



Box 309
374 1st Street West
Stonewall

si55plus@mymts.net

204-467-2582

www.si55plus.org

June 2022

Luncheons are Back!

**Join us
Wednesday, June 15
at Noon**



Plated meal includes:
ham, cheesy scalloped potatoes, vegetables,
salad, dessert, coffee and tea

\$10.00 tickets in advance only

Tickets available at South Interlake 55+ office



**Deadline to purchase tickets:
June 10**

Wear Purple to Support Awareness for Elder Abuse

Proof of vaccination required for entry into the building. Face masks strongly recommended.

Mission Statement



The South Interlake 55 Plus is a volunteer based not for profit charitable organization. Our mission is to encourage all older adults to improve their quality of life by providing educational, recreational, health and social opportunities.

2021/2022

South Interlake 55 Plus Board of Directors

Executive:

President	Detlev Regelsky
1 st Vice	Kathy Turner
2 nd Vice	Laurie Briggs
Past President	Eadie McIntyre
Secretary	Arlene Patterson
Treasurer	Bob McKenzie

Directors:

Paul Pelletier	Gail Spencer-Lamm
Emma Forbes	Deborah Hinds
Valerie Appleyard	Darwin Fremont

Staff:

Executive Director	Maddy Turbett
Office Assistant	Cheri Kozokowsky
Program Assistant	Diane Kazmerowich

EXECUTIVE DIRECTOR'S CORNER

June 15th is World Elder Abuse Awareness Day, and I hope you will all be on the lookout for the warning signs, including, but not limited to:

- Injuries such as cuts, bruises or broken bones
- Malnourishment or weight loss
- Poor hygiene
- Withdrawal from family and friends, or regular activities
- Unexplained transactions or loss of money
- Symptoms of anxiety, depression or confusion

Elder abuse is underreported, and can happen to anyone. When we learn the signs, we can look out for each other. Check in with your friends and family, and if anyone is in crisis, or requires support, see the resources below.

Stay connected,
Maddy Turbett

If you are in danger, please call 911.

Klinic Seniors Abuse Line (24 hr)
Toll Free: 1 (888) 896-7183

OFFICE HOURS

Monday: Closed

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Contact our Office at

(204) 467-2582 or by email at

si55plus@mymts.net


Evening programs will run as scheduled.

Maddy works remotely on Mondays,
so email is the best way to get a
prompt response!



NO PROVINCIAL RESTRICTIONS \neq NO COVID

Unfortunately, COVID is here to stay. Here's what we're doing to keep you safe:

- Requiring proof of vaccination during your first visit back (Photo ID must also be shown)
 - Regular sanitizing of equipment and touch points
 - Providing hand sanitizer at the front door and throughout the centre
 - Staff will wear masks while interacting with members and the public
 - Encouraging physical distancing
- 
- A green cartoon virus character with a red prohibition sign over it. The virus has a green body with spikes, yellow eyes, and a red prohibition sign (a red circle with a diagonal line) over its face. It has a grumpy expression.



Here are some great ways to protect yourself further:

- Stay home when you're sick – we appreciate you not bringing your germs to us!
- Wear a mask (make sure it's clean!)
- Practice good hand hygiene and cough/sneeze etiquette
- Consider getting a booster shot (or your first and/or second shot!)
- Join us for your program on Zoom! Many of our programs are available for you online if you're not ready to join us in person.

**Thank you for your help in making our centre
a safe and welcoming space!**



SOUTH INTERLAKE 55 PLUS – Membership Information Form

NAME: _____

MAILING ADDRESS:

TOWN:

POSTAL CODE:

PHONE/CELL: _____

EMAIL: _____

MUNICIPALITY(circle one):

Stonewall Rosser Rockwood Woodlands Other

- ☐ I am currently 55 years of age or older.

- ☐ I am not yet 55 years of age.*

* Associate members under 55 have all the benefits of being a member, minus serving on the Board or voting at our AGM.

This form can be mailed to:

South Interlake 55 Plus
PO Box 309
Stonewall, MB R0C 2Z0

- ☐ I wish to have my birthday published in the 55 Plus Newsletter.

Month Day

Program Suggestion/Comments:

- ☐ **I agree to receive by email 55 Plus updates and promotions regarding events and activities of interest. I can withdraw my consent at any time by notification to the 55 Plus office.**



Become a Member or Renew Your Membership Today!

Membership is only **\$20.00** per calendar year!

Your membership gives you benefits like:

- Access to free programs
- Discounts on paid programs and trips
- A great community of friends
- Opportunity to vote at our AGM and join our board>(*For those 55 or older)

**Renew
Today!**

You do NOT need to be 55 or older to become a member! We'd love to have you!

There are three ways to complete your membership:

**Come see us at the
Centre!**

374 1st Street West
Stonewall, MB

Fill out our form online!

Visit:

www.si55plus.org/membership

**Mail your completed form
(see below) to:**

South Interlake 55 Plus
PO Box 309
Stonewall, MB R0C 2Z0

Payment can be made by cash, cheque or e-transfer to si55info@gmail.com

We are not able to process debit or credit.

----- ✂

SOUTH INTERLAKE 55 PLUS – Membership Information Form - continued

Membership Fee: \$20/person per calendar year

- ☐ I have enclosed a cheque.
- ☐ I will e-transfer to si55info@gmail.com
- ☐ I will pay in person at the centre.

I Understand that Membership fees are non-refundable and will not be pro-rated.

I Understand that Membership is not transferable to another person.

I Understand that photographs are taken at 55 Plus events and programs, and these photos may be used in 55 Plus promotional materials.

I Understand that 55 Plus is committed to protecting the privacy of my personal information in accordance with the Personal Information & Electronic Documents Act (Canada).

Signature: _____

Date: _____

South Interlake 55 Plus is a not-for-profit charitable organization. All donations are greatly appreciated, and help us to continue offering quality programming and innovating to meet the needs of the community.

☐ **I would like to support the South Interlake 55 Plus with an additional donation in the amount of:**

\$ _____

**Donations \$20 or greater will receive a tax-deductible receipt.*

Our centre is driven by its volunteers! While volunteer participation is not a membership requirement, please consider the contribution you can make the 55 Plus and the community. Please check any of the following opportunities which may be of interest to you:

- ☐ Social/Special Events
- ☐ Fundraising
- ☐ Program Facilitator
- ☐ Leadership/Board
- ☐ Administration
- ☐ Short Term Projects
- ☐ Other:

Looking to Volunteer?

We'd love to have you at our centre!

Right now, we're looking for
Volunteers who may be interested in:

Being a Steppin' Up Instructor:

We currently have 3 great instructors, and would love to have more to share the load!

Luncheon Helpers:

Help needed for prep and serving!

Gardening – Front Flower Bed:

Help us make the front of the building beautiful again!

Interested? Contact the office at (204) 467-2582 for more information and opportunities!

Nutritional Supplement Program!

Meal replacement drinks, thickeners and protein powder can be expensive, and sometimes hard to find. Whether you are just leaving hospital, or have need in your daily life, we've got you covered with some of the lowest prices you'll find locally!

Order Deadline: June 17 @ 4:00pm
Pickup Date: June 24 @ 2:00-4:30pm

All prices include taxes, and are subject to change

6 pack:

Beneprotein Powder (227g).....\$90.00

12 Pack

Thicken Up Clear (125 g).....\$145.00

24 Pack:

Resource 2.0 (Vanilla, 237ml)..... \$55.00

Resource Diabetic (Vanilla, 250ml).....\$52.00

Boost 1.5 (Choice of Vanilla, Chocolate or Strawberry, 237ml)..... \$30.00

Ensure Plus (Choice of Vanilla, Chocolate or Strawberry, 235ml)..... \$50.00

Ensure Nepro (237ml).....\$57.00

Boost Fruit Beverage (Choice of Orange, Wildberry or Peach, 237ml).....\$52.00

Glucerna (Choice of Vanilla, Chocolate or Strawberry, 237ml).....\$45.00



3 Easy ways to pay:

Etransfer to

si55info@gmail.com

We use AutoDeposit, so no security question is required.

Mail a Cheque to:

PO Box 309
Stonewall, MB, R0C 2Z0
Cheques payable to 55 Plus

Pay in Person

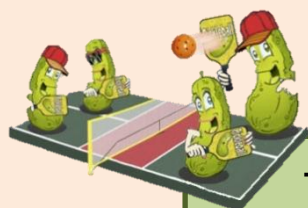
Cash or Cheque
374 1st Street West
Stonewall, MB

Payment is required before picking up your product. Orders are subject to product availability, and may experience a delay. Orders placed after the deadline may not be available until the following month's pickup.



For more information, or to order, please call (204) 467-2582 or email si55plus@mymts.net

Let's Get Moving!



Pickleball!



Tuesday & Thursday evenings, 6:00pm
Wednesday mornings, 9:30am
at Sunova Curling Rink

Members \$3.00
Non-members \$5.00

For more information contact
South Interlake 55 Plus
204-467-2582, email si55plus@mymts.net

With competitive and non-competitive courts, it is suitable for all
adults at all fitness levels! Beginners welcome!

LINE DANCING!

Tuesdays & Thursdays
@ 11:00 am

Proof of Vaccination Required
for In Person Classes

90 Min
Class



June 2 - 30

	Member	Non-Member
Tuesdays ONLY:	\$20	\$28
Thursday ONLY:	\$25	\$35
Tuesday & Thursday:	\$45	\$63

Drop In: Member(\$5) Non-Member (\$7) /Class

Come out and give it a try!
First time dancers receive two classes free!



Call 204-467-2582
or email
si55plus@mymts.net to
register,
or for more info

Steppin' Out

Tuesdays 10:00 am

Meet at the 55+ Centre for an outdoor walk.
Bad weather? You don't have to skip your walk.
You can walk in the Centre.

***Getting outside for a walk is a
great way to protect your health!***

Nordic Urban Walking Poles are available to be loaned
out from the Centre on a short term basis.



For more information,
contact the office at
(204) 467-2582
or email us at
si55plus@mymts.net

***Stay Healthy, Stay Active,
Stay Safe!***

AGE FRIENDLY
Manitoba

55 Plus
South Interlake

FOR MORE INFO OR
TO REGISTER CALL:
204-467-2582

Active Wellness Summer Session

July 4 – August 15

CLASSES



Monday

9:30 am –Energizing Yoga with Tess (by Zoom)

Tuesday

9:30 am – FIT with Cheryl (In Person & by Zoom)

Wednesday

9:30 am – Dance & Drum with Gail (by Zoom)

Thursday

9:30 am – Body Blast with Cheryl
(In Person & by Zoom)

Friday

9:30am – Dynamic Yoga with Gail
(In Person & by Zoom)

Member Price

6 Weeks

1 Class/week: \$50

2 Classes/week:

\$90

All Access Pass:

\$99

Non-Member

6 Weeks

1 Class/week:\$70

2 Classes/week:

\$110

All Access Pass:

\$119

ALL ACCESS PASS!

Get access to all classes for a discounted price, in person and online! Call us at (204) 467-2582 for more information, or to sign up today!

Drop-In Fee: \$10/class!

To ensure you get the link for your virtual class, please let the office know at least an hour before class.

Please check with our website or contact the office for updates for any changes in delivery.



DESCRIPTIONS

ENERGIZING YOGA – 60 minutes of energizing yoga designed to boost energy while improving strength and flexibility. The perfect morning pick-me-up and a great way to start your day!

BODY BLAST - 45 minutes of overall wellness containing approximately 15 minutes of calorie burning cardio, 15 minutes of strength training with weights and Pilates and finishing off with some well-deserved stretching. You'll require a variety of weights (some can be borrowed from the center) and a mat or carpeted area.

DANCE & DRUM – Gail will lead you through this fun and easy-to-follow aerobic dance workout inspired by “Zumba” and “Pound” which is guaranteed to bring on good vibrations. Cool down, balance work, and stretching can be done using chairs, so no mats are required. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

F.I.T - FUN INTERVAL TRAINING - This 45 minute class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 seconds of work then 10 seconds of rest) It's the fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Suitable for Co-ed participation. You'll require a variety of weights, and a mat or carpeted area.

DYNAMIC YOGA by Gail - flowing body postures and breathing anchored in Hatha yoga [balancing the body, breath and the mind]. Classes begin with a gentle warm-up and build to more energetic sequences developing strength, stamina and flexibility, varying each week. You will be encouraged to work at your own pace and to move with self-awareness and acceptance. Please bring your yoga mat.



Instructors: Cheryl Kooning, Tess Beck and Gail Spencer-Lamm

The 55 Plus Centre Reserves the Right to Cancel a Class



STEPPIN' UP!



Wednesdays @ 9:00am In Person (374 1st Street West)
(Still available by Zoom!)

Mondays to Saturdays @ 9:00 am – on Zoom

This popular program supports and encourages ALL adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at No Cost.

Program is being offered by our volunteer leaders virtually with live feed using Zoom.

Membership to South Interlake 55 Plus is encouraged to support the program.

To register for the classes or for more information,
Call the 55 Plus office @ 204-467-2582 Or email: si55plus@mts.net
Proof of vaccination required for in-person programming.

Let's Get Virtual

Do you need help starting out with Zoom? Call the office at 204-467-2582 for assistance.

Cabin Fever Reliever: The Game Show



Thursday, June 16
@ 3:00 pm

Join us for an hour of trivia in formats like Family Feud and Jeopardy! You might learn something new, and you'll definitely leave with a smile!

For more information and to pre-register for this free program call (204)-467-2582 or Email:

si55plus@mts.net

VIRTUAL CHAT TIME BY ZOOM

2nd & 4th Thursday of the Month
3:00-4:00 PM

An open time to check in and share with each other!

Stay Connected! Stay Healthy!

Join the Conversation:
By Calling 204-467-2582
Or Email: si55plus@mts.net

Tech Tips!

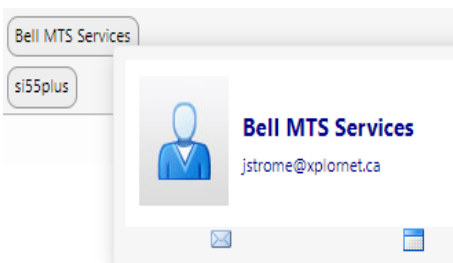
SCAM EMAILS: How can I protect myself?

Picture this: you open your email, and see a notification from Bell MTS about your payment information. But, *is it actually them?* There's a really easy way to check if you're unsure about an email:

On a computer? Hover your mouse over the sender's name. The concealed email address should show in a box, like the picture to the left.

On a phone? Tap on the email, and look for the actual email address under the displayed name. Nothing showing up? Tap on the displayed name or profile picture to the left, and it should bring up contact information.

Keep in mind – companies do not use public domain email addresses like "gmail", even Google themselves! You can probably tell that the email address on the left is a scammer. Bell MTS wouldn't be using an Xplornet address!



Hitch a Ride With Us!

JUNE BUS TRIPS

CELEBRATIONS DINNER THEATRE



Tuesday, June 14th
MATINEE "SUMMER OF 69"

Registration deadline: Tuesday, June 7th

Depart 9:30am from Lions Manor, Entrance 1 and 9:45 from 55 Plus

Members \$75

Non-members \$85



Call 204-467-2582 to register



KILDONAN PARK SHOPPING TRIP



THURSDAY, JUNE 23RD

Depart 9:15am from Lions Manor, Entrance 1 and 9:30am from 55 Plus

Registration deadline: Tuesday, June 21st

Call 204-467-2582 to register

Members \$20

Non-members \$30

UPCOMING BUS TRIPS:

"Have some great trip ideas? Join us for our next Travel Club meeting on:

Friday, June 10th

11:00 am

Travel Club meets on the 2nd Friday of each month



Winnipeg Goldeyes Game

July 9th 6:00pm start

Depart 4:15pm from Lions Manor, Entrance 1 and 4:30pm from 55 Plus

Registration Deadline:

June 9th

Call 204-467-2582 to register
Minimum 10 people required for trip

Members \$45

Non-members \$55



Outlet Mall Shopping Trip

Thurs, July 21

Depart 9:15am from Lions Manor, Entrance 1 and 9:30am from 55 Plus

Registration deadline: July 19th

Members \$20

Non-members \$30





Stonewall & Area Mobility Service

- provides door to door transportation to seniors and persons with mobility concerns
- Offering flexible times for trips (ie, on evenings and weekends)

Monday – Friday
(closed holidays)
8:30 am to 4:30 pm



204-467-9446

Hop, Drop and Shop
Operated by Stonewall and Area Mobility Service
running the next dates:

June 6th – Manic Monday at Family Foods
(Stonewall)

July 5th – 10% Tuesday at Co-op (Stonewall)



- Stonewall pickups from: Lions Manor, Crocus Manor and Stonewood Place.
Bus pick-up time: **11:00 AM**

Price is \$5.00 round trip.
(Interac Tap is available)

Stops include Family Foods, Red River Coop,
Center & Main (for banking) and Westside Plaza.

Call (204) 467-9446 to reserve your seat!

Social Groups

STITCH N' CRAFT

Wednesdays at 10:30am



Bring your current project (scrapbooking, knitting, crocheting, etc.), or start a new one while chatting with friends.

Proof of vaccination required to attend in centre programming

MEN'S CHAT

Wednesdays at 10:30am

Bring \$1 for the coffee jar, and join us for a cup and conversation. If you're lucky, there might even be some fresh baking!

Proof of vaccination required to attend in centre programming.



Quilter's Corner

Beginners & Experienced Quilters Welcome!



June 3 and 17
1st and 3rd Fridays
11:00 am

Members: \$3 Non-Members \$5

Please Pre-Register – Proof of Vaccination required



South Interlake 55 Plus *Book Club*

Wednesday, June 1 @ Noon

Proof of vaccination required to attend in-centre meetings

Books selected are supplied by the
South Interlake Regional Library. All you need is
a 55 Plus Membership & a library card!!!

Book Club meets the 1st Wednesday of each month.

*Pre-register to join by calling
204-467-2582 or email si55plus@mymts.net*



UKULELE CLUB

We're done jamming together until the fall!
Stay "tuned" for when we return, and
Enjoy your summer!



Cards & Games

DAYTIME PLAY

MISCELLANEOUS CARD GAMES

Wednesdays at 1:00 pm

CANASTA

*2nd and 4th Fridays of each month
at 1:00 pm*



EVENING PLAY

TEXAS HOLD'EM

Wednesdays
7:00 pm start

\$2.00 per person

THURSDAY CRIBBAGE NIGHT

EVERY THURSDAY THIS SUMMER AT 7PM

Singles Play (No Partner Needed)



\$5.00 per person

at South Interlake 55+ (374 1st Street West)

Presentations



Empowering Independence

Join Seniors Resource & 55 Plus
At the Centre (374 1st Street West)

Tuesday, June 28th, 2022 at 1:00pm

Being prepared is empowering – learn about important resources that
can support your independent lifestyle, giving you the ability to
continue doing what you love!

Presented by Victoria Lifeline Medical Alert

Around The Community

South Interlake Seniors Resource

114 – 622 Centre Ave. Entrance #4
(Stonewall Lions Manor)
204-467-2719

Assisting senior and disabled persons with continuing to live independently in their own homes for as long as possible.

- ✓ Driver/Escort Program
- ✓ Equipment Lending Services
- ✓ Handy Helper & House Cleaning
- ✓ Victoria Lifeline
- ✓ Meals on Wheels
- ✓ Friendly Visitor/Telechek
- ✓ Emergency Response Info Kit
- ✓ Form Assistance & Resource Info

Visit www.si55plus.org
for links to other useful
community websites!

New

Support to Seniors in Group Living (SSGL)

114 – 622 Centre Ave. Entrance #4
204-467-2719

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings including Crocus Manor and Stonewood Place.

Services include:

- | | |
|------------------|--------------------|
| Communication | Transportation |
| Shopping | Home Maintenance |
| Navigation | Meal Preparation |
| Financial Skills | Light Housekeeping |



**Manitoba
55+ Games**
PRESENTED BY **PLAYNOW**

June 10th - July 10th

Participate in your favourite events
virtually for the chance to win prizes!
No charge!

For a schedule of events and more
information visit

<https://activeagingmb.ca/>
Or call 1-866-202-6663

Used Book Sales are back!



FRIENDS OF
THE LIBRARY
SOUTH INTERLAKE
REGIONAL LIBRARY

**Saturday, June 18
10:00am-2:00pm**

**Behind the South Interlake Regional
Library (Stonewall)**

*Weather and COVID restrictions
dependent

Cash, cheques, and e-transfers accepted

**Proceeds will go towards an outdoor tent
for story time and events.**

Important Opportunity to Give Feedback!

Visit this link to complete a survey about access to services and plans for the future for older Manitobans:

<https://engagemb.ca/building-a-plan-for-older-manitobans>

**Please note that you will need to make a free EngageMB account to complete this survey. Don't hesitate to contact the office at (204) 467-2582 for assistance at any time during making your account or completing your survey.*



Sunday, June 5th



Tuesday, June 14th



Sunday, June 19th



Tuesday, June 21st



MAY

Clive Hinds	4
Odette Bernatchez	8
Debbie Hinds	9
Alice Smith	9
Alex Krawec	10
Pauline Woods	10
Jo Oliver	18
Carol Thiessen	18
Fran Paulsen	20
Gary LaCoste	24
Linda Leafloor	24
Maria Glanfield	31

JUNE

Terry Denoyer	2
Care Holmes	4
Jean Chaboyer	4
Shirley Krawec	5
Eleanor Moore	5
Deb McCrea	8
Larry Wutzke	10
Rick Williamson	16
Kay Elrick	22
Henry Bernhardt	25
Susan McCowan	28

Sending you smiles for every moment of your special day...Have a wonderful time and a very happy birthday!

**Want to see your birthday in our newsletter?
Our members can choose to share their
birthday with us for publication!
(Don't worry, we'll never ask for the year!)**

SUDOKU

Easy



3		6						
		5		9	3		4	
			1					5
	9				6	1		
			2	3			8	
	8		4				9	6
				4	1		5	
								4
			8				2	

Medium

	4	7	3		6			
		2		9				8
			1	2			7	
				3				9
6			9			4		
2					8			
	6		4		3	8		
						3		
		4				9		1





The Golden Girls



Find and circle all of the words and names from *The Golden Girls* TV show.
The remaining letters spell the name of a spinoff of *The Golden Girls*.

C S O U T H E R N B E L L E
H T S R U H T R A A E B H R
E S T E L L E G E T T Y U E
E F A L O T S E G Y O E R F
S L N C R O H Y D B M O D R
E D O O P C E D E C H S O I
C C S H N L A T C C E I R E
A E I A R D T L N L Y T O N
K A L A G Y A A I D E C T D
E B H I W N Y M E N P O H S
A C B H A T I M A I M M Y H
S P I H S N O I T A L E R I
L T A U A C L A Y T O N C P
E N R E S H A D Y P I N E S

BEA ARTHUR
BETTY WHITE
BIG DADDY
BLANCHE
CHARLEY
CHEESECAKE
CLAYTON
COCO

COMEDY
DOROTHY
ESTELLE GETTY
FRIENDSHIP
MIAMI
MILES
RELATIONSHIPS
ROSE

RUE MCCLANAHAN
RUSTY ANCHOR
SHADY PINES
SITCOM
SOPHIA
SOUTHERN BELLE
ST OLAF
STAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) 9:00 Steppin' Up 9:30 Dance & Drum 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 12:00 Book Club 12:00 The Complete 30 1:00 Cards 7:00 Texas Hold'em	2) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 12:00 Energizing Yoga 5:30 Body Blast 6:00 Pickleball 7:00 Cribbage	3) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 12:00 The Complete 30	4) 9:00 Steppin' Up
5)	6) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	7) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga 10:00 Steppin' Out 11:00 Line Dancing 12:00 Energizing Yoga 6:00 Pickleball	8) 9:00 Steppin' Up 9:30 Dance & Drum 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 12:00 The Complete 30 1:00 Cards 7:00 Texas Hold'em	9) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training 11:00 Line Dancing 12:00 Energizing Yoga 3:00 Virtual Chat 5:30 Body Blast 6:00 Pickleball 7:00 Cribbage	10) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Travel Club 12:00 The Complete 30 1:00 Canasta	11) 9:00 Steppin' Up
12)	13) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	14) 6:15 F.I.T. 9:00 Steppin' Up 9:30 Dynamic Yoga 9:45 Celebrations 10:00 Steppin' Out 11:00 Line Dancing 6:00 Pickleball	15) 9:00 Steppin' Up 9:30 Pickleball 12:00 Luncheon 1:00 Cards 7:00 Texas Hold'em	16) 9:00 Steppin' Up 11:00 Line Dancing 3:00 Cabin Fever Reliever 6:00 Pickleball 7:00 Cribbage	17) 9:00 Steppin' Up 9:30 Dynamic Yoga 11:00 Quilter's Corner 12:00 The Complete 30	18) 9:00 Steppin' Up
19) 	20) 9:00 Steppin' Up 9:30 B.L.I.S.S. Interval Training	21) 9:00 Steppin' Up 10:00 Steppin' Out 11:00 Line Dancing 6:00 Pickleball	22) 9:00 Steppin' Up 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	23) 9:00 Steppin' Up 9:15 Shopping Trip 11:00 Line Dancing 3:00 Virtual Chat 6:00 Pickleball 7:00 Cribbage	24) 9:00 Steppin' Up 1:00 Canasta	25) 9:00 Steppin' Up
26)	27) 9:00 Steppin' Up	28) 9:00 Steppin' Up 10:00 Steppin' Out 11:00 Line Dancing 1:00: Presentation 6:00 Pickleball	29) 9:00 Steppin' Up 9:30 Pickleball 10:30 Stitch N Craft 10:30 Men's Chat 1:00 Cards 7:00 Texas Hold'em	30) 9:00 Steppin' Up 11:00 Line Dancing 6:00 Pickleball 7:00 Cribbage		

Bold text = In Person Program (Zoom may also be available)