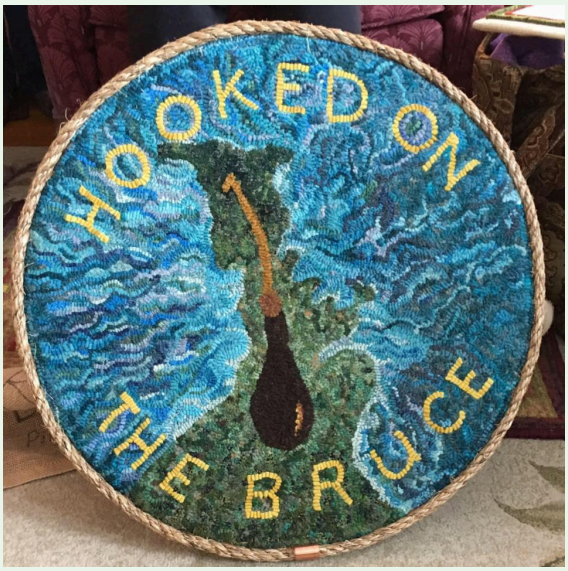








Sharing Skills, Building Community: Hooked on the Bruce



This fall, members of Hooked on the Bruce are sharing their creativity and experience with the wider community through a new beginner-friendly Holiday Mitten Workshop at the Tobermory Community Centre.

Designed for those who have never tried rug hooking before, the workshop will introduce participants to the basics of rug hooking with wool strips and yarn. Members of Hooked on the Bruce will be on hand to share their knowledge, demonstrate techniques and help participants gain confidence as they work on their own holiday-inspired project.

The workshop is a great example of how local groups can help keep traditional skills alive while creating opportunities for people to learn, connect and create together. No previous experience is required, and rug hooking tools will be provided.

The free workshop for adults 55+ will take place on Friday, November 6, from 1:00–4:00 p.m. at the Tobermory Community Centre, with space for 20 participants.

A big thank you to Hooked on the Bruce for generously sharing their time, skills and enthusiasm with our community!

Community Spotlight: Remembering Gladys Ryan

Everyone knew them. No one knew.

Remembering Gladys Ryan



A new play by Sheatre about love, power, abuse – and finding a way out.

The Meeting Place Tobermory 20 Centennial Drive
Wed., Oct. 7 at 2pm FREE – but RSVP to
info@tobermorymeetingplace.com 519-596-2313

ONTARIO ARTS COUNCIL CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario

sheatre
play for a change

Funded in part by the Government of Canada's New Horizons for Seniors Program | Canada

COMMUNITY FOUNDATION GREY BRUCE
We're here for good

Remembering Gladys Ryan is a new play by Sheatre exploring love, power, abuse and finding a way out.

The presentation highlights that intimate partner violence and abuse can affect people at any age and encourages conversation about recognizing and addressing abuse among older adults.

Date: Wednesday, October 7th

Time: 2:00PM

Where: The Meeting Place Tobermory (20 Centennial Drive)

Registration: Admission is free, but

Following the performance, there will be a Q&A and discussion led by Angela Yenssen, Staff Lawyer with the Elder Law Project of Rural Southwestern Ontario, and psychotherapist Martha Aitkin of A Burden Shared Psychotherapy.

advance RSVP is required.

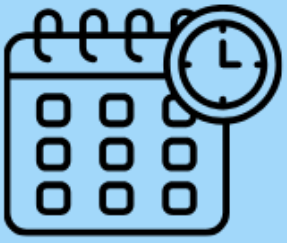
Have Your SAY!





SHARE YOUR FEEDBACK

Your feedback helps us understand what you're enjoying, what could be improved and what you'd like to see offered in the future. You can complete a SALC feedback survey **online** or on **paper**, whichever is easiest for you.



WHEN TO COMPLETE

If you regularly attend the same program, we encourage you to complete a new survey every three months. Trying a different program for the first time? Please complete a survey for that program as well.

HOW TO SUBMIT

Scan the QR code or follow the link to complete the survey online. Paper copies are also available at SALC programs and participating facilities.

Completed paper surveys can be placed in a designated feedback box or returned to a staff member or facility volunteer.

Click Here to Access the Survey

SALC Facilities

The Municipality of Northern Bruce Peninsula delivers Seniors Active Living Centre (SALC) programming across multiple community sites to ensure accessibility for older adults throughout the peninsula. All SALC designated facilities are listed below.



The Lion's Head Friendship Club
6 Tackabury Street, Lion’s Head

Senior's hub for social events, workshops, and activities such as bus trips, community dinners and annual Senior's Olympics.



Lion's Head Rotary Hall

5 Main Street, Lion’s Head

Used for select seasonal programs, outreach events and social gatherings for older adults. Live music stage, kitchen and bar used for events.



Lion's Head Legion Branch 202

6 Hellyer Road, Lion’s Head

The Lion's Head Legion is a SALC partner site for meetings, workshops, and community luncheons.



Pike Bay Community Centre

2 Sutter Road, Northern Bruce Peninsula

Home to weekly fitness programs and hands-on workshops in partnership with local artisans and community groups.



Tobermory Community Centre

7420 Highway 6, Tobermory

Hosts SALC programs including crafting workshops, movie nights, presentations, meals and large-scale community events.



Tobermory Legion Branch 209

37 Legion St, Tobermory

The Tobermory Legion is a SALC partner site for meetings, workshops, community luncheons and entertaining events.



Lion's Head Arena & Community Centre
4 Tackabury Street, Lion's Head

Used for large-scale programs, seasonal events, and indoor recreation activities. Seasonal ice rink from Sept-April.



The Meeting Place
20 Centennial Drive, Tobermory

This site functions as a community hub supporting local partnerships, workshops, and SALC-related programming.

Stay Connected

There are plenty of ways to stay up to date on upcoming SALC programs, workshops, trips and special events.



Website & Event Calendar

Visit the municipal event calendar for the most up-to-date



Follow Us on Social Media

Follow the Municipality of Northern Bruce Peninsula on



Quarterly Newsletter

Sign up to receive this newsletter by email each quarter, featuring upcoming

program information.

Facebook and Instagram for program reminders, highlights and community updates.

programs, highlights and important updates.



Municipality of Northern Bruce Peninsula
56 Lindsay Road 5
Lion's Head, ON N0H 1W0

Program dates, times, locations and availability are subject to change. Visit the municipal website or online events calendar for the most current information. Links to external websites are provided for convenience. The Municipality is not responsible for third-party content. You may unsubscribe from this newsletter at any time.

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